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FITNESSTRAINER B-LIZENZ: TRAININGSPLANUNG UND TRAININGSSTEUERUNG NACH DER ILB-METHODE



Grin Verlag. Paperback. Condition: New. 28 pages. Dimensions: 8.1in. x 5.8in. x 0.3in. Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,0, BSA-Akademie Saarbrücken, Veranstaltung: Lehrgang zur Erreichung der Fitnesstrainer B-Lizenz, Sprache: Deutsch, Abstract: 1. Diagnose Bei der Kundin im folgenden Beispiel handelt es sich um eine 24-jährige Studentin mit einer Körpergröße von 1,74m und einem Körpergewicht von 65kg. Der Body-Mass-Index (BMI) der Kundin beträgt dementsprechend 21,47. Dieser Wert liegt optimal im Normbereich,...

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- Authored by Jan Horak
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