



Fitness-Trainer B-Lizenz: Der Einstieg in die Fitnesswelt (German Edition)

Harald Schwimmer

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Studienarbeit aus dem Jahr 2004 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: sehr gut, ,
Sprache: Deutsch, Abstract: Im Rahmen dieser Arbeit bildeten die Trainingssteuerung, die Allgemeine
Trainingslehre und eine Übungsanalyse der Bauch und Rückenstrecker Muskulatur die Eckpfeiler. Alle
Kapitel basieren auf sportwissenschaftlichen theoretischen Ansätzen, wobei das Kapitel 1 mit
sportpraxischen Erfahrungswerten realitätsnäher und praxisrelevanter dargestellt wird. Mit folgender Arbeit
ist es möglich, eine sehr praxisnahe und nach sportwissenschaftlichen Gegebenheiten moderne
Trainingsplanung und -steuerung zu gewährleisten.

Gliederung:

1 Trainingssteuerung/Trainingsplanung im Krafttraining nach der ILB-Methode (Planungszeitraum 30 Wochen)

1.1 Diagnose

1.2 Zielsetzung/Prognose

1.3 Trainingsplanung nach der ILB-Methode

1.4 Analyse (Re-Test)

2 Allgemeine Trainingslehre

2.1 Beschreiben sie mit eigenen Worten die allgemeinen Trainingsprinzipien der Trainingslehre

2.2 Beschreiben sie stichpunktartig (Belastungskomponenten usw.) eine anerkannte Krafttrainingsmethode

2.3 Erklären sie anhand des Schemas der Superkompensation den Zusammenhang zwischen Belastung und Regeneration

2.4 Nennen sie die Ziele und die Inhalte (Ablauf/Schritte) des Aufwärmens

2.5 Nennen sie die Ziele und die Inhalte (Ablauf/Schritte) des Abwärmens

2.6 Beschreiben sie die Ziele und Inhalte eines ganzheitlichen Fitnessstrainings

3 Übungsanalyse

3.1 Bauchmuskulatur

3.2 Rückenmuskulatur

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Patrick Garcia:

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