



Karin Geider

Krafttraining im Alter

Die Auswirkungen von Sport auf die
Mikrokernfrequenz

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Krafttraining Alter Auswirkungen Sport Mikrokernfrequenz

Sven Kotzbach



Krafttraining Alter Auswirkungen Sport Mikrokernfrequenz:

Auswirkungen von Krafttraining auf die Gesundheit im Alter Sven Kotzbach, 2019-09-16 Akademische Arbeit aus dem Jahr 2018 im Fachbereich Gesundheit Sonstiges Note 1,0 Hamburger Fern Hochschule Sprache Deutsch Abstract Im Verlauf dieser Facharbeit soll herauskristallisiert werden inwieweit Krafttraining positiv dazu beitragen kann die Gesundheit von älteren Menschen während der Rehabilitation zu beeinflussen Um diesen Zusammenhang herzustellen soll zuvor im ersten Schritt definiert werden Was bedeutet Kraft im Sport Welche Unterteilungen von Kraft gibt es Des Weiteren sollen Prozesse aufgezeigt werden die für eine Hypertrophie und damit entgegen einem Muskelschwund wirken verantwortlich sind Vor allem der Zusammenhang von Hypertrophie und Superkompensation für die Rehabilitation bzw. Aufbau von Muskulatur soll deutlich aufgezeigt werden Im zweiten Schritt soll der biologische Prozess und die daraus herausbildenden strukturellen Veränderungen des Alterns dargestellt werden Hierbei wird primär auf die Sturzproblematik und den altersbedingten Muskelschwund eingegangen und inwiefern diese die Alltagsbewältigung beeinflussen Des Weiteren werden anhand von Studien die ersten positiven Auswirkungen des Krafttrainings abgebildet Vor allem geht es dabei um die positiven Effekte von Krafttraining bei Menschen im hohen Alter bezüglich Auswirkungen auf die Gesundheit wie Sie von der WHO definiert wird Um älteren Menschen die besten Bedingungen für ein langfristiges und erfolgreiches Krafttraining zu ermöglichen ist es wichtig dass im letzten Schritt auf mögliche Empfehlungen einer Trainingsgestaltung sowie die Wichtigkeit der Belastungsnormativa eingegangen wird

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