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Philipp Ceolin

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Examensarbeit aus dem Jahr 2009 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 12 Punkte, Justus-Liebig-Universität Gießen (Sportwissenschaft), Sprache: Deutsch, Abstract: Die Examensarbeit widmet sich dem Thema: Das Übertraining -Ursachen im Bereich des sportlichen Trainings. Der Anspruch der Arbeit liegt darin, einen detaillierten Überblick über das Trainingssystem und speziell dem Übertraining mit all seinen Facetten zu geben.

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