



ERWACHSENE

IDEALERWEISE AUF MEHRERE TAGE DER WOCHE VERTEILT

MITTLERE
INTENSITÄT



HOHE
INTENSITÄT



- AUSDAUER
- KRAFT
- BEWEGLICHKEIT

Zusätzlicher Nutzen
durch weiterführendes
Training von:

2.5h

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INTENSITÄT

ODER

1.25h

HOHE
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Bewegung Sport Auswirkungen Paradigmenwechsels Fortbildung

WJ Hussar



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Bewegung & Sport Erich Frischenschlager, 2009

Boletin Internacional de Bibliografia Sobre Educacion ,1999

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