

# Neukatalogisate ZBSport 30.04.2020

## **Verzeichnis von 56 Neukatalogisaten mit Erscheinungsjahr > 1999**

Köln 01.05.2020.

Ein Dokument der Zentralbibliothek der Sportwissenschaften der Deutschen Sporthochschule Köln (ZBSport).  
Zusammengebaut von Florian Seiffert (mail: seiffert@dshs-koeln.de, tel: 0221 3260-4982) mit Aleph 500, perl, mysql  
und LaTeX.

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### **Anderson, Ruth: The Cycling Mind**

The Psychological Skills for Peak Performance on the Bike - and in Life / Dr. Ruth Anderson. 2019. VII, 247 Seiten. ISBN 978-1-4729-4889-2, ISBN 1-4729-4889-0

⇒ Ein Medium

- **Freihand:**

⇒ Ausführliche Angaben: [HT020441999](#)

### **Angin, Salih: Comparative Kinesiology of the Human Body**

Normal and Pathological Conditions / edited by Salih Angin, Ibrahim Simsek. 2020. 1 online resource (577 pages). ISBN 978-0-12-812240-2 Inhaltliche Zusammenfassung: Front Cover – Comparative Kinesiology of the Human Body – Copyright Page – Dedication – Contents – List of contributors – Foreword – Preface – Acknowledgments – 1 History and basics of kinesiology – 1 Past, present and future of kinesiology – Historical perspective of the kinesiology studies – Development of kinesiology in modern age – Kinesiology in 21st century and beyond – References – 2 Principles of kinesiology – Basic information – Introduction to kinesiology – Cardinal plane and axes of motion – Motion – Mathematical fundamentals – Units of measure – Scalars and vectors – Scalar quantities – Vector quantities – Vector analysis – Trigonometric functions – Kinematics – Kinetics – Forces – Resultant force – Types of forces – Gravity – Muscles – Friction – Externally applied resistances – Torque – Center of gravity – Free body diagram – Newton's laws – First law (inertia) – Second law (acceleration and momentum) – Third law (action-reaction) – Levers – First class lever – Second class lever – Third class lever – Equilibrium – References – 3 Fundamentals of human movement, its control and energetics – How does a purposeful movement start? – Neural control mechanisms of reflex and purposeful movements – Central nervous system – Motor cortex – Basal ganglia – Cerebellum – Peripheral nervous system – Neurons – Synapses – Somatosensory systems – Cutaneous receptors (mechanoreceptors) – Proprioceptive receptors – Muscle spindles – Golgi tendon organs and joint receptors – Motor systems – Type of movements – Reflex pathways – Automatic behaviors – Energetics in human movement – Metabolic and mechanical energy sources of terrestrial movement – Energetics and mechanics of terrestrial locomotion – Comparison of bipedal and quadrupedal locomotion..

⇒ Ein eBook

- **Online:**

⇒ Ausführliche Angaben: [HT020442100](#)

### **Antike Welt**

Zeitschrift für Archäologie und Kulturgeschichte

⇒ Schriftenreihe (Serie)

- Publikationsstatus: fortlaufende Publikation ohne geplanten Abschluss

- Erscheinungsweise: jährlich

- Erscheinungsweise: unregelmäßig oder sonstige Erscheinungsweise

⇒ ISSN: 2566-8943 | (ISSN-Zentrum für Deutschland)

⇒ DDC (Dewey Decimal Classification):

- 930ZDB 930ZDB

⇒ Regensburger Verbundklassifikation:

- NA 1000 NA 1000

⇒ Ausführliche Angaben: [HT019805987](#)

### **Aretz, Markus / Lessenich, Michael / Rech, Matthias: Borussia Mönchengladbach - Die Chronik**

die Jahre 2015 bis 2020 / Markus Aretz, Michael Lessenich, Matthias Rech. 2020. 176 Seiten. - Erscheint: Oktober 2020. ISBN 978-3-7307-0517-9, ISBN 3-7307-0517-2 EAN: 9783730705179,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):

- 796DNB 796DNB
- ⇒ DDC (Dewey Decimal Classification):
  - 79623sdbn 79623sdbn
- ⇒ Ausführliche Angaben: [HT020439985](#)

### **Back to the future: a new city velorution?**

ICHC 2013: XXIV International Cycling History Conference, Lisboa: May 15-17, National Museum of Sports, Palácio Foz, Lisboa 2013. 35 Seiten.

