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# Krafttraining Im Radsport Methoden Und Ubungen Zu

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<p><i>im Ausdauersport : Auswirkungen von Krafttraining auf die Leistungsfähig keit im Radsport</i></p> <p>VeloPress Coach Joe Friel is the most trusted name in endurance sports coaching, and his Cyclist's Training Bible is the most comprehensiv e and reliable training resource ever written for cyclists. This new edition of the bestselling book includes all of the latest advances in</p>	<p>training and technology. Using this book, cyclists can create a comprehensiv e, self- coached training plan that is both scientifically proven and shaped around their personal goals. Friel empowers athletes with every detail they need to consider when planning a season, lining up a week of workouts, or preparing to race. This fourth edition includes extensive revisions on the specifics</p>	<p>of how to train and what to eat. Friel explains how cyclists can: best gauge intensity with power meters and other new training technology to maximize form and fitness and reduce fatigue; more knowledgeabl y and accurately make changes to their annual training plan over the course of a season; dramatically build muscular endurance with strength training; improve body composition</p>
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and recovery with smarter nutrition. With more case studies to draw from and multiple contingency plans for those times when training doesn't progress as planned, *The Cyclist's Training Bible* continues to be the definitive guide to optimal cycling performance. *Sportmedizin und Triathlon* Meyer & Meyer Verlag Fast After 50 is for every endurance athlete who wants to stay

fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and stay healthy well past age 50. In his

groundbreaking book *Fast After 50*, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades--and race to win. *Fast After 50* presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training

changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In Fast After 50, Joe Friel shows athletes that age is just a number--and race results are the only numbers that count. With

contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard, Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger. **Bike Repair Manual** Meyer & Meyer Verlag Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations. The Cyclist's Training Bible

Routledge Mit der Absicht, der Radsportlerin oder dem Radsportler auf einfache Art und Weise grundlegende physiologische Zusammenhänge und Prozesse zu erklären und ein Verständnis für die Inhalte von Ausdauertraining zu vermitteln, ist dieses Buch entstanden. Auf die Fragen nach dem Warum, dem Wie, dem Wann und dem Wie viel bezüglich Training, soll es mit Theorie

und praktischen Beispielen Antworten liefern, ohne dabei in die Komplexität tiefgreifender Literatur vorzustossen. So soll es Athletinnen und Athleten jeder Leistungsklasse als Ratgeber dienen, um die eigene Trainingsplanung in die Hand zu nehmen und die persönliche Leistungsfähigkeit zu steigern. Lore of Running Meyer & Meyer Verlag Discover everything

you need to know to keep your bike in peak condition. The most accessible and up-to-date bike maintenance ebook on the market, covering all types of manual bicycle - road, racing, mountain, BMX, and children's - this is the essential e-guide for cyclists of all levels. Step-by-step sequences show how to carry out bicycle repairs, from vital servicing

to improving its performance. Learn how to maintain every essential area, such as brakes, drivetrain, and steering, as well as complex components, including hub gears, hydraulic brakes, and suspension. Detailed chapters range from showing how to set up your bike correctly, the must-have kit for successful repairs, to troubleshooters to help keep your bike in

top form. This new edition is fully revised and updated, covering the latest bike brakes, gears and hubs, models, and the latest technology, such as GPS trackers. Featuring easy photographic tutorials and handy add-ons, such as a step locator and toolbox, DK's Bike Repair Manual makes bicycle repair simple for every bike owner. No garage or shed is complete without it.

### **Current Results of**

### **Strength Training Research**

BoD - Books on Demand progress and happiness - however these terms may be understood in detail - as a significant and constitutive element of scientific inquiry. In this sense the question of the way in which sport really benefits people and contributes to their happiness, and under which individual and social conditions, is a scientific question. It

assumes special significance when the fact is taken into account that in the field of sport science a general scepticism is shown towards those dogmas and pedagogical theses which take such an interpretation for granted in the absence of a firm empirical foundation and a critically evolved theory. Sport and Sport Science Sport and exercise, physical culture and education in sport (physical

