

2.BÖLÜM

DİRENÇ ANTRENMANLARININ TEMELİ, EGZERSİZ REÇETELENDİRİLMESİ ve SÜRECİ

Faruk AKÇINAR¹
Burak GÖNÜLTAŞ²

► ÖZET

Bu çalışmanın amacı, direnç antrenmanları esnasında uyulması gereken egzersiz metotlarının planlanması ve uygulanması sırasında dikkat edilmesi gereken noktaların belirlenmesini hedeflemektedir. Direnç antrenmanı, dinamik bir süreci kapsamaktadır. Kronolojik olarak, egzersizin reçetelendirilmesi daha sonra antrenmanın değerlendirilmesi ve son olarak ise hedefte yer alan amaçların dikkatli bir şekilde geliştirilmesini kapsamaktadır. Tek bir antrenman programı yapılırken, egzersiz için seçilen hareketler, uygulanacak hareketlerin sırası, setler ve tekrarlar arası verilecek dinlenme aralığı, uygulanacak set ve tekrar sayıları, egzersizin şiddeti ve kapsamı gibi birçok önemli değişkenin uygun bir şekilde planlanması gerekmektedir. Uygulanacak olan antrenman bir periyodu kapsıyorsa, zamana ve performansa bağlı bir şekilde şiddet ve kapsamda değişiklikler yapılmalıdır. Nitekim bu sürece uygun şekilde planlama yapılamaması sürantrenman

¹ Dr.Öğr.Üyesi faruk.akcinar@inonu.edu.tr İnönü Üniversitesi Spor Bilimleri Fak.

² Yük.Lisans Öğr.burakgonultas.4423@gmail.com. İnönü Üniv.Sağlık Bilm. Enst.

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