- ⇒ Ein Buch
  - **Magazin: 2020 / 852**
- ⇒ Ausführliche Angaben: [HT020436707](#)

### **Baghurst, Timothy M.: Coaching for sports performance**

edited by Timothy Baghurst. First Edition 2020. XXV, 563 pages. ISBN 978-0-367-22116-4, ISBN 978-0-367-22117-1 Inhaltliche Zusammenfassung: "Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach. Using experts from across the sports science fields, this book teaches readers the core concepts in a practical, easy to understand style, separated into four sections. Part I explains the fundamentals of effective coaching including the development of coaching philosophies, best practices for coaching effectively, how athletic technique matures, and what coaches can and cannot do in specific health-related situations. Part II provides practical ways to improve athletic performance where readers learn the fundamentals of biomechanics and how to use technology to analyze performance, the physiological functions and adaptations to exercise, how the body can be physically trained and properly fueled, and mental strategies to optimize athletic outcomes. Part III introduces the business side of coaching, the important responsibilities involved in sport management, and practical methods for marketing as well as working with the media. Last, Part IV offers specific strategies for coaching across age and skill levels. Chapters are split into youth and high school, collegiate, and professional athletes, and the nuances of coaching each level are explained. Being called "Coach" is an honor, but with this title comes the responsibility of being professional, knowledgeable, and effective. Coaching for Sports Performance provides the platform for becoming a successful coach and assisting athletes in achieving their potential. Coaching for Sports Performance provides a practical overview of the many disciplines necessary to be an effective coach".

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ LC (Library of Congress Classification):
  - GV711
- ⇒ Systematik:
  - 76.13
- ⇒ Schlagwörter:
  - Leistungsfähigkeit
  - Sport
  - Training
- ⇒ Ausführliche Angaben: [HT020437993](#)

### **Bausenwein, Christoph: Beckenbauer**

Christoph Bausenwein. 2020. 144 Seiten. - Erscheint: August 2020. ISBN 978-3-7307-0514-8, ISBN 3-7307-0514-8 EAN: 9783730705148,

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ DDC (Dewey Decimal Classification):
  - 796DNB 796DNB
- ⇒ DDC (Dewey Decimal Classification):
  - 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020439994](#)

### **Bernstejn, Nikolaj A.: Biomechanics for instructors**

Nikolai Aleksandrovich Bernstein; translated by Rose Whyman. 2020. 168 Seiten. ISBN 978-3-030-36162-4

⇒ Ein Medium

- **Freihand:**

⇒ Ausführliche Angaben: [HT020439952](#)

### **Bläsig, Horst / Gizler, Gerhard / Grüne, Hardy: 125 Jahre Eintracht Braunschweig**

Horst Bläsig, Gerhard Gizler, Hardy Grüne. 2020. 304 Seiten. - Erscheint: Dezember 2020. ISBN 978-3-7307-0521-6, ISBN 3-7307-0521-0 EAN: 9783730705216,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):

- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):

- 79623sdb 79623sdb

⇒ Ausführliche Angaben: [HT020440007](#)

### **Borer, Jeannine: Vorbild und Vorurteil**

Lesbische Spitzensportlerinnen erzählen / Jeannine Borer. 1. Auflage 2020. 256 Seiten. ISBN 978-3-03919-502-2, ISBN 3-03919-502-6 EAN: 9783039195022,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):

- 830DNB 830DNB

- BDNB BDNB

⇒ DDC (Dewey Decimal Classification):

- 830B23sdb 830B23sdb

⇒ Ausführliche Angaben: [HT020439927](#)

### **Breuer, Christoph / Feiler, Svenja / Rossi, Lea: The economic importance of amateur football**

analyses based on the German Sport Development Report / Universität-Prof. Dr. Christoph Breuer, Svenja Feiler, Lea Rossi. 2019. 28 Seiten. ISBN 978-3-96523-025-5

⇒ Ein Buch

- **Magazin: 2020 / 876**

⇒ Ausführliche Angaben: [HT020439775](#)

### **Brusseau, Timothy A.: The Routledge handbook on pediatric physical activity**

edited by Timothy A. Brusseau. 2020. pages cm. - 2007. ISBN 978-1-138-33154-9 Inhaltliche Zusammenfassung: Physical activity domains / Valerie Carson and Stephen Hunter – Global surveillance of physical activity of children and youth / Salomé Aubert, Silvia A. González, Taru Manyanga, and Mark S. Tremblay – Global surveillance of cardiorespiratory and musculoskeletal fitness / Justin J. Lang, Jordan J. Smith, and Grant R. Tomkinson – Physical activity recommendations / Paul McCrorie, Anne Martin, and Xanne Jansen – Physiological health benefits of physical activity for young people / Narelle Eather, Kate Ridley, and Angus Leah – Mental health benefits of physical activity for young people / Stuart J.H. Biddle and Ineke Vergeer – Cognitive and academic benefits for school age children / Eric S. Drollette and Charles H. Hillman – Psychological factors associated with physical activity in youth / Katrina J. Waldhauser, Geri R. Ruissen, and Mark R. Beauchamp.

