



Bewegungslernen, Motorisches Lernen, Mentales Training (German Edition)

Janine Berger, Dustin Hellekes, Christian Oelkuch

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Studienarbeit aus dem Jahr 2009 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,0, Deutsche Sporthochschule Köln (Institut für Rehabilitation und Behindertensport), Sprache: Deutsch, Abstract: Bei der Frage, was Bewegungslernen ist, orientiert man sich von Anfang an an der Praxis. Dort kann man die Begebenheit beobachten, dass jemand eine Bewegung zunächst nicht oder nicht aufgabengerecht ausführen kann, wohl aber zu einem späteren Zeitpunkt. „Lernen ist also der Prozess, der vom Zustand Nicht-Können in den Zustand Können führt.“ (KASSAT 1998, 65) Dabei ist allerdings zu beachten, dass es sich um eine Zustandsänderung einer bewegendenden Person und nicht der Bewegung handelt. Bewegungslernen wird heutzutage moderner auch als Motorisches Lernen bezeichnet. Die Unterscheidung verschiedener Bereiche Motorik und Bewegung wird jedoch nicht eindeutig vorgenommen. (vgl. BÖS/MECHLING 1992; 319) Im Sport werden die Begriffe Bewegungslernen und Motorisches Lernen durchaus nebeneinander gebracht. Im Folgenden wird also näher auf die einzelnen Schritte des motorischen Lernen/ Bewegungslernen eingegangen. Außerdem wird das Teilgebiet Mentales Training genauer erläutert.

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