

HET VINDEN VAN DE JUISTE BALANS

**HET WANKELE EVENWICHT
TUSSEN FYSIEKE EN MENTALE
BELASTING EN BELASTBAARHEID**

Janine Stubbe
Lector Excellence and Wellbeing

codarts

rotterdam



INHOUD

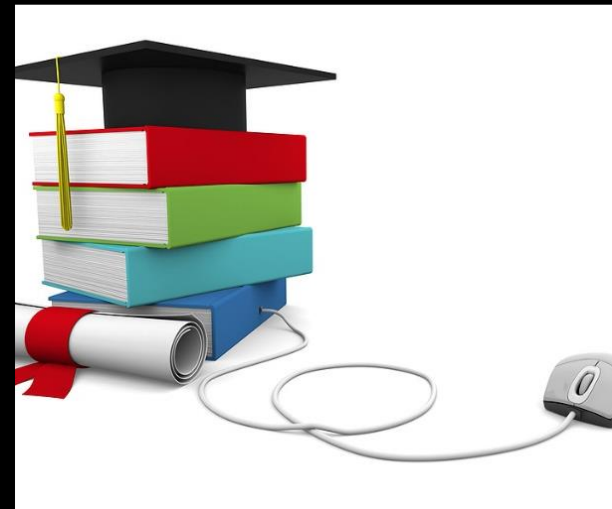
- Doelstellingen
- Belasting en belastbaarheid
- Student life monitor



