SPORDA DENGENİN ÖNEMİ

Gökmen KILINÇARSLAN[1]

► GİRİŞ

Sporcuların temel amacı; fiziksel uygunluklarını koruyarak ve geliştirerek sportif başarılarını devam ettirmektir (Aslan ve diğerleri, 2013). Antrenman planları içerisinde seçilen egzersizler hakkında yapılan bilimsel çalışmalar, hangi egzersiz türlerinin ne biçimde uygulanacağı hakkında antrenörleri ve sporcuları bilgilendirmektedir (ACSM, 2013). Son yıllarda denge egzersizlerinin antrenman programlarında ve atletik performans arttırmadaki rolüne dair önemi giderek artmaktadır.

Denge, bütün spor branşları ve günlük hayatta çok önemlidir. Sedanter ve sporcularda nöromüsküler sistem tarafından dinlenme veya hareket anında yer çekimi merkezinin değişikliklerine karşı hızlı bir uyum gerçekleşir (Akyüz ve diğerleri, 2016). Denge, hareket ve dinlenme esnasında yerçekimine karşı gösterilen vücut kompozisyonuna uyum olarak tanımlanabilmektedir (Leavey, 2006).

Denge, destek alanı üzerinde vücudun duruşunu muhafaza etme yeteneği olarak tanımlanabilir (Spirduso, 1995). Denge, iyi bir performans için temel oluşturmaktadır. İnsanın denge sağlamadaki yeteneği, diğer motor sistemlerin gelişmesinde belirleyici bir faktördür (Arslanoğlu ve diğerleri, 2010). Dengenin kontrolü, duyusal girdilerin bütünleşmesi yanında esnek hareket şekillerinin planlanması ve uygulanmasını içeren kompleks bir motor yetenektir (Ferdjallah ve diğerleri, 2002). Denge ve denge

[1] Dr. Öğr. Üyesi, Bingöl Üniversitesi Beden Eğitimi ve Spor Yüksekokulu, gkilincarslan@bingol.edu.tr

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