⇒ Ein Medium

**- Freihand:**

⇒ LC (Library of Congress Classification):

- RJ133

⇒ Ausführliche Angaben: [HT020442273](#)

**Buck, Andreas / Ehrmann, Johannes: Turbo**

mein Wettlauf mit dem Fußballgeschäft / Andreas Buck, Johannes Ehrmann. 1. Auflage 2020. 224 Seiten. - Erscheint: August 2020. ISBN 978-3-608-50469-9, ISBN 3-608-50469-9 EAN: 9783608504699,

⇒ Ein Medium

**- Freihand:**

⇒ DDC (Dewey Decimal Classification):

- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):

- 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020440000](#)

**Cissik, John: Strength and conditioning**

a concise introduction / John Cissik. 2nd edition 2020. XIV, 311 Seiten. ISBN 978-0-367-13449-5, ISBN 978-0-367-13447-1

⇒ Ein Medium

**- Freihand:**

⇒ Ausführliche Angaben: [HT020247233](#)

**Dixon, Joseph G. / Barker, Jamie B. / Thelwell, Richard C.: The psychology of soccer**

edited by Joseph Dixon, Jamie Barker, Richard Thelwell, and Ian Mitchell. 2020. xvii, 325 Seiten. ISBN 978-0-367-35028-4, ISBN 978-0-367-35027-7 Inhaltliche Zusammenfassung: The transition from elite youth to elite adult professional soccer: a summary of current literature and practical applications / Robert Morris and Emily Deason – Developing psychological skills: emphasising life skills for positive youth development / Ceri Bowley and Hamish Cox – The role of positive psychology and enjoyment in enhancing sport commitment and maximizing strengths in elite youth soccer / Paul McCarthy – The psychology of penalty kicks: the influence of emotions on penalty taker and goalkeeper performance / Philip Furley, Matt Dicks and Geir Jordet – Rational emotive behavior therapy and soccer / Andrew G. Wood and Martin J. Turner – Identifying and delivering a team-based intervention in elite youth soccer: using personal-disclosure mutual-sharing (PDMS) to enhance team identification, resilience, and coping / Andrew L. Evans and Jamie B. Barker.

⇒ Ein Medium

**- Freihand:**

⇒ LC (Library of Congress Classification):

- GV943.9.P7

⇒ Ausführliche Angaben: [HT020442196](#)

**Doidge, Mark / Kossakowski, Radoslaw / Mintert, Svenja: Ultras**

the passion and performance of contemporary football fandom / Mark Doidge, Radoslaw Kossakowski and Svenja Mintert. 2020. vii, 223 Seiten. ISBN 978-1-5261-2762-4, ISBN 1-5261-2762-8

⇒ Ein Medium

**- Freihand:**

⇒ LC (Library of Congress Classification):

- GV943.9.F35

⇒ Ausführliche Angaben: [HT020441884](#)

### **Donaldson, Peter McIntosh: Sport, war and the British**

1850 to the present / Peter Donaldson. (Routledge research in sports history) 2020. 181 Seiten. ISBN 978-0-367-34078-0 Inhaltliche Zusammenfassung: 'Hunt, shoot, and fight': Victoria's small wars, 1837-1899 – 'We are having a very enjoyable game': Sport and the South African War, 1899-1902 – 'A new and deadly game': British sporting culture in the first World War – Winning the 'Ashes of Civilisation': Sport and World War two – 'Top Gun 1, Mad Dogs 0': War in the Nuclear Age, 1945 to the present..

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):  
- GV706.35

⇒ Ausführliche Angaben: [HT020442241](#)

### **Edition Politik**

Bielefeld: Transcript,

⇒ Schriftenreihe (Serie)

⇒ Ausführliche Angaben: [HT018671226](#)

### **Etnier, Jennifer L.: Coaching for the love of the game**

a practical guide for working with young athletes / Jennifer L. Etnier. 2020. 182 Seiten. ISBN 978-1-4696-5482-9, ISBN 978-1-4696-5483-6 Inhaltliche Zusammenfassung: Why participate in youth sports? – Youth sports today – The sandlot – Coaches as teachers – Children are not miniature adults – Blue and pink – Youth sports parents – The coach's role in an athlete's decision to quit – The rock and the tree – Early specialization versus sampling – Practical matters and bringing it all together – For organizations, athletic departments, and officials.

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):  
- GV711

⇒ Ausführliche Angaben: [HT020441980](#)

### **Feldvoß, René: Eishockey in der DDR - Anomalie im staatlichen Sportsystem**

René Feldvoß. (Reihe junge Sportwissenschaft | 17) 2020. 383 Seiten. ISBN 978-3-7780-7219-6, ISBN 3-7780-7219-6 EAN: 9783778072196, - Dissertation, Universität Hamburg, 2019.

⇒ Ein Buch

- **Freihand: 2020 / 877**

⇒ DDC (Dewey Decimal Classification):  
- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):  
- 79623sdb 79623sdb

⇒ Ausführliche Angaben: [HT020439789](#)

### **Felix, Uwe: Der Spartakiade-Sieger der DDR im Kanuslalom**

eine Geschichte aus dem ehemaligen DDR-Sport / Uwe Felix. 2020. 245 Seiten. ISBN 978-3-96014-678-0

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):  
- 796DNB 796DNB

⇒ Ausführliche Angaben: [HT020439903](#)

### **Foster, Margaret J. / Jewell, Sarah T.: Assembling the pieces of a systematic review**

guide for librarians / edited by Margaret J. Foster, Sarah T. Jewell. (Medical library association books) 2017. xv, 226 Seiten. ISBN 978-1-4422-7701-4, ISBN 1-4422-7701-7