INHOUD

- **Doelstellingen**
- Belasting en belastbaarheid
- Student life monitor





INHOUD

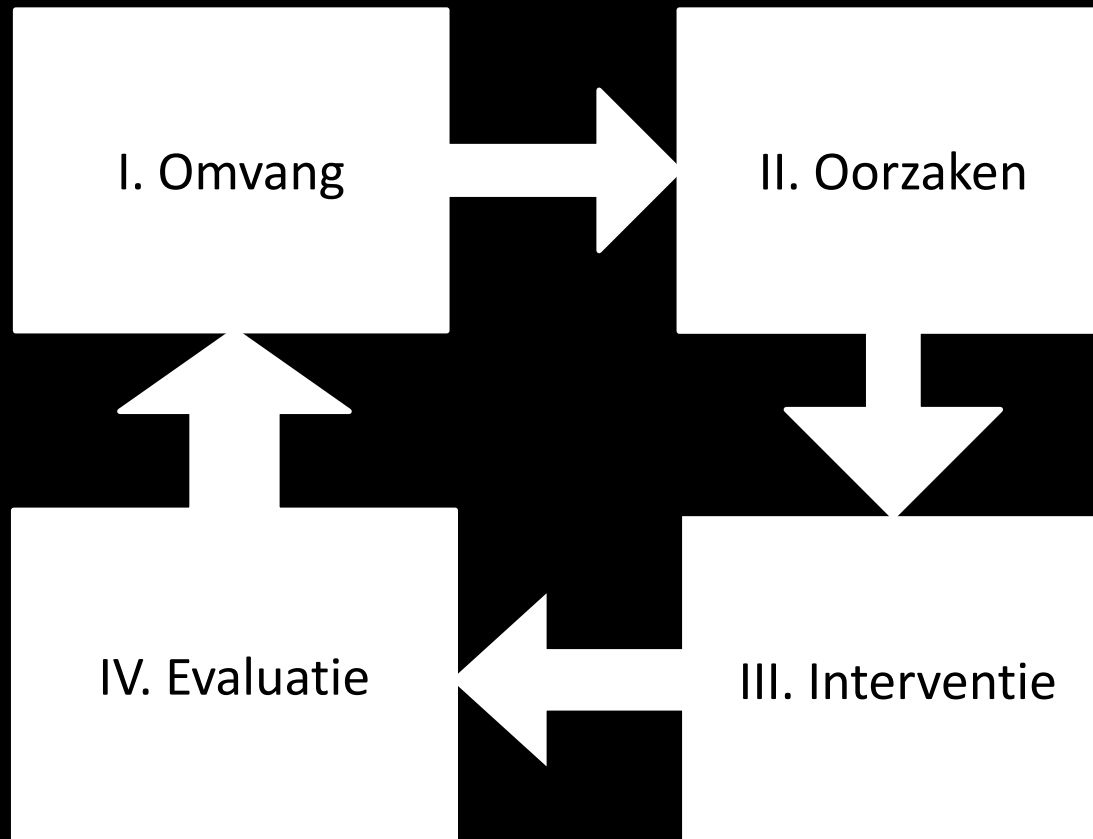
- Doelstellingen
