



So Eben Sportler Richting

Léo Pomar



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Optimale Ernährungsbilanzen für Leistungssportler Heinrich-Karl Gräfe, 1964-12-31 Keine ausführliche Beschreibung für Optimale Ernährungsbilanzen für Leistungssportler verfügbar **American Turner**, 1909 **Top ernährt im Sport** Alexandra Schek, 2018-11-22 Die sportliche Leistung wird von einer Vielzahl von Einflussgrößen bestimmt Der wichtigste Faktor ist sicherlich das Training aber auch einer hochwertigen Ernährung kommt ein hoher Stellenwert zu neben psychologischen Aspekten Dies gilt insbesondere wenn es darum geht potenzielle Leistungsreserven zu erschließen Die vorliegende Monografie vermittelt auf hohem wissenschaftlichen Niveau in allgemein verständlicher Form das notwendige Know how einer bedarfsangepassten Ernährung für wettkampforientierte Breiten und Leistungssportler Grundlegende Ernährungsempfehlungen und deren Umsetzung in die Praxis aktuelle Ernährungsleitlinien für den Trainingsalltag und die Wettkampfsaison sowie prophylaktische Maßnahmen für Essverhaltensstörungen werden komprimiert und anwendungsorientiert vermittelt Die Themen Energie Wasser Kohlenhydrate Fette Proteine Mikronährstoffe und ergogene Hilfen werden auf der Basis der in Datenbanken wie PubMed verfügbaren Übersichtsarbeiten Originalbeiträge und Meta Analysen evidenzbasiert abgehandelt Der Titel Ernährung im Top Sport Umschau Zeitschriftenverlag aus dem Jahr 2013 wird fortgeschrieben Neu hinzugekommen sind Informationen zur Energieverfügbarkeit zur Periodisierung der Ernährung zum carbohydrate mouth rinsing zur Gewichtszu- und -abnahme sowie zu low carb und anderen Diäten Den Nahrungsergänzungsmitteln wurde mehr Platz eingeräumt Textkorpora 1 Alan Pfeffer, Walter F.W. Lohnes, Wolf Dieter Ortmann, 2011-05-02 Keine ausführliche Beschreibung für Textkorpora 1 verfügbar **Solidarität**, 1933 **Zum Wert des Sports** Christoph Breuer, Pamela Wicker, Johannes Orlowski, 2014-07-30 Die ökonomische Bedeutung des Sports für Deutschland ist substantiell Die heterogenen Ausprägungen des Sports bspw das aktive Sporttreiben der in Verbänden und Vereinen organisierte Sport und der Spitzensport weisen eine Vielzahl an positiven tangiblen und intangiblen Effekten auf die volkswirtschaftlich bedeutsam sind Auf Basis von Primär- und Sekundärdaten sowie einer umfassenden Literaturrecherche analysieren die Autoren erstmals alle stakeholderrelevanten Bereiche des Sportsektors auf ihre ökonomische Bedeutung hin Es wird gezeigt dass Sport nicht als bloßer Kostenfaktor oder Leistungsempfänger zu betrachten ist sondern als ein Investitionsgut welches wertvolle wirtschaftliche steuerliche und soziale Renditen produzieren kann *Brockhaus - die Enzyklopädie*, 1999 *Die Leibesübungen*, 1926 **Im Sport lernen, mit Sport leben** Helmut Altenberger, 2001 *Regensburger Zeitung*, 1862

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