



Salutogenese und Coaching in Bezug auf Rückenprävention (German Edition)

Janine Berger

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Studienarbeit aus dem Jahr 2010 im Fachbereich Gesundheitswissenschaften, Note: 1,3, Deutsche Sporthochschule Köln, Sprache: Deutsch, Abstract: 1. Einleitung

Die folgende Ausarbeitung ist in zwei Hauptthemen gegliedert. Zunächst wird das Modell der Salutogenese von Antonovsky beschrieben und erklärt. Dabei wird erst auf die Entstehung und später auf die Notwendigkeit bzw. den Nutzen des Modells eingegangen.

Im zweiten Teil der Hausarbeit wird das Thema des Coachings aufgegriffen. Hier wird das Coaching allgemein, sowie die notwendigen Fähigkeiten und Fertigkeiten eines Coaches beschrieben. Dabei wird insbesondere auf das Thema Rücken eingegangen.

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