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ Regensburger Verbundklassifikation:
  - AN 93100 AN 93100
- ⇒ Ausführliche Angaben: [HT019587588](#)

### **Germonprez, Katrin: Erlebnispädagogik und Schule**

Vielfalt erleben / Katrin Germonprez. 2018. 1 Online-Ressource (144 Seiten). ISBN 978-3-666-70239-6

- ⇒ ZBSport-Systematik:
  - 2 Pae 200 Erlebnispädagogik, Outward bound
- ⇒ Regensburger Verbundklassifikation:
  - DW 2000 DW 2000
- ⇒ Schlagwörter:
  - Erlebnispädagogik
  - Schule
- ⇒ Ausführliche Angaben: [HT020313276](#)

### **Hochstetler, Douglas: Endurance sport and the American philosophical tradition**

edited by Douglas Hochstetler. (American philosophy series) 2020. 176 Seiten. ISBN 978-1-49854781-9

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ Ausführliche Angaben: [HT020442171](#)

### **Hodge, Samuel R. / Murata, Nathan M. / Block, Martin E.: Case studies in adapted physical education**

empowering critical thinking / Samuel R. Hodge, Nathan M. Murata, Martin E. Block, and Lauren J. Lieberman. (Physical education) Second edition 2020. viii, 185 Seiten. - 2001. ISBN 978-0-367-42637-8, ISBN 978-0-367-42638-5 Inhaltliche Zusammenfassung: "Covering self-contained adapted physical education classes, general physical education programs, as well as youth sports and community recreation, this book presents a series of case studies of teaching individuals of varied ability and disability in physical activity settings. Outlining realistic scenarios, it encourages an interactive, problem-solving teaching and learning style, and the development of critical thinking skills. Now in a fully revised and updated second edition, the book covers a wide range of different professional issues, themes, disabilities and conditions, from assessment and behavior management processes to working with students with intellectual disabilities, motor difficulties, chronic illness or obesity. Each case study includes questions that challenge the reader to reflect on the practical issues involved and how to build inclusive teaching strategies. This book is valuable reading for all physical education students, teacher candidates, and novice and experienced teachers looking to deepen their understanding of adapted physical education and to improve their professional practice. It is an essential companion to any adapted physical education or physical activity course"-.

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ LC (Library of Congress Classification):
  - GV445
- ⇒ Ausführliche Angaben: [HT020437045](#)

### **Hoffman, Jennifer Lee: College sports and institutional values in competition**

leadership challenges / Jennifer Lee Hoffman. 2020. 184 Seiten. ISBN 978-0-367-02441-3, ISBN 978-0-367-02442-0 Inhaltliche Zusammenfassung: Foreword / James Soto Antony – College sports and institutional values – 'Going to a D1 school' – Towns, colleges, and their

sports – The front porch, campus mission and the market – Championships, spectacle, and subsidy – Professionalized pursuits, educational impacts – Is separate still equal? – The right kind of activism – 'Low profile, decentralized, and incremental' – Change is already here..

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- GV351

⇒ Ausführliche Angaben: [HT020442207](#)

### **Hughes, Mike / Franks, Ian M. / Dancs, Henriette: Essentials of performance analysis in sport**

edited by Mike Hughes, Ian M. Franks, and Henriette Dancs. 3rd edition 2020. xxx,461 Seiten. - 2002. ISBN 978-0-367-35541-8, ISBN 978-0-367-35539-5 Inhaltliche Zusammenfassung: Section 1. The background – Section 2. The methodology of notational analysis – Section 3. Current issues of performance analysis – Section 4. Profiling in sport with examples – Section 5. Careers in performance analysis..

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- GV558

⇒ Ausführliche Angaben: [HT020438606](#)

### **Kerr, Roslyn / Barker-Ruchti, Natalie / Stewart, Carly: Women's artistic gymnastics**

socio-cultural perspectives / edited by Roslyn Kerr, Natalie Barker-Ruchti, Carly Stewart, and Gretchen Kerr. (Women, sport and physical activity) First Edition 2020. 264 Seiten. ISBN 978-0-367-44001-5 Inhaltliche Zusammenfassung: Part 1. The history, politics, commercialisation and diversification of women and girls – Part 2. The gymnast experience – Part 3. Coach-athlete relationships – Part 4. The multiple actors involved in creating an elite gymnast..

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- GV461

⇒ Ausführliche Angaben: [HT020442292](#)

### **Kiuppis, Florian / Stambulova, Natalia B.: Transitions in sport life**

special issue / guest editors: Florian Kiuppis & Natalia Stambulova. (Sport in society | volume 23, number 4 (April 2020)) 2020. Seite 557-794.