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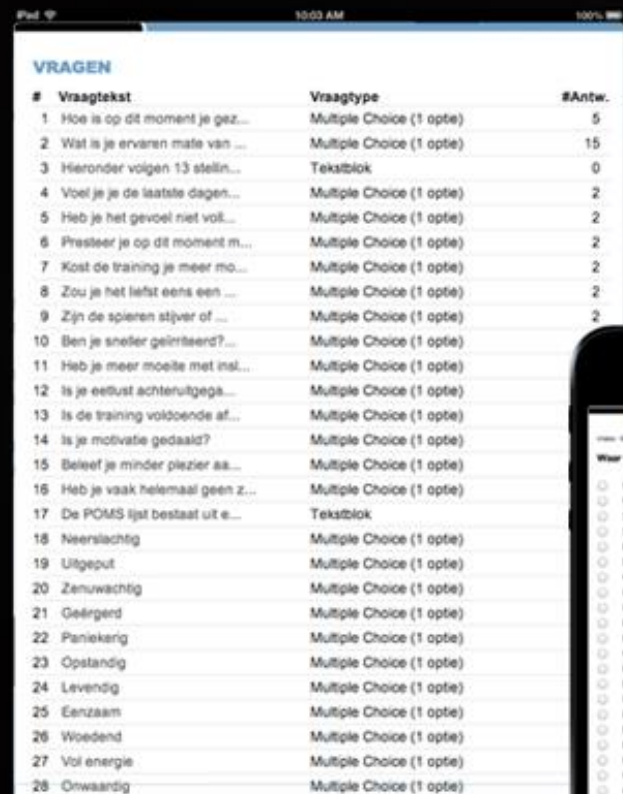
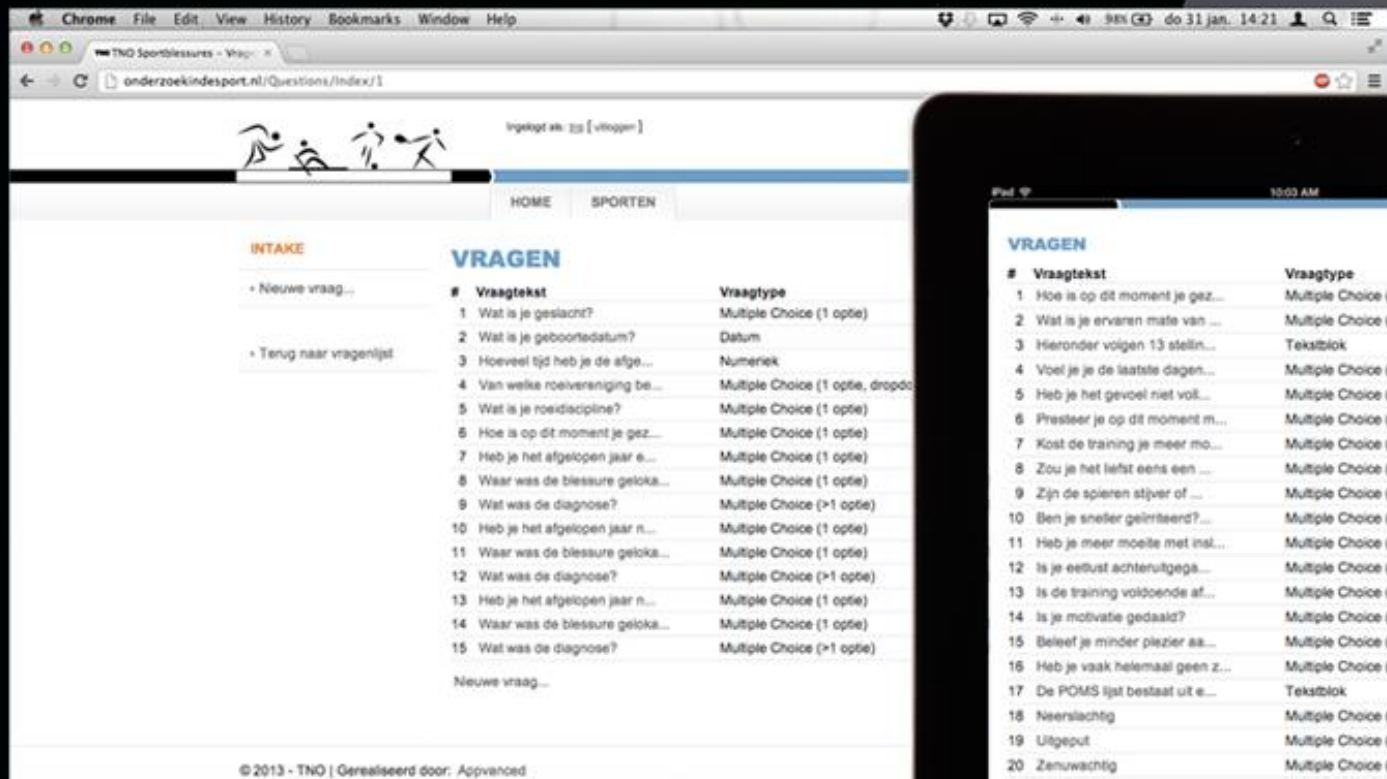
33% topsporters stopt door
blessure



