

Anonym

Zur Dosierungsproblematik im Krafttraining. Ein Trainingsexperiment zur Maximalkraftentwicklung durch Einsatz und Mehrsatztraining

Examensarbeit

Dosierungsproblematik Krafttraining
Trainingsexperiment Maximalkraftentwicklung
Mehrsatztraining

Victor M. Corman

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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Zur Dosierungsproblematik im Krafttraining. Ein Trainingsexperiment zur Maximalkraftentwicklung durch Einsatz und Mehrsatztraining, 2015-05-11 Examensarbeit aus dem Jahr 2007 im Fachbereich Sport Bewegungs und Trainingslehre Sprache Deutsch Abstract Während eigener langjähriger Mitarbeit als Trainerin in Fitnessstudios mit unterschiedlichen Philosophien im Bezug auf die optimale Satzzahl im Krafttrainingsbereich wurde ich durch die Kunden immer wieder mit der Frage konfrontiert ob ein Mehrsatztraining einem Einsatztraining vorzuziehen sei und umgekehrt ob ein Einsatztraining zum Erreichen ihrer Ziele ausreichend sei Daher bestand ein persönliches Interesse an der Frage welche Trainingsmethode im Bereich des Anfängertrainings die effektivere bezüglich der Maximalkraftentwicklung sei Die Tatsache dass zwar schon eine Vielzahl an Studien existierten die die Fragestellung nach der Satzzahl im Krafttraining untersucht hat es jedoch tatsächlich wenig gesichertes Wissen über die Auswirkungen des Trainingsvolumens gibt Humburg 2005 S 14 veranlasste mich das vorliegende Trainingsexperiment zu organisieren Die Intention des Trainingsexperiments bestand darin die Effekte eines dynamischen Krafttrainings mit unterschiedlicher Satzzahl durchgeführt von untrainierten Krafttrainingsanfängern in einer praxisnahen Untersuchung auf die krafttrainingsrelevanten Faktoren der dynamischen und isometrischen Maximalkraft hin zu untersuchen Welche Vorzüge eine ausgeprägte und trainierte Muskulatur für den Einzelnen hat liegt auf der Hand Heutzutage wird ein stabiles Muskelkorsett als grundlegend für das Bewältigen alltäglicher Belastungen für eine große Anzahl von Freizeitsportarten und besonders für viele Bereiche des Hochleistungssports angesehen Präventiv gesehen entlastet eine gut trainierte Muskulatur den passiven Atztor Philipp 1999 a Schlumberger Heiduk Preu Humburg 2005

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