⇒ Ein Buch

- **Bitte an der Info-Theke 4 nachfragen: P 4156 Themenheft einer Zeitschrift**

⇒ Ausführliche Angaben: [HT020436580](#)

### **Kühne-Hellmessen, Ulrich: Deutschlands größte Sportmomente**

Ulrich Kühne-Hellmessen. 2020. 192 Seiten. - Erscheint: Oktober 2020. ISBN 978-3-7307-0511-7, ISBN 3-7307-0511-3 EAN: 9783730705117,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):

- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):

- 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020439971](#)

### **Kühne-Hellmessen, Ulrich: Doppelpass**

Geschichten rund um die Kultsendung / Ulrich Kühne-Hellmessen. 2020. 160 Seiten. - Erscheint: August 2020. ISBN 978-3-7307-0516-2, ISBN 3-7307-0516-4 EAN: 9783730705162,



- ⇒ Ein Medium
  - **Freihand:**
- ⇒ DDC (Dewey Decimal Classification):
  - 796DNB 796DNB
- ⇒ DDC (Dewey Decimal Classification):
  - 79623sdbn 79623sdbn
- ⇒ Ausführliche Angaben: [HT020439997](#)

### **Latinjak, Alexander T. / Hatzigeorgiadis, Antonis: Self-talk in sport**

edited by Alexander T. Latinjak and Antonis Hatzigeorgiadis. 2020. 248 Seiten. ISBN 978-1-138-62467-2 Inhaltliche Zusammenfassung: Locating self-talk in the knowledge map of sport and exercise psychology / Alexander T. Latinjak – Pieces of the self-talk jigsaw puzzle: an introduction / Alexander T. Latinjak, James Hardy, and Antonis Hatzigeorgiadis – Assessment methods for organic self-talk / Thomas M. Brinthaupt and Alain Morin – Metacognition and goal-directed self-talk / Noel E. Brick, Mark J. Campbell, and Aidan P. Moran – Self-talk and emotion regulation / Julian Fritsch and Darko Jekauc – Organic self-talk antecedents: an interpretative review and implications for practice / Aristeia Karamitrou, Evangelos Galanis, Yannis Theodorakis, and Nikos Comoutos – The reflexive self-talk intervention: detailed procedures / Alexander T. Latinjak, Lucía Figal-Gomez, Philip Solomon-Turay, and Rafel Magrinyà-Vinyes – Rational self-talk: a rational emotive behaviour therapy (REBT) perspective / Martin J. Turner, Andrew G. Wood, Jamie B. Barker, and Nanaki Chadha – Strategic self-talk interventions / Antonis Hatzigeorgiadis, Evangelos Galanis, and Yannis Theodorakis – Self-talk mechanisms / Antonis Hatzigeorgiadis and Evangelos Galanis – Self-talk interventions in tennis and golf / Robert Weinberg and Alexander Bianco – Self-talk interventions in team-sport settings / James Hardy – Self-talk and endurance sports / Alister McCormick and Paul Anstiss – Self-talk in physical education: motivational aspects and a guide for physical education teachers / Masa Marjanovic, Charalampos Krommidas, Evangelos Mprisimis, Athanasios Papaioannou, and Nikos Comoutos – Contesting the role of self-talk in sport psychology in views of mindfulness, flow, and mind wandering / Daniel Birrer, Patricia C. Jackman, and Alexander T. Latinjak – Epilogue: some facts and personal reflections on my self-talk / Antonis Hatzigeorgiadis..

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ LC (Library of Congress Classification):
  - GV706.4
- ⇒ Ausführliche Angaben: [HT020442229](#)

### **Lenskyj, Helen: The Olympic Games**

a critical approach / Helen Lenskyj. (SocietyNow) 2020. 250 Seiten. ISBN 978-1-83867776-3

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ Ausführliche Angaben: [HT020442255](#)

### **Lipphoff, Patrick: Tabata**

Ihr Weg zur Fitness: mit nur 4 Minuten Intervalltraining am Tag Ihren Stoffwechsel anregen, effektiv Fett verbrennen und Muskeln aufbauen: Inkl. Trainingsplan für Anfänger und Fortgeschrittene / Patrick Lipphoff. 1. Auflage 2020. 128 Seiten. ISBN 978-3-7529-3699-5, ISBN 3-7529-3699-1 EAN: 9783752936995,

- ⇒ Ein Medium
  - **Freihand:**
- ⇒ DDC (Dewey Decimal Classification):
  - 610DNB 610DNB
- ⇒ DDC (Dewey Decimal Classification):
  - 61023sdbn 61023sdbn
- ⇒ Ausführliche Angaben: [HT020439908](#)

**Löppmann, Anja: Is(s) doch ganz easy**

ohne Diät für immer schlank & glücklich: mit 8 Wochen Meal-Prep / Anja Löppmann. 2020. 194 Seiten. ISBN 978-3-8403-7676-4, ISBN 3-8403-7676-9 EAN: 9783840376764,

⇒ Ein Buch

- **Freihand: 2020 / 863**

⇒ DDC (Dewey Decimal Classification):

- 610DNB 610DNB

⇒ DDC (Dewey Decimal Classification):

- 61023sdbn 61023sdbn

⇒ Ausführliche Angaben: [HT020355704](#)

