SPORDA GERME EGZERSİZLERİNİN ÖNEMİ

8. BÖLÜM

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GİRİŞ

Sporda germe egzersizleri genellikle ısınma protokollerini takiben gerçekleştirilmektedir. Ülkemizde spor branşları gözlemlendiğinde geleneksel deneme yanılma yöntemleri sonucu oluşan her antrenörün sporcusunu farklı şekilde ısınma sonrası germe egzersizlerine maruz bıraktığı gözlemlenmektedir. Asıl amaç ise vücut ısısının ısınma protokolleriyle arttırılıp ardından germe egzersizleriyle eklem hareket açıklığının genişletilmesi, kas tendon yapısındaki travmaların müsabaka öncesi azaltılarak yaralanmaların önlenmesi ve performans gelişimini sağlamaktır. Ayrıca germe egzersizlerinin mekanizması ve türleri incelenerek okuyucuya katkı sağlanması hedeflenmektedir.

SPORDA GERME EGZERSİZLERİNİN TARİHİ

Yoganın öncüsü olan nefes kontrol egzersizleri, MÖ 2600 civarında Çin'de uygulandı. Germe egzersizlerinin de dahil edilip edilmediği bilinmemektedir ancak Han Hanedanlığının başlarındaki Tao Yin aktiviteleri için egzersiz şemasında nefes ve duruşlar geliştirilmiştir. Bu egzersizler veya duruşlar, spesifik hastalıkları

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KAYNAKÇA

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