



Rehabilitationstraining: Trainingsplan nach Schulterluxation (German Edition)

Björn Bente

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Studienarbeit aus dem Jahr 2013 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: "-",
Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Veranstaltung:
Rehabilitationstraining / Trainingslehre, Sprache: Deutsch, Abstract: Trainingsplan zur Rehabilitation nach
einer Schulterluxation. Von Diagnose und Anamnese über eine Beweglichkeitstestung bis hin zur
Zielsetzung. Planung von Makrozyklus, Mesozyklus und Mikrozyklus sowie anschließender
Literaturrecherche zum Thema Trainingseffekte nach Schulterluxation.

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