**Major, Kerri: Einfach richtig essen**

gesunde Ernährung leicht gemacht / Kerri Major. 1. Auflage 2020. 312 Seiten. ISBN 978-3-8403-7679-5, ISBN 3-8403-7679-3 EAN: 9783840376795,

⇒ Ein Buch

- **Freihand: 2020 / 862**

⇒ DDC (Dewey Decimal Classification):

- 610DNB 610DNB

⇒ DDC (Dewey Decimal Classification):

- 61023sdbn 61023sdbn

⇒ Ausführliche Angaben: [HT020439591](#)

**Mazer, Sharon: Professional wrestling**

sport and spectacle / Sharon Mazer. Second edition 2020. 178 Seiten. ISBN 978-1-4968-2686-2, ISBN 978-1-4968-2659-6 Inhaltliche Zusammenfassung: Acknowledgements – Preface to the second edition – "Real" wrestling – What the world is watching – Learning the game – Real men don't wear shirts – From beefcake to cheesecake – "Real" life – Postscript – Epilogue: last works (for now) – Notes – Sources – Index..

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- GV1196.4.S63

⇒ Ausführliche Angaben: [HT020442020](#)

**Müller, Dieter / Zitouni, Mounir: Meine zwei Leben**

was mir das Schicksal genommen und der Fußball gegeben hat / Dieter Müller, Mounir Zitouni. 1. Auflage 2020. 240 Seiten. - Erscheint: Juni 2020. ISBN 978-3-8419-0697-7, ISBN 3-8419-0697-4 EAN: 9783841906977,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):

- 300DNB 300DNB

⇒ DDC (Dewey Decimal Classification):

- 30023sdbn 30023sdbn

⇒ Ausführliche Angaben: [HT020439966](#)

**Müller-Reinhardt, Isabella: Mensch Trainer**

die Erfolgsstrategien der Fußballcoaches - und was wir von ihnen lernen können / Isabella Müller-Reinhardt. 2020. 240 Seiten. - Erscheint: Mai 2020. ISBN 978-3-7423-1323-2, ISBN 3-7423-1323-1 EAN: 9783742313232,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):

- 650DNB 650DNB

⇒ DDC (Dewey Decimal Classification):  
- 65023sdbn 65023sdbn

⇒ Ausführliche Angaben: [HT020439941](#)

### **Mulcahy, Robert E. / Stewart, Robert: An athletic director's story and the future of college sports in America**

by Robert Mulcahy III; with Robert Stewart. 2020. 219 Seiten. ISBN 978-1-978802-12-4 Inhaltliche Zusammenfassung: Why Rutgers – On the way to Rutgers – Long overdue for change – Rebuilding a program – The Don Imus incident – Upholding traditions – Conferences: the Big East and the Big Ten – Choosing coaches and doing it right – Proud with no regrets – After Rutgers, and leading issues for NCAA sports – A call for values and final thoughts..

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):  
- GV697.M74

⇒ Ausführliche Angaben: [HT020441763](#)

### **Musmeci, Valentina / Abram, Carla / Ladurner, Christjan: Höhenflüge**

Erich Abram, Südtiroler Alpinist und Pilot / Valentina Musmeci, Carla Abram, Christjan Ladurner. 1. Auflage 2018. 256 Seiten. ISBN 978-88-7073-915-2, ISBN 88-7073-915-5 EAN: 9788870739152,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):  
- 300DNB 300DNB

⇒ DDC (Dewey Decimal Classification):  
- 30023sdbn 30023sdbn

⇒ Ausführliche Angaben: [HT020433945](#)

### **Pantel, Pamela: Stationskarten Gerättturnen**

Pamela Junker. (Arbeits- und Stationskarten) 2. Auflage 2020. 1 CD-ROM. ISBN 978-3-7780-8772-5, ISBN 3-7780-8772-X EAN: 9783778087725,

⇒ Eine CD

- **Freihand: CD2020 / 7**

⇒ DDC (Dewey Decimal Classification):  
- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):  
- 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020439802](#)

### **Pryde, Kenny: Medal factory**

British cycling and the cost of gold / Kenny Pryde. 2020. 308 Seiten. ISBN 978-1-78125985-6

⇒ Ein Medium

- **Freihand:**

⇒ Ausführliche Angaben: [HT020442007](#)

### **Reisner, Dino: Leroy**

die Biografie von Leroy Sané / Dino Reisner. 1. Auflage 2020. 176 Seiten. ISBN 978-3-7679-1263-2, ISBN 3-7679-1263-5 EAN: 9783767912632,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):  
- 830DNB 830DNB

- BDNB BDNB

⇒ DDC (Dewey Decimal Classification):  
- 830B23sdbn 830B23sdbn

⇒ Ausführliche Angaben: [HT020439889](#)

