



Trainingsplanung nach der ILB-Methode: Fitnesstrainer B-Lizenz (BSA) (German Edition)

Felix Kracht

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Studienarbeit aus dem Jahr 2010 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,0, BSA-Akademie - Zentrale Europa, Sprache: Deutsch, Abstract: Die Arbeit wurde im Rahmen der Ausbildung "Fitnesstrainer B-Lizenz" bei der BSA-Akademie erstellt.

Für einen Neukunden im Fitnessstudio wurde dessen individuellen Wünschen und Zielen entsprechend eine Trainingsplanung für ein optimales Krafttraining über einen Zeitraum von 6 Monaten erstellt. Zur Anwendung kommt als Krafttrainingsmethode die „Individuelle-Leistungsbild-Methode“ (ILB-Methode). Die Trainingssteuerung erfolgt nach dem Fünf-Stufen-Modell (Diagnose - Zielsetzung - Trainingsplanung - Trainingsdurchführung - Analyse/Evaluation).

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