

Blum/Friedmann

TRAININGSLEHRE

Sporttheorie für die Schule

8. Auflage

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Trainingslehre Sporttheorie F R Die Schule

Elisa Dambeck



Trainingslehre Sporttheorie F R Die Schule:

Parkour and Freerunning Jan Witfeld, Ilona E. Gerling, Alexander Pach, 2011 Introduces the sport of parkour or freerunning which combines the core elements of running jumping climbing and other physical movements with the goal of moving the body over and around obstacles in an urban environment without stopping **The Ultimate Parkour & Freerunning Book** Ilona E. Gerling, Alexander Pach, Jan Witfeld, 2013-11-15 The increasing number of followers of the two movement cultures Parkour and Freerunning has given rise to the need for safe methodical orientation which the reader will find in this book Parkour a new movement culture from France is all about moving as efficiently as possible between points A and B by sprinting fluently over obstacles The sport of Freerunning has developed from it involving developing and showing off the most creative extreme flowing acrobatic moves possible on obstacles This book contains precise illustrations for the teaching of all basic techniques easy to follow movement breakdowns and methodical tips for indoor and outdoor training All the most common terms from the scene are listed for reference in English and French History philosophy rules of behavior training advice based on the latest sports science knowledge interviews from the scene about motivations and trends advice for schools and explanations of competitions and competition criteria are a few examples of the book's contents

Krafttraining im Schulsport für Kinder und Jugendliche Elisa Dambeck, 2025-02-17 Noch immer bestehen Unsicherheiten und Vorurteile gegenüber dem Krafttraining im Kindes und Jugendalter Es wird beispielsweise angenommen dass es das Wachstum schädige oder Muskeln und Sehnen überlaste Diese und andere Falschannahmen konnten in wissenschaftlichen Studien und auch in der Sportpraxis ganzlich widerlegt werden Ganz im Gegenteil leistet Krafttraining u a einen wichtigen Beitrag zur Gesundheit des Bewegungsapparats zur Verletzungsprophylaxe sowie einer aufrechten Körperhaltung Es wird also Zeit dem Krafttraining im schulischen Sportunterricht von der Grundschule bis zur Sekundarstufe II sowie im Vereinssport mehr Aufmerksamkeit zu widmen In diesem Fachbuch wird zunächst auf allgemeine theoretische Grundlagen der motorischen Fähigkeit Kraft und des Krafttrainings eingegangen Im Anschluss werden entwicklungspezifische Besonderheiten für das Krafttraining im Kindes und Jugendalter aufgezeigt und entsprechende Trainingshinweise gegeben Nach dieser theoretischen Einführung bietet dieses Buch alles was Sie für die praktische Umsetzung des Krafttrainings für Kinder und Jugendliche benötigen immer mit dem Blick auf realistische Bedingungen in Turnhallen und auf Sportplätzen So sind verschiedene Organisationsformen für das muskelkraftigende Training in der Gruppe sowie eine große Übungsauswahl für funktionelles Krafttraining mit verschiedenen Hilfsmitteln oder dem eigenen Körpergewicht zu finden direkt als Kopiervorlage *Gerätturnen für Fortgeschrittene - Band 1* Ilona E. Gerling, 2018-05-21 Wer trümt nicht davon einmal einen berschlag einen Flick Flack oder einen Salto zu machen Wer Körperspannung besitzt einen Handstand kann und keine Angst vor Kopfuntersituationen hat der kann die anspruchsvolleren Bodenturnelemente mit gegenseitiger Hilfegebung aus dem vorliegenden Buch erleben und schnell erlernen Das Schwebebalkenturnen ist dann nur

noch ein Bodenturnen auf 10 cm Breite Ausgehend von Lern und Leistungsvoraussetzungen werden die Bewegungstechniken in Text und Bild ausführlich beschrieben In jeweils fünf Grundbungen werden die Turnelemente methodisch mit gegenseitiger Hilfegebung und zahlreichen Bungsvariationen erlernt und stabilisiert Turner und Turnerinnen aller DTB Wettkampfe finden hier Trainingshinweise zum Boden und Balkenturnen Für den Leistungsbereich wurden HIITProgramme Ballettgrundlagen und die aktuellen Drills das Geheimnis der aktuellen Weltmeisterin am Schwebebalken Pauline Scherfer eingearbeitet Das Buch ist ein wertvoller Ratgeber für die Turnstunden in der Oberstufe der Schulen für Zirkus Sport Akrobatik und Voltigiergruppen für Sportstudierende und Trickinginteressierte Nicht zuletzt hilft ein großes Stichwortverzeichnis gesuchte Themen im Buch schnell zu finden und macht das Werk damit zu einem umfassenden die Trainingsstunden begleitenden Nachschlagewerk