### **Rendell, Matt / Bentkämper, Olaf: Colombia Es Pasión!**

Wie eine Generation kolumbianischer Radrennfahrer die Tour de France eroberte und eine ganze Nation beflügelte / Matt Rendell. 2020. 330 Seiten. - Erscheint: Juli 2020. ISBN 978-3-95726-048-2, ISBN 3-95726-048-5 EAN: 9783957260482,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):  
- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):  
- 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020439975](#)

### **Schmieder, Jürgen: Touchdown! Alles über American Football**

Jürgen Schmieder. 2020. 224 Seiten. - Erscheint: August 2020. ISBN 978-3-492-31689-7, ISBN 3-492-31689-1 EAN: 9783492316897,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):  
- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):  
- 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020440052](#)

### **Schulze-Marmeling, Dietrich: Klopps Liverpool**

Dietrich Schulze-Marmeling. 2020. 144 Seiten. - Erscheint: Juli 2020. ISBN 978-3-7307-0512-4, ISBN 3-7307-0512-1 EAN: 9783730705124,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):  
- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):  
- 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020439958](#)

### **Schulze-Marmeling, Dietrich: Trainer!**

Die wichtigsten Männer im Fußball / Dietrich Schulze-Marmeling. 2020. 320 Seiten. - Erscheint: Oktober 2020. ISBN 978-3-7307-0520-9, ISBN 3-7307-0520-2 EAN: 9783730705209,

⇒ Ein Medium

- **Freihand:**

⇒ DDC (Dewey Decimal Classification):  
- 796DNB 796DNB

⇒ DDC (Dewey Decimal Classification):  
- 79623sdbn 79623sdbn

⇒ Ausführliche Angaben: [HT020439980](#)

### **Sherry, Emma / Rowe, Katie: Developing sport for women and girls**

edited by Emma Sherry, Katie Rowe. (Routledge studies in sport development) First Edition 2020. 296 Seiten. ISBN 978-0-367-42654-5, ISBN 978-0-367-42655-2 Inhaltliche Zusammenfassung: "Women and girls are often excluded from organised sport or face challenges

in accessing sport or developing within sport. This is the first book to focus on sport development for women and girls. It provides a theoretical and practical framework for readers in the emerging field of sport development. Developing Sport for Women and Girls examines both the development of sport, and development through sport with expert contributions from Australasia, North America, and Europe. It offers critical analysis of contemporary sport development, from high performance pathways to engaging diverse communities to the use of sport to empower women and girls. Each chapter explores various contexts of sport development and sport for development theory with a specific focus on women and girls. It covers key topics such as health, education, sexual orientation and participation across the lifecourse, and features international case studies in every chapter. This is essential reading for students, academics, researchers and practitioners working in the area of sport development or sport management”-.

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- GV709

⇒ Ausführliche Angaben: [HT020438570](#)

## **Studien zu Fitness & Gesundheit**

Bände.

⇒ Schriftenreihe (Serie)

- Publikationsstatus: fortlaufende Publikation ohne geplanten Abschluss

- Erscheinungsweise: unregelmäßig oder sonstige Erscheinungsweise

⇒ Ausführliche Angaben: [HT020440962](#)

## **SueSee, Brendan / Hewitt, Mitch / Pill, Shane: The spectrum of teaching styles in physical education**

edited by Brendan SueSee, Mitch Hewitt and Shane Pill. First Edition 2020. 186 Seiten. ISBN 978-0-367-35718-4 Inhaltliche Zusammenfassung: "This is the first in-depth, practice-focused book to explain 'spectrum theory' and its application in physical education and sports coaching. Spectrum theory identifies eleven distinct teaching styles, with decision-making as a central characteristic, and allows teachers to select age and developmentally appropriate styles across social, physical, ethical, emotional and cognitive channels. The book brings together leading thinkers in spectrum theory, to demonstrate how it can be applied to improve teaching and learning in PE and coaching. Drawing on real-world research in schools and universities, the book considers the history of spectrum theory, and examines its significance across important areas such as physical education teacher education, sport pedagogy, teacher development, models such as Games Sense and Teaching Games for Understanding, skill acquisition, and student learning and perception. Every chapter highlights the practical implications of research in real-world settings and considers how spectrum theory can enhance learning experiences. This book is invaluable reading for all pre-service and in-service school physical education teachers, sports coaches, school pedagogical leaders and college lecturers”-.

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- GV361

⇒ Ausführliche Angaben: [HT020442297](#)

## **Sullivan, Marlysa / Hyland Robertson, Laurie C.: Understanding yoga therapy**

applied philosophy and science for health and well-being / Marlysa Sullivan with Laurie C. Hyland Robertson. 2020. 224 Seiten. ISBN 978-1-138-48454-2, ISBN 978-1-138-48455-9 Inhaltliche Zusammenfassung: "Understanding Yoga Therapy offers a comprehensive and accessible perspective on yoga therapy as a complementary, integrative route to promoting

whole-person well-being. Readers will come away from the book understanding how the philosophy, texts, and teachings of yoga benefit a wide range of health conditions. Bridging the ancient and modern, philosophical and scientific, *Understanding Yoga Therapy* offers a clear explanatory framework for yoga therapists, physicians, allied and complementary healthcare providers, and their patients and students”-.