training),  
 gymnastics  
 and touring  
 combined with  
 some form of  
 sport are-as  
 the present  
 report  
 distinctly  
 shows-all over  
 the world  
 among the  
 most striking  
 social phenom  
 ena of today.  
 At first sight  
 they seem to  
 be  
 uncomplicated  
 , clear and  
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 e for  
 everybody;  
 they stand for  
 a type of  
 solidarity  
 which is  
 independent  
 of differences  
 in ideological-  
 political  
 outlook, and

sometimes  
 exhibit an  
 almost archaic  
 intensity and  
 attraction;  
 they are  
 supported by  
 the active  
 participation  
 or at least the  
 interest of  
 very many  
 people in  
 many parts of  
 the world and  
 are endued  
 with specific  
 func tions,  
 varying in  
 importance, of  
 a medical  
 (therapeutical,  
 prophylactic,  
 rehabilitative),  
 pedagogical,  
 psychological  
 and social  
 character.  
Doping im  
Sport  
 VeloPress  
 Dieses

Handbuch  
 bietet einen  
 breitgefächert  
 en Einblick in  
 die  
 Trainingsgrun  
 dlagen,  
 Techniken und  
 Taktiken des  
 Radsports,  
 besonders des  
 Straßenradspo  
 rts unter  
 verständlicher  
 Darstellung  
 trainingswisse  
 nschaftlicher,  
 medizinischer  
 und auch  
 psychologisch  
 er  
 Erkenntnisse.  
 Besonderer  
 Wert wurde  
 auf die  
 Veranschaulic  
 hung der  
 theoretischen  
 Grund-lagen  
 der einzelnen  
 Themenbereic  
 he gelegt, die

dem Leser die teilweise komplexen Zusammenhänge im Radsport näherbringen sollen. Neben dem zentralen Kapitel zum Training wird unter anderem ausführlich auf Themen wie Anatomie und Physiologie des Radsportlers, Ernährung, Medizin, Psychologie sowie Technik und Taktik eingegangen. Der Bezug zur Praxis des Radsports bleibt durch zahlreiche Tipps und

Ratschläge immer gewährt. Mit seiner Themenvielfalt und Ausführlichkeit richtet sich das Handbuch für Radsport nicht nur an Radrennsportler, Trainer und Sportstudenten, auch der Hobbysportler findet hier wertvolle und interessante Informationen für seinen Sport. **Concurrent Aerobic and Strength Training** Dorling Kindersley Ltd "A text for upper-level undergraduat

e and graduate courses in human performance, it uses an integrated scientific approach to explore solutions to problems in human movement. As an interdisciplinary reference volume for biomechanists, exercise physiologists, motor behaviorists, athletic trainers, therapists, kinesiologists, and students, Biomechanics and Biology of Movement offers an in-



<p>depth understanding and appreciation of the many factors comprising and affecting human movement. In addition, it will give you the insights and information you require to address and resolve individual performance problems."--                  BOOK JACKET.  <u>Goldkinder</u>                  Human Kinetics Long-Term Athlete Development describes how to systematically develop sporting</p>	<p>excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the</p>	<p>knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a</p>
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<p>particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs</p>	<p>and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues.</p>	<p>Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research: • Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span •</p>
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Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete • The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity • Considerations in the development of optimal programs for participants passing through each of the seven stages Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants. Untersuchungen zur Bewegungsstruktur der Wettkampfübung Reißen und der Trainingsübung Zug breit im Gewichtheben BoD - Books on Demand Britta Steffen, Olympiasiegerin im Schwimmen, hat selbst zur Feder gegriffen und beschreibt ihr persönliches Krafttraining während ihrer leistungssportlichen Karriere. Sportwissensch

