

Eva Zier

Belastbarkeit von NachwuchsleistungssportlerInnen

Über den Zusammenhang zwischen Trainingsbelastung, psychischen Voraussetzungen, wahrgenommener Beanspruchung und Infektanfälligkeit junger Athleten und Athletinnen

Doktorarbeit / Dissertation

Belastbarkeit Nachwuchsleistungssportlerinnen Trainingsbelastung Voraussetzungen Wahrgenommener

Eva Zier



Belastbarkeit Nachwuchsleistungssportlerinnen Trainingsbelastung Voraussetzungen Wahrgenommener:

Belastbarkeit von NachwuchsleistungssportlerInnen Eva Zier, 2015-05-12 Doktorarbeit Dissertation aus dem Jahr 2015 im Fachbereich Sport Sportpsychologie Note 1,3 Technische Universität München Sport und Gesundheitswissenschaften Sprache Deutsch Abstract Leistungssportler und sportlerinnen sind erheblichen Belastungen durch Training und Wettkampf ausgesetzt Hohe Trainingsbelastungen sind mit einer hohen Infektanfälligkeit der oberen Atemwege verknüpft Im Rahmen der vorliegenden Dissertation wurde deshalb eine empirische Längsschnittstudie in drei Teilbereichen mit Nachwuchsleistungssportlern und sportlerinnen N 146 aus deutschen D-Kadern durchgeführt Ziel war es den Zusammenhang von individuellen psychischen Voraussetzungen auf die Beziehung von Trainingsbelastung und Beanspruchung sowie in deren Folge Infektanfälligkeit im Nachwuchsbereich zu untersuchen Anhand eines Forschungsmodells wurden die Zusammenhänge analysiert Es zeigte sich dass der wahrgenommene Beanspruchungszustand nicht nur signifikant mit der Infektanfälligkeit junger Athleten und Athletinnen zusammenhängt sondern die Beziehung zwischen Trainingsbelastung und Infektanfälligkeit vollständig vermittelt Außerdem wurde deutlich dass die individuelle Voraussetzung der Sozialen Unterstützung einen wichtigen Schutzfaktor vor überbeanspruchung darstellt Die Ergebnisse der Studie legen den Schluss nahe dass neben der Trainingsbelastung individuelle psychische Voraussetzungen sowie die wahrgenommene Beanspruchung berücksichtigt werden müssen um die Belastbarkeit von Nachwuchsleistungssportlern und sportlerinnen angemessen zu beurteilen und sie vor überbeanspruchung und Infektanfälligkeit zu schützen CD Fragebogenbatterie ist nicht im Lieferumfang enthalten

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