

Emre ŞİMŞEK<sup>1</sup>

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## **GİRİŞ**

Günümüzün spor organizasyonları hem yüksek sosyal etkileşimlerin olduğu hem de üst düzey performansların sergilendiği aktiviteler olarak benimsenmektedir. Üst düzey performansların sergilenmesi için çeşitli teknoloji unsurları, uzun yıllardır sporda kullanılmaktadır ve önemli bir rol oynamaktadır.

Fiziksel uygunluk hem sağlıkla, hem de beceri ile ilişkili öğeleri kapsamaktadır (Balcı ve ark.2008). Bilim ve teknolojinin her alanda olduğu gibi spor alanında da birçok yeniliği beraberinde getirdiği kaçınılmaz bir gerçektir. Günümüzde spor alanında başarılı olabilmek, bilim ve teknoloji alanındaki yenilikleri takip etmek ve bunları kullanmakla mümkün olabilmektedir (Akpınar ve Mirzeoğlu, 2006). Sporda ileri gitmiş ülkelerin spor alanında sistematik çalışmalar yaparak, bu alanda çalışan sporcu, antrenör ve konu uzmanlarına alanları ile ilgili pek çok geçerli bilgiler sunduklarını görmekteyiz (Açıkada ve Ergen, 1990). Her spor branşında olduğu gibi hentbolda da uluslararası başarıları ulaştırmış ülkelere baktığımızda, bu başarıların altında spor alanında yapmış oldukları araştırmaların payının göz ardı edilemeyecek kadar büyük olduğu görülür (Kotzamanidis ve ark, 1989).

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