haftler  
verschiedener  
Institute in  
Deutschland  
haben in  
diesem Buch  
weitere  
Aspekte zum  
Krafttraining  
im  
Schwimmen  
aufgegriffen  
(Grundlagen,  
Leistungsaufbau und  
Spezifik für  
Kinder und  
Jugendliche).  
Wohl wissend,  
dass Erfolge  
im  
Schwimmsport  
nicht nur  
durch ein  
umfängliches  
Training im  
Wasser,  
sondern  
maßgeblich  
durch ein  
Krafttraining  
begleitet  
werden, und  
dass dafür  
bisher kein  
Patentrezept  
existiert,  
erhalten Sie  
mit diesem  
Werk bewusst  
keine  
Übungssammlung, sondern  
eine  
anschauliche  
Zusammenstellung der  
Grundlagen  
für das  
spezifische  
Krafttraining  
im  
Schwimmen.  
Sie erfahren  
alles Wichtige  
über die  
leistungsorientierte  
Entwicklung  
der  
Kraftfähigkeiten und lernen,  
wie präventiv  
eine lang  
andauernde  
Belastbarkeit  
im  
Krafttraining  
gefördert  
wird. Last but  
not least geht  
es darum,  
dass durch ein  
optimales  
Training die  
Gesundheit  
eines jeden  
Athleten  
gesichert  
werden kann.  
Dieses Buch  
richtet sich an  
Akteure im  
Sportschwimmen,  
insbesondere  
aus dem  
Bereich des  
Nachwuchsleistungsschwimmens, sowie  
an Personen,  
die das  
Schwimmtraining im  
Athletik- bzw.

Landtraining begleiten. Selbstverständlich können jedoch auch Leser von diesem Buch profitieren, die im Schwimmen freizeit-, aber zielorientiert trainieren. Auch für Personen aus anderen Sportarten ist dies eine interessante und gewinnbringende Lektüre.

**Sport, Recovery, and Performance**  
BoD – Books on Demand  
Sport, Recovery and Performance is a unique

multi-disciplinary collection which examines both the psychological and physiological dimensions to recovery from sport. Including contributions from medicine, neuroscience, psychology and sport science, the book expertly explores the implications for applied and strategic interventions to both retain and stabilize performance, and promote health and well-being.

Including chapters written by its leading experts, the book represents an important milestone in this evolving field of study. It covers issues around measuring recovery, the impact of overtraining on sleep and mental health, and addresses topics such as the impact of travel on performance. The book informs not only how managing recovery can improve performance, but also offers

insights in how recovery can sustain athletes' physical and mental health. Citing research from a range of individual and team sports, as well as extreme situations and the workplace, this is an important book that will be widely read across the sport sciences.

**Sexuelle Geschichten von und mit Inge**

The Stationery Office "Wagner draws on over fifteen years of research to

present the missing piece in Darwin's theory. Using experimental and computational technologies that were heretofore unimagined, he has found that adaptations are not just driven by chance, but by a set of laws that allow nature to discover new molecules and mechanisms in a fraction of the time that random variation would take"-- Amazon.com. **Der Spiegel** Human Kinetics

Tom Danielson's Core Advantage offers a simple, highly effective core strength program for cyclists. This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling--no gym membership required. Professional cyclist Tom Danielson used to have a bad back. He shifted in the saddle, never

<p>comfortable, often riding in pain. Hearing that core strength could help his back, he started doing crunches, which made matters worse. He turned to personal trainer Allison Westfahl for a new approach. Danielson and Westfahl developed all-new core exercises to build core strength specifically for cycling, curing Danielson's back problems. Better yet, Danielson found that</p>	<p>stronger core muscles boosted his pedaling efficiency and climbing power. Using Danielson's core exercises, cyclists of all abilities will enjoy faster, pain-free riding. Cyclists will perform simple exercises using their own body weight to build strength in the low back, hips, abs, chest, and shoulders without adding unwanted bulk and without weights, machines, or a</p>	<p>gym membership. Each Core Advantage exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body, improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back, neck, and shoulders. Beginner, intermediate, and advanced training plans will help bike racers, century riders, and weekend</p>
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warriors to build core strength throughout the season. Each plan features warm-up stretches and 15 core exercises grouped into workouts for injury resistance, better posture, improved stability and bike handling, endurance, and power. Westfahl explains the goal for each exercise, which Danielson models in clear photographs. Riding a bike

takes more than leg strength. Now Tom Danielson's Core Advantage lays out the core strengthening routines that enable longer, faster rides. Tom Danielson's Core Advantage Human Kinetics Was hilft Radfahrern, die sich auf einen Wettkampf vorbereiten? Sie benötigen ein kluges, schlüssig aufgebautes Training, in dem Kraft eine große Rolle

