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# Einfluss Dehnungsmethoden Leistungsfähigkeit Verletzungsprävention Sport Stefan

**turbanski - einführung in die trainingslehre beweglichkeit** - dem unterstützenden einfluss äußerer kräfte in einem oder in mehreren gelenken auszuführen zu können. beweglichkeit eigenschaft, bewegungen mit der erforderlichen bzw. optimalen amplitude auszuführen, welche die durch die gelenksysteme ermöglicht wird. synonyme gelenkigkeit (struktur des gelenks betreffend) **martin hillebrecht ist dehnen out? kurzfristige und ...** - in abbildung 1 ist eine strukturierungsmöglichkeit von dehnungsmethoden dargestellt. abbildung 1: methoden und techniken des dehnungstrainings (klee 2003, 89) in der praxis weit verbreitet sind die sogenannten statischen dehntechniken. **200 handbuch trainings- wissenschaft - trainingslehre** - bereichen des sports, der trainingslehre und trainingswissenschaft sowie der gesamten sportwissenschaft legen es nahe, das handbuch trainingslehre nicht nur **seite ziele und aufgaben des sportlichen profils 2 ...** - - dehnungsmethoden intermittierende methode, permanente methode, postisometrische relaxation - beweglichkeitsschulung funktionsgymnastik, präventive rüchenschule, ... einblick gewinnen in forschungen zu einfluss-größen beim schwimmsport schwimmanzug, wasserwiderstand bionik exkursion kennen der leistungskomponenten im schwimm-

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