

# ELİT SPORCULARDA İZOKİNETİK VE ELEKTROMİYOGRAFİK DEĞERLENDİRMELER

**Yazar**

Dr. Hasan Hüseyin YILMAZ



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# ÖN SÖZ

Sportif performans ve değerlendirme aşamalarında motorik özellikler çok fazla ön plana çıkmaktadır. Sporcuların üstün performans gösterebilmeleri için bu özelliklerini mümkün olan en yüksek düzeyde geliştirmeleri gerekmektedir. Sportif başarı ancak bu özellikler spor dalına uygun olarak geliştirildiğinde