spielt. Wissenschaftlich auf dem aktuellen Stand zeigt Krafttraining im Radsport viele neue Übungen, angepasste Trainingspläne, die gezielt auf Trainings- und Entlastungsphase eingehen. Dabei wird auch detailliert auf die Bedürfnisse von Triathleten eingegangen. Ausführliche Beschreibungen und Abbildungen machen die Dokumentationen der Trainingsübun



gen und Trainingspläne noch anschaulicher. Neu in der 2. Auflage: Neue Kapitelstruktur und Reihenfolge für einen schnelle Orientierung Aktualisierung und Erweiterung der Trainingsübungen und Trainingspläne unter Berücksichtigung aktueller wissenschaftlicher Erkenntnisse Neue Kapitel, z.B. "Entwicklungen und Trends im Krafttraining" in dem

Fitnessrends wie Crossfit® und Functional Training aufgegriffen und deren Nutzen für Radsportler beleuchtet wird Komplett neue und farbige Fotos Kraftvoll ins Wasser MIT Press Authored by the National Strength and Conditioning Association, Developing Power is the definitive resource for developing athletic power. With exercises and drills, assessments, analysis, and programming,

this book will elevate power and performance in all sports. *Olympic Education* Frontiers Media SA Fickgeschichten, die es in sich haben. Zur Luststeigerung und sexuellen Anregung. Lesen sie selbst und erfahren sie, wie die Gefühle in ihren Körper wachsen bis zur Erregung. Sie werden das Prickeln unmittelbar dabei erfahren. Vielleicht trauen sie sich

auch ihren Partner die Geschichten lesen zu lassen. Dann steht einen schönen Abend nichts mehr im Wege.  
Handbuch für Radsport  
 VeloPress  
 Now in its third edition, Essentials of Strength Training and Conditioning is the most comprehensive reference available for strength and conditioning professionals. In this text, 30 expert contributors explore the scientific principles,

concepts, and theories of strength training and conditioning as well as their applications to athletic performance. Essentials of Strength Training and Conditioning is the most-preferred preparation text for the Certified Strength and Conditioning Specialist (CSCS) exam. The research-based approach, extensive exercise technique section, and unbeatable accuracy of

Essentials of Strength Training and Conditioning make it the text readers have come to rely on for CSCS exam preparation. The third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts. The text is organized into five sections. The first three sections provide a theoretical

framework for application in section 4, the program design portion of the book. The final section offers practical strategies for administration and management of strength and conditioning facilities. - Section 1 (chapters 1 through 10) presents key topics and current research in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sport nutrition, and

sport psychology and discusses applications for the design of safe and effective strength and conditioning programs. - Section 2 (chapters 11 and 12) discusses testing and evaluation, including the principles of test selection and administration as well as the scoring and interpretation of results. - Section 3 (chapters 13 and 14) provides techniques for warm-up, stretching,

and resistance training exercises. For each exercise, accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises. This section also includes a set of eight new dynamic stretching exercises. - Section 4 examines the design of strength training and conditioning programs. The information is divided into three parts: anaerobic

exercise prescription (chapters 15 through 17), aerobic endurance exercise prescription (chapter 18), and periodization and rehabilitation (chapters 19 and 20). Step-by-step guidelines for designing resistance, plyometric, speed, agility, and aerobic endurance training programs are shared. Section 4 also includes detailed descriptions of how principles of program

design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals. -Section 5 (chapters 21 and 22) addresses organization and administration concerns of the strength training and conditioning facility manager,

including facility design, scheduling, policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self-study questions provide a structure to help readers organize and conceptualize the information. Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength

training and conditioning goals. Essentials of Strength Training and Conditioning also offers new lecture preparation materials. A product specific Web site includes new student lab activities that instructors can assign to students. Students can visit this Web site to print the forms and charts for completing lab activities, or they can complete the activities electronically and email

their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives and outlines, chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a

presentation package containing over 1,000 slides to help augment lectures and class discussions. In addition to outlines and key points, the resource also contains over 450 figures, tables, and photos from the textbook, which can be used as an image bank by instructors who need to customize their own presentations. Easy-to-follow instructions help guide instructors on how to reuse

the images within their own PowerPoint templates. These tools can be downloaded online and are free to instructors who adopt the text for use in their courses. Essentials of Strength Training and Conditioning, Third Edition, provides the latest and most comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation,

exercise techniques, program design, and organization and administration of facilities. Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine-tune their practice. [The Scientific View of Sport Human Kinetics](#)

Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to

interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and Racing with a Power Meter makes it possible to exploit the incredible usefulness of the power

meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional

threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full chapter on triathlon training and racing, and improved 2-color charts and tables throughout. Training and Racing with a Power Meter, will continue to be the definitive guide to the most important training tool

<p>ever developed for endurance sports.</p> <p><u>Training and Racing with a Power Meter</u>, 2nd Ed. A&amp;C Black</p> <p>Ein neues trainingswissenschaftliches Fachbuch, in der Tradition der ersten deutschen "Trainingslehre" - Harre u.a. 1969 -, des trainingswissenschaftlichen Lexikons - "Lexikon Sportwissenschaft. Leistung. Training. Wettkampf.", Schnabel / Thieß 1993 - und der ersten deutschsprachigen</p>	<p>trainingswissenschaftlichen Gesamtdarstellung - "Trainingswissenschaft. Leistung. Training. Wettkampf.", Schnabel / Harre / Borde 1994. Bearbeitet und neu erarbeitet unter Mitwirkung von 22 Autoren, unter Erweiterung des traditionellen Themenspektrums u.a. durch die Themen "Belastbarkeit", "Training der Belastbarkeit", "Sportmedizinische</p>	<p>Betreuung", "Training und Ernährung", "Weltstandsanalysen". - In einem ersten Teil werden Wesen und Grundzüge der Trainingslehre und der Trainingswissenschaft behandelt. - Thema des zweiten Teils ist die sportliche Leistung und die sportliche Leistungsfähigkeit, ihre Struktur und die relevanten Entwicklungsgesetzmäßigkeiten, verstanden als wissenschaftliche Grundlagen</p>
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<p>des sportlichen Trainings und seiner methodischen Gestaltung. Dazu werden u.a. Wesen und Entwicklung der Hauptfaktoren der sportlichen Leistung herausgearbeitet. - Der umfangreichste dritte Teil behandelt die Grundfragen des sportlichen Trainings und der Trainingsmethodik, übergreifend für die komplexe sportliche Leistung und</p>	<p>differenziert für die Hauptaufgaben und -inhalte: Techniktraining, Koordinationstraining, Training der Beweglichkeit, Training der Kraftfähigkeit, der Schnelligkeitsfähigkeit, der Ausdauer, Training der strategisch-taktischen Fähigkeiten, Ausbildung der psychischen Regulationsvoraussetzungen. - Der vierte Teil beinhaltet die Grundzüge der Theorie des sportlichen Wettkampfs</p>	<p>und die resultierenden Fragen in der Wettkampfvorbereitung. - Das Buch enthält ein umfangreiches Literaturverzeichnis, ein instruktives Glossar und ein Sachwortverzeichnis, als wesentliche Ergänzung und Unterstützung eines differenzierten Studiums von Trainingslehre und Trainingswissenschaft. <i>Developing Power</i> Springer Science &amp; Business</p>
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<p>Media "Olympic Education" is not only a text book for students and teachers in physical and sport education but also for course instructors and coaches in children's youth sport programmes, as well as for executives in sports federations. It answers the question, what the term "Olympic" really means in the broader context of the Olympic Games movement and as a</p>	<p>global purpose and new challenge for a balanced physical, social and moral education. Olympic education has a traditional vision and an important future mission that is relevant for all children and youths, in schools as well as in sport clubs. In five parts and fifteen chapters, the book shows why the Olympic ideals are a modern challenge not only for a new physical and</p>	<p>sport education but also for the development of essential life skills for today. It introduces pedagogical and didactical fundamentals for an Olympic education, in order to bring motor abilities, social behaviour and moral actions in sports and everyday life back together again - in the mind, learning and actions of children and youths, but also of grown- ups in the social settings where young people live.</p>
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