

Bölüm 5

AĞIRLIK ANTRENMANI YARALANMALARININ EPİDEMİYOLOJİSİ: HALTER, POWERLIFTING VE VÜCUT GELİŞTİRME

Erhan KARA¹

GİRİŞ

Ağırlık antrenmanları, dünyanın birçok yerinde farklı kesimden insanlar tarafından tercih edilen popüler bir spor haline gelmiştir. Bazı insanlar ağırlık antrenmanlarını sağlık ve fitness rutinlerinin sadece bir parçası olarak kullanırken, bazıları ise; halter, powerlifting ve vücut geliştirme gibi rekabete dayalı, kazanma amacı güderek performansı geliştirmek için yapmaktadır. Günümüzde halter sporcularının silkme ve koparma tekniğinde tek tekrar maksimal yükü kaldırabilmesi beklenmektedir. Bu teknikler; halterin zemin tepki kuvvetiyle beraber, tek yönlü hareket (alt ekstremiteden üst ekstremiteye) ve kuvvet iletiminin patlayıcı bir şekilde kaldırılmasını gerektirdiğinden, yüksek seviyede güç çıktısı oluşmaktadır⁽²²⁾. Powerlifting sporunda halter sporunda olduğu gibi, tek tekrar maksimal bir ağırlık kaldırılmaya çalışılır. Bununla birlikte Strongman (Güçlü Adam) yarışmaları; tır çekme, araba taşıma, kaya kaldırma, lastik çevirme gibi farklı etkinlikler barındırmaktadır⁽⁵²⁾. Bu etkinliklerden bazıları tek tekrar maksimal ağırlığı en hızlı ve en kısa sürede kaldırmayı gerektirmektedir. Vücut geliştirmede ise, diğer ağırlık sporlarından farklı olarak; yarışma sırasında kaldırılan ağırlığa değil, sporcunun fiziksel görünümü değerlendirilir⁽³⁷⁾. Ayrıca yarışmacıların özellikle kas kütlesi, kas yoğunluğu ve kas grupları arasında meydana gelen asimetri dikkate alınarak değerlendirilir⁽³⁷⁾. Halter, powerlifting ve vücut geliştirme gibi ağır yüklerin kaldırıldığı spor branşlarında, yıl içerisinde gerçekleştirilen farklı vücut ağırlığına sahip erkek ve kadın sporcuların katılabileceği yarışmalar düzenlenmektedir⁽⁵⁰⁾. Halter şu anda olimpiik statülü bu sporlardan sadece bir tanesidir. Bu spor branşlarında kaldırılacak ağır yükler ve yarışma esnasında icra etmeleri gereken ortak pozisyon ve duruşlar (kesme ve sıkıştırma) sırasında büyük oranda kuvvet meydana gelmektedir^(7,10,11,12). Bu nedenle, kamu, spor, tıp veya bilimsel kuruluşlarca bu tür aktivitelerin doğası gereği tehlikeli olduğu ve ayrıca uzun yıl-

¹ Öğretim Görevlisi Dr. Erhan KARA, Namık Kemal Üniversitesi Beden Eğitimi ve Spor Yüksek Okulu, Tekirdağ, ekara@nku.edu.tr

vam ettikçe, zamanla bu gruplar üzerinde de arařtırmaların sayısı artacaktır ^(14,15). Herhangi bir yaralanmanın meydana gelmesi durumunda, daha büyük sorunlara yol açmaması için, sporcuların antrenman programlarını deęiřtirmeleri veya sonlandırmaları tavsiye edilmektedir.

Anahtar Kelimeler: Yaralanma epidemiyolojisi, Halter, Powerlifting, Vücut geliştirme

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