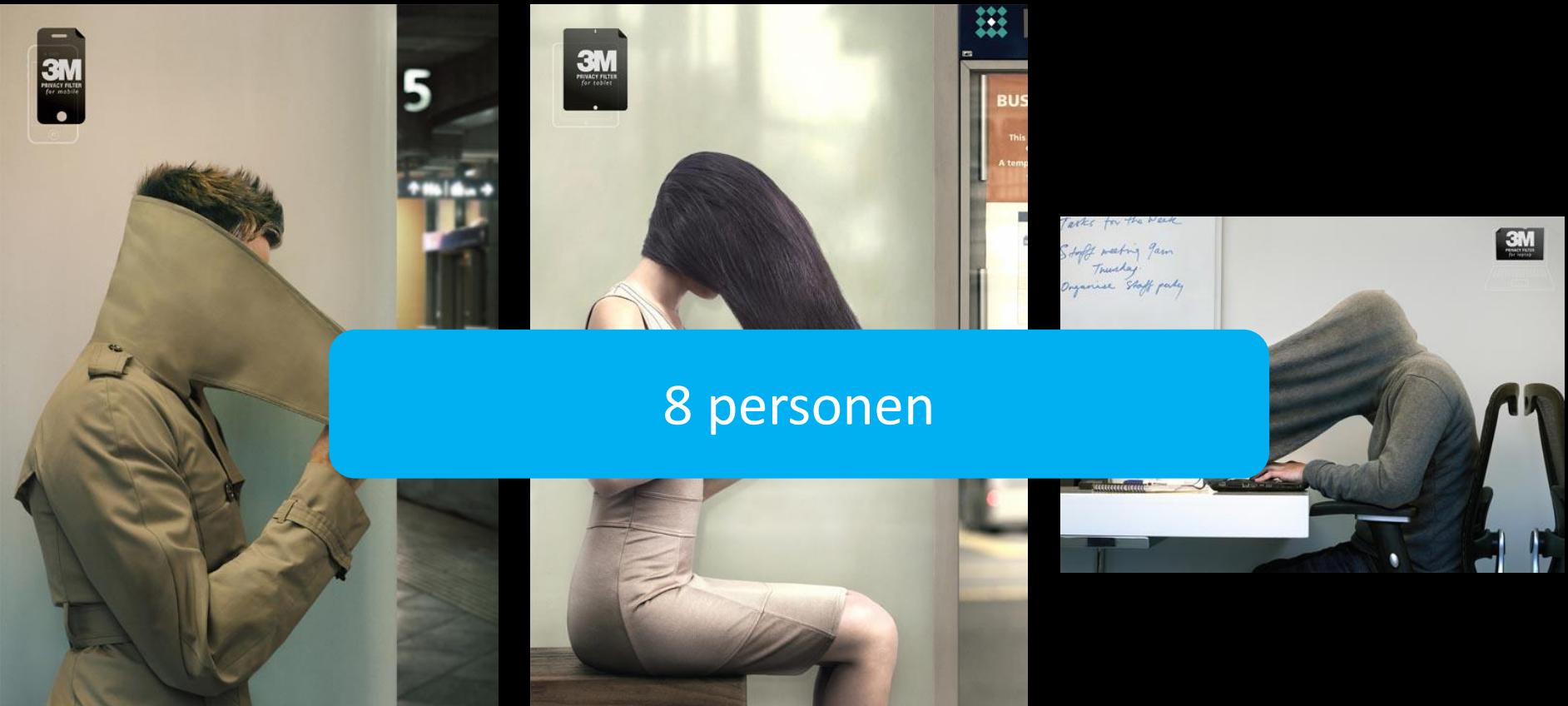
INHOUD

- Doelstellingen
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- **Student life monitor**



