



Gesetzliche Grundlagen der Rückenprävention- und Rehabilitation (German Edition)

Monika Zähringer

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Studienarbeit aus dem Jahr 2009 im Fachbereich Sport - Bewegungs- und Trainingslehre, Deutsche Sporthochschule Köln, Sprache: Deutsch, Abstract: Unter dem Begriff Prävention versteht man laut dem Leitfaden Gesundheitsförderung (1996) die Verhütung von Krankheiten mit dem Ziel, Krankheiten frühestmöglich zu erkennen und so schnell behandeln zu können. Außerdem zielt die Prävention darauf ab, Gesundheit im Voraus so zu fördern, dass es gar nicht erst zum Entstehen von Krankheiten kommt (Leitfaden der Gesundheitsförderung, 1996).

Dagegen ist der Rehabilitationssport eine für behinderte und von der Behinderung bedrohte Menschen entwickelte Therapie mit dem Ziel, die Betroffenen auf Dauer in das Arbeitsleben und in die Gesellschaft einzugliedern.

In den folgenden Abschnitten werden diese Begriffe näher erläutert und deren gesetzliche Verankerung im deutschen Gesundheitssystem dargestellt.

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