



Fitness Krafttraining (German Edition)

Stephen Ströhle

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Studienarbeit aus dem Jahr 2004 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, Universität Konstanz, 1 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Im Hauptseminar Sportphysiotherapie habe ich eine „Unterfunktion“ im Kniegelenk herausgefunden, die sich dadurch äußert, dass der Unterschenkel in Relation zum Oberschenkel zu weit nach vorne (ventral) durchgebogen werden kann. Dies ist unter anderem auf eine Unterfunktion, oder zumindest auf eine abgeschwächte Funktion der Kapsel zurückzuführen. Der musculus popliteus strahlt in die Kapsel ein, und kann auf diese ‚einwirken‘. Diese ‚Überstreckung‘ kann durch die Kräftigung der ‚Kniegelenksmuskulatur‘ - also der Beinbeuger und im Speziellen des M. popliteus - erfolgen. Diese geschwächte Kapsel möchte ich versuchen durch Kräftigen wieder zu einer besseren Funktion zu bringen. Der Trainingsplan vom Hauptseminar Trainingslehre und der konditionellen Übungen ist weitgehend derselbe. Da es trainingswissenschaftlich gesehen überflüssig wäre nach 2 verschiedenen Trainingsplänen zur selben Zeit zu trainieren, erscheint es für mich nur logisch das Training der beiden Seminare zusammen zu legen. Für die Kräftigung und Festigung der Kapsel bietet sich ein propriozeptives Training an. Dieses wurde aber nicht im Trainingsplan dokumentiert, da es mehrmals täglich über circa 30 Sekunden ausgeführt wurde. Die ausführliche Trainingsdokumentation befindet sich im Anhang.

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