



## Dehnen - wann, wie, warum? (German Edition)

*Peter Billig*

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Studienarbeit aus dem Jahr 2007 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: keine, - (Deutscher Ju-Jutsu-Verband (DJJV e. V.)), Veranstaltung: Ju-Jutsu-Lehrerausbildung 2006 / 2007, 16 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Dehnungsübungen als Mittel der Beweglichkeitssteigerung und Elastizitätsverbesserung des aktiven und passiven Bewegungsapparates haben im Sport eine lange Tradition. Allerdings zeigen Untersuchungen, dass einige der vermeintlich positiven Wirkungen des Dehnens sich nicht belegen lassen und aus physiologischer Sicht sogar Leistungseinbußen bis hin zu Muskel- und Sehnenschädigungen möglich sind. Dehnen gehört möglicherweise zu dem am wenigsten verstandenen Teilgebiet körperlicher Fitness. Wann welche Dehnungsmethoden und -techniken sinnvoll sind, bzw. wann sich der Nutzen u. U. ins Gegenteil kehrt, wird in dieser Hausarbeit dargestellt.

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