

1. BÖLÜM

GERMENİN TOPARLANMAYA ETKİSİ KAS GERME TİPLERİ

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Spor, bireyin fiziksel, mental ve bilişsel yeteneklerini kullanarak karşısındaki rakibine üstünlük sağlaması olarak tanımlanabilir (Pepe ve ark 2018) . Sporda iyi sonuçlar çok çeşitli koşullara bağlıdır (Bozkurt ve Nizamlioğlu 2005). Bunlara reaksiyon sürati (Mahmood ve ark 2018) örnek verilebilir. Diğer önemli etkenlerden bir diğeri de Germedir.

Germanin etkilerini daha iyi anlamak için, farklı germe türlerinde hangi fizyolojik yapıların bulunduğunu bilmeliyiz. Bu nedenle, kas-tendon sisteminin gerdirilmesi için farklı yöntemler tarif edilmeden önce, ilgili fizyolojik yapıları kısaca tartışacağız. Ayrıca germe ve toparlanma arasındaki spesifik ilişkiyi araştırmak için germe işleminin etkilerini çeşitli performans göstergelerine bağlayan temel teorileri de tanımlamaya çalışacağız.

Pasif Germe

Bir kas grubunun pasif olarak gerilmesi, istemli kasılma olmadığında uzamasını uyararak için dış kuvvet kullanımını ifade eder. Bu dış kuvvet üçüncü bir şahıs veya sporcuların kendileri tarafından uygulanabilir. Bu durumda, denek söz konusu kas grubunu germek için vücut pozisyonundaki ağırlıkları veya deği-

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