



## Fitnesstrainer-B-Lizenz - Erstellung eines Trainingsplans über einen Zeitraum von 6 Monaten im Krafttraining nach der ILB-Methode

By Angelo Pira

Grin Verlag Dez 2012, 2012. Taschenbuch. Book Condition: Neu. 210x147x mm. This item is printed on demand - Print on Demand Titel. - Studienar aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingsleh einseitig bedruckt, Note: 1,67, BSA-Akademie Saarbrücken (BSA-Akademi Saarbrücken/ LIFESTYLE Fitnesszentrum GmbH), Sprache: Deutsch, Anmerkungen: Die Hausarbeit ist ebenfalls für Triathleten geeignet, die ih Training um den Bereich Krafttraining erweitern wollen., Abstract: Inhaltsverzeichnis1Diagnose51.1Angaben zur Person51.2Biometrische Parameter51.2.1 Bewertung und Normenwertevergleich des BMI und des Körper-fettanteils51.2.1.1Bewertung und Normenwertevergleich des BMI51.2.1.2Bewertung und Normenwertevergleich des Körperfettanteils61.3Gesundheitszustand71.4Aktuelle und früher betriebe Sportarten81.5Trainingsmotive und Trainingswünsche81.6Zeitbudget82Zielsetzung82.1Kriterien der Zielsetzung82.2Begründung für die Festlegung der Trainingsziele103Trainingsplanung113.1Makrozyklus113.1.1Makrozyklusc ellung123.1.2Makrozyklus - Aufbauerläuterung/ -begründung sowie Periodisier-ung betreffend der Trainingsziele133.1.3Makrozyklus -Beschreibung der Durchführung der ILB- Metho-de/ des ILB-Tests143.2Mesozyklus153.2.1Mesozyklus - Beschreibung der Aufwärmmethodik in Anlehnung an die Testperson153.2.2Mesozyklusdarstellung173.2.3Mesozyklus -Aufbauerläuterung/ -begründung betreffend der Trainingsübungen/ ziele173.2.4Mesozyklus - Beschreibung der Abwärmmethodik in Anlehnun an die Testperson184Trainingsdurchführung184.1Detaillierte Übungsana

Trainingsübung I 194.1.1Übungsparameter 194.1.2Primär beteiligte

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