Track & Field Heiko Strüder,Ulrich Jonath,Kai Scholz,2023-04-01 This book is officially certified by World Athletics WA and is the most comprehensive guide on track adaptation and performance training control training methods and general training concepts The comprehensive training content also includes 96 games and exercises for coordination flexibility and strength development The book goes even further than training method by presenting comparisons of different disciplines history of training competition rules phase structure and technique all backed by sports science It is a textbook for all athletes coaches trainers and sports students and teachers from youth athletics to high performance training Also included is a foreword by WA president Sebastian Coe

Trainingslehre - Trainingswissenschaft Günter Schnabel,2008 Ein neues trainingswissenschaftliches Fachbuch in der Tradition der ersten deutschen Trainingslehre Harre u a 1969 des trainingswissenschaftlichen Lexikons Lexikon Sportwissenschaft Leistung Training Wettkampf Schnabel Thie 1993 und der ersten deutschsprachigen trainingswissenschaftlichen Gesamtdarstellung Trainingswissenschaft Leistung Training Wettkampf Schnabel Harre Borde 1994 Bearbeitet und neu erarbeitet unter Mitwirkung von 22 Autoren unter Erweiterung des traditionellen Themenspektrums u a durch die Themen Belastbarkeit Training der Belastbarkeit Sportmedizinische Betreuung Training und Ernährung Weltstandsanalysen In einem ersten Teil werden Wesen und Grundzüge der Trainingslehre und der Trainingswissenschaft behandelt Thema des zweiten Teils ist die sportliche Leistung und die sportliche Leistungsfähigkeit ihre Struktur und die relevanten Entwicklungsgesetzmäßigkeiten verstanden als wissenschaftliche Grundlagen des sportlichen Trainings und seiner methodischen Gestaltung Dazu werden u a Wesen und Entwicklung der Hauptfaktoren der sportlichen Leistung herausgearbeitet Der umfangreichste dritte Teil behandelt die Grundfragen des sportlichen Trainings und der Trainingsmethodik bergreifend für die komplexe sportliche Leistung und differenziert für die Hauptaufgaben und Inhalte Techniktraining Koordinationstraining Training der Beweglichkeit Training der Kraftfähigkeit der Schnelligkeitsfähigkeit der Ausdauer Training der strategisch taktischen Fähigkeiten Ausbildung der psychischen Regulationsvoraussetzungen Der vierte Teil beinhaltet die Grundzüge der Theorie des sportlichen Wettkampfs und die resultierenden Fragen in der Wettkampfvorbereitung Das Buch enthält ein umfangreiches

Literaturverzeichnis ein instruktives Glossar und ein Sachwortverzeichnis als wesentliche Ergänzung und Unterstützung eines differenzierten Studiums von Trainingslehre und Trainingswissenschaft Implizites Training im Sportunterricht Tina Kalnbach, 2019-07-10 Für unzählige Kinder und Jugendliche ist Sportunterricht eine der wenigen Bewegungsquellen im Alltag. Folglich darf die Relevanz dieses Faches im Fächerkanon und für die Schulentwicklung nicht außer Acht gelassen werden. Gleichermassen sollte sich das Fach selbst dem Prozess der Schulentwicklung aber auch nicht entziehen. Das vorliegende Buch beschäftigt sich deshalb mit der Frage, welche Wirkungen Sportunterricht hat. Hierfür wurde eine 10-monatige Studie durchgeführt, die über verschiedene Ebenen hinweg prüft, wie wirksam sich Sportunterricht im Hinblick auf körperliche Förderung aber auch auf Persönlichkeitsbildung und Entwicklung der Sozialkompetenz verhält. In Band 13 der Buchreihe Schulsportforschung wird in Teil I Theoretische Aspekte die sportdidaktische und trainingswissenschaftliche Perspektive des Schulsports unter der Lupe der Bildungswissenschaft und der Sportpädagogik betrachtet, um diese theoretischen Zusammenhänge in empirische Überlegungen zu überführen. Diese werden im Teil II Empirische Untersuchung zur Ausgangslage einer quantitativen Analyse im quasi-experimentellen Design. Alleinstellungsmerkmal ist, dass die SchülerInnen ein Jahr lang wissenschaftlich begleitet wurden. Zunächst wurde über einen Eingangsfragebogen die Einstellung zu Sport herausgearbeitet, bevor die SchülerInnen ein 10-monatiges akzentuiert-komplementäres Training bzw. ein akzentvertiefendes Sportprogramm absolvierten. Währenddessen wurde immer wieder auch die persönliche Einstellung zu und das Verhalten in sportlichen Situationen überprüft. Die Bedeutung der Erkenntnisse für den Schulsport wird im dritten Teil der Arbeit zusammengefasst.