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- RM727.Y64

⇒ Ausführliche Angaben: [HT020442287](#)

### **Tiller, Nicholas B.: The skeptic's guide to sports science**

confronting myths of the health and fitness industry / Nicholas B. Tiller. 2020. 256 Seiten. ISBN 978-1-138-33312-3, ISBN 978-1-138-33313-0 Inhaltliche Zusammenfassung: "The global health and fitness industry is worth an estimated \$4 trillion; we spend \$90 billion/year on health club memberships and \$100 billion/year on dietary supplements. In this industrial climate, meagre regulations on the products we're sold (the supplements, fad-diets, training programs, trainers and garments) result in marketing campaigns underpinned by strong claims and weak evidence. In addition, our critical faculties are ill-suited to a contemporary culture characterized by business, fake news, social media, and bad science. We've become walking, talking prey to the 21st-Century Snake Oil salesmen. In *The Skeptic's Guide to Sports Science*, Dr Nick Tiller (Exercise Physiologist, Harbor-UCLA) confronts the claims behind the products and the evidence behind the claims. In this treatise on the commercialization of science in sport and exercise, the author discusses what might be wrong with the sales pitch, the glossy magazine advert, and the celebrity endorsements that our heuristically-wired brains find so innately attractive. Tiller also explores the appeal of the one quick fix, the fallacious arguments that are a mainstay of product advertising, and the critical steps we must take in retraining our minds to navigate the pitfalls of our modern consumerist culture. This informative and accessible volume pulls no punches in scrutinizing the plausibility of, and evidence for, the most popular sports products and practices on the market. Consumers are encouraged to confront their conceptualizations of the industry and, by the book's end, readers will have acquired the skills they need to judge product effectiveness for themselves. *The Skeptic's Guide to Sports Science* is a must-read for exercisers, athletes, students, and practitioners who hope to retain their intellectual integrity in a vast, lucrative health and fitness industry that is spiralling quickly out-of-control”-.

⇒ Ein Medium

- **Freihand:**

⇒ LC (Library of Congress Classification):

- GV558

⇒ Ausführliche Angaben: [HT020442222](#)

### **Tin, Mikkel Bjørset / Telseth, Frode / Tangen, Jan Ove: The Nordic Model and Physical Culture**

(Routledge Research in Sport, Culture and Society Ser.) 2019. 1 online resource (269 pages). ISBN 978-1-00-069281-5 Inhaltliche Zusammenfassung: Cover – Half Title – Series Page – Title Page – Copyright Page – Table of Contents – List of figures – List of contributors – Preface – Introduction: the Nordic model and physical culture – Physical culture – Emancipation of the individual – Emancipation of the embodied individual – Three areas where physical cultures contribute to shape the embodied individual - and the three sections of the book – The wider context – References – PART I: Education – 1. Creating new sport policy: the case of Finnish schools on the move – Introduction – Finnish Schools on the Move programme: a small pilot project becomes part of the government's key initiative – Reshaping the sports system – The Finnish Schools on the Move programme as a state intervention: three interpretations – Discussion – References – 2. Nature in the history of physical education and in the lives of Norwegians today – Introduction – Theoretical approach – Nature becomes nationalized –

Nature becomes medicalized – Our nature – Conclusion – Notes – References – 3. Let's move: embodiment, leadership, and dance in education – Everyone can dance: introduction and 'state of the art' – The language of the body in leadership and professional practice: a current research and educational effort – Embodied experiences and shared stories – Teaching as an artistic process – The triad of teaching – Embodied leadership competence – Youthful radiation between self-consciousness, stage presence, and shyness – Teaching dance styles: the development of embodied leadership competence – Dance days with young people: multicultural meetings with 200 high school pupils – Conclusion – References – 4. Exploring democratic relations in higher dance education: a case study – Attending the 'final result' of democratic relations: a dance student performance..

⇒ Ein eBook

- **Online:**

⇒ Ausführliche Angaben: [HT020437101](#)

### **Waste disposal & sustainable energy**

Online-Ressource.

⇒ ZDBID: 2951499-X

⇒ Zeitschrift

- Publikationsstatus: fortlaufende Publikation ohne geplanten Abschluss

⇒ ISSN: 2524-7891

⇒ DDC (Dewey Decimal Classification):

- 333.7ZDB Energie- und Landschaftsökonomie

⇒ Ausführliche Angaben: [HT019893577](#)

### **Wirtz, Petra: Inhalts- und Strukturanalyse von Bewegungsinterventionen in der onkologischen Rehabilitationskette unter besonderer Berücksichtigung der Rehabilitation und Nachsorge**

vorgelegt von Petra Wirtz. 2020. V, 71 Blätter. - Dissertation, Deutsche Sporthochschule, Köln, 2020, Kumulative Dissertation.

⇒ 2 Bücher

- **Freihand: 2020 / 869**

- **Magazin: 2020 / 870**

⇒ Ausführliche Angaben: [HT020439715](#)