



Fitness tests für Ältere (German Edition)

David Vomberg

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Studienarbeit aus dem Jahr 2002 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,3, Rheinische Friedrich-Wilhelms-Universität Bonn (Institut für Sportwissenschaften und Sport), Veranstaltung: Hauptseminar Trainingslehre, Sprache: Deutsch, Abstract: Der vorliegende Text befasst sich mit Fitness-tests für Ältere. Es stellt sich die Frage, ob es adäquate Fitness-tests für Senioren gibt. Während meiner Literaturrecherche bin ich auf Artikel gestoßen, die dies explizit für sich in Anspruch nehmen. Somit dürfte sich diese Seminararbeit eigentlich erübrigen. Ich bin allerdings der Ansicht, dass trotz der zu diesem Thema vorhandenen Literatur die bestehenden Seniorenfitness-tests unzureichend sind bzw. an "Kinderkrankheiten" leiden. In den einzelnen Abschnitten werde ich auf Fitness-tests und deren Ziele im allgemeinen sowie auf Fitness-tests für Ältere eingehen. Ich werde Probleme beim Erstellen von Seniorenfitness-tests aufzeigen, in der Literatur empfohlene Fitness-tests für Ältere darstellen und bewerten.

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