Parkour & Freerunning Jan Witfeld, Ilona E. Gerling, Alexander Pach, 2015-01-28 Parkour, eine aus Frankreich kommende junge Bewegungskultur, verfolgt das Ziel, möglichst effizient von einem Punkt A zu einem Punkt B zu gelangen. Dabei werden im schnellen Lauf fließend Hindernisse überwunden. Hieraus entwickelte sich das parallel existierende Freerunning. Hierbei geht es darum, möglichst kreative und ergewöhnliche fließende akrobatische Bewegungen an einem Objekt für sich zu entwickeln und zu zeigen. Die zunehmende Zahl an Anhängern dieser beiden Bewegungskulturen, Parkour und Freerunning, als auch die in letzter Zeit entstandenen vielfältigeren und anspruchsvolleren Techniken verlangen eine sichere methodische Orientierung. Das vorliegende Buch enthält präzise Abbildungen zur Schulung aller Basistechniken, nachvollziehbare Übungsschritte und methodische Tipps für das Training im Indoor- und Outdoorbereich. Alle gebräuchlichen Begriffe der Szene sind in drei Sprachen zum Nachschlagen gesammelt und aufgelistet. Geschichte, Philosophie, Verhaltensregeln, Trainingshinweise mit neuesten sportwissenschaftlichen Erkenntnissen, Interviews aus der Szene zu Motiven und Trends, Hinweise für die Schule und Erläuterungen zu Wettkämpfen und Wettkampfkriterien sind einige Beispiele für die Inhalte des Buchs. Ergänzt wurde die 3. Ausgabe um einen Trainingsparkour für die Schule. Das Buch wird als Nachschlagewerk für alle sportbegeisterten Leser ein ständiger Begleiter sein. Wissen im Sportunterricht Ingo Wagner, 2016-05-02 Sportunterricht zielt primär auf Bewegung, aber wie steht es um die Vermittlung von Wissen? Welche Ziele werden bisher beim Erwerb von Wissen anvisiert? Welche Inhalte

bieten sich dafür an, welche Methoden kommen zum Einsatz. Zur Beantwortung dieser Fragen werden die Ziele, Inhalte und Methoden von Wissen im Sportunterricht zunächst aus sportdidaktischer Perspektive aufgearbeitet und anschließend als Untersuchungsdimensionen genutzt. Erstmals wird hier die Wissensvermittlung im Sportunterricht der Sekundarstufe 1 empirisch vielschichtig durch ein Mixed Methods Design untersucht. Lehrpläne, schuleigene Lehrpläne, Unterrichtsvideos sowie zahlreiche Aussagen von Lehrkräften und SchülerInnen werden systematisch analysiert. Anhand dieser umfangreichen Daten aus dem Sportunterricht werden Möglichkeiten und Handlungsempfehlungen aufgezeigt, um ungenutzte Potenziale der Wissensvermittlung besser einzulösen.

Theaterpädagogisches Schauspieltraining Fu Li Hofmann, 2014-12-15

Theaterpädagogische Arbeit bekommt erst durch die Orientierung an der persönlichen und künstlerischen Entwicklung des Schauspielensembles ein klares Profil. Dieses Buch richtet sich nicht nur an Menschen, die sich mit Theaterpädagogik oder Schauspiel befassen, sondern auch an alle, die das Spiel und die Kreativität des Einzelnen ins Zentrum ihrer Arbeit stellen wollen. Fu Li Hofmanns anschauliche Auseinandersetzung mit Grundlagen, Abgrenzungen und zentralen Merkmalen eines theaterpädagogischen Schauspieltrainings ermöglicht einen spannenden Brückenschlag zwischen fachwissenschaftlicher Reflexion und praktischer Handreichung.

Decoding **Trainingslehre Sporttheorie F R Die Schule**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Trainingslehre Sporttheorie F R Die Schule**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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Trainingslehre Sporttheorie F R Die Schule Introduction

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