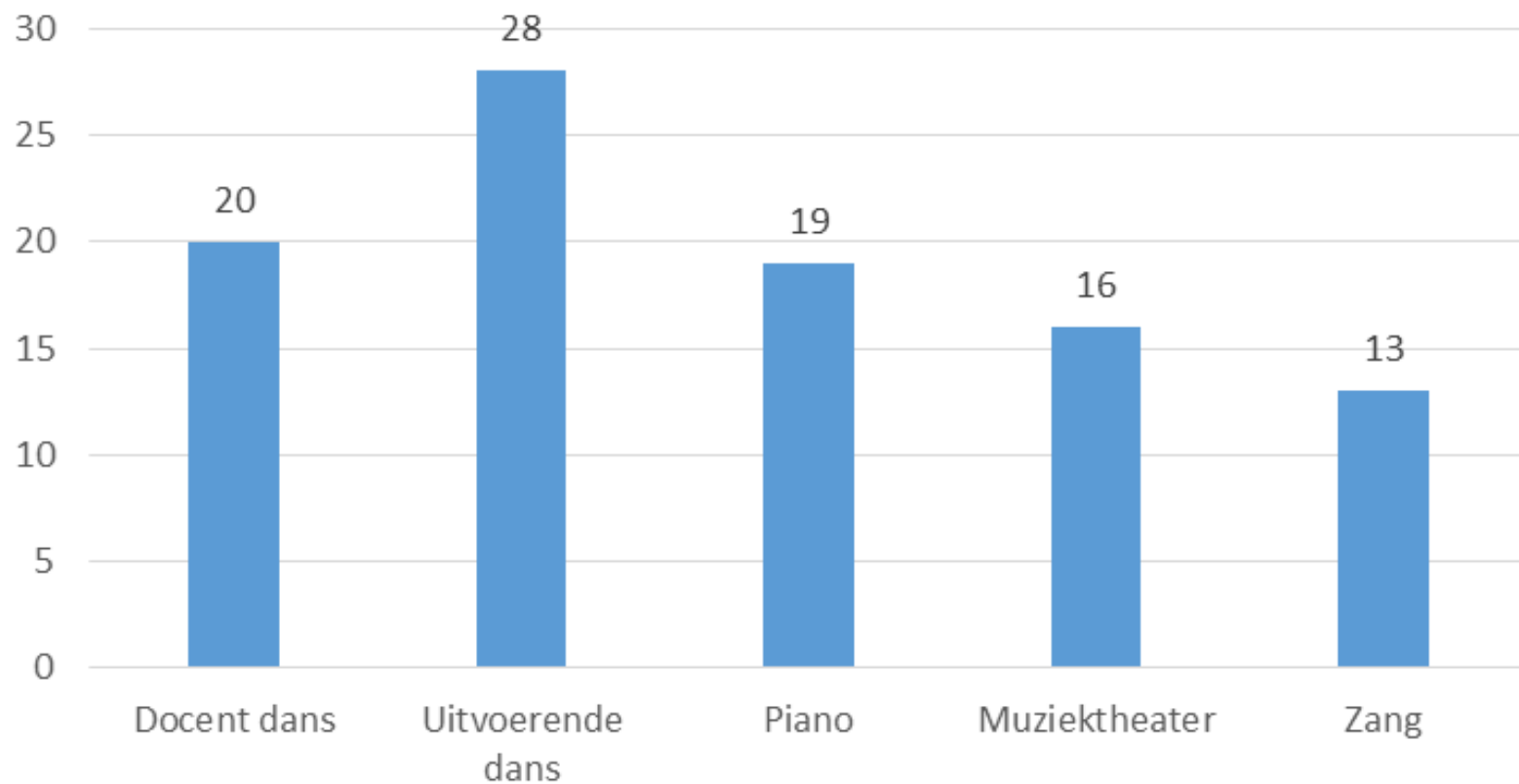


Privacy



8 personen

Opleiding



muziek

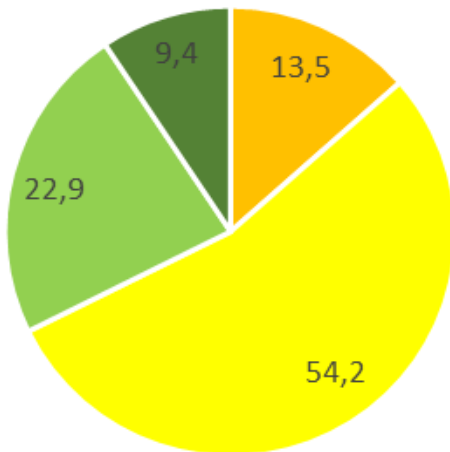
dans



Gemiddelde = 20 uur

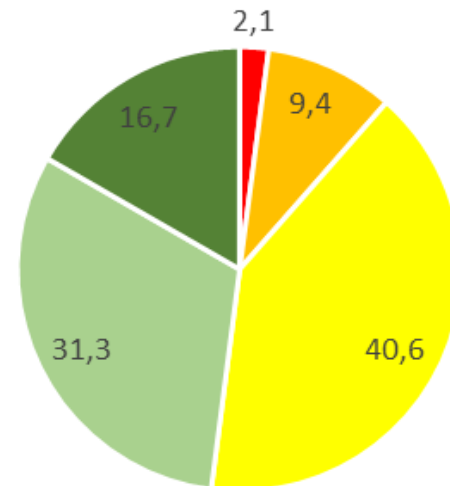
TOPSPORT!

Lichamelijke gezondheid



Matig Goed Zeer goed Uitstekend

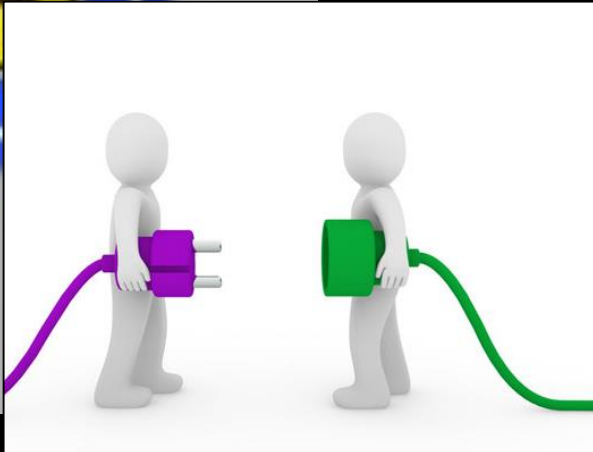
Mentale gezondheid



Slecht Matig Goed Zeer goed Uitstekend

Blessures = 22,9%





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- **Irja Zeper**
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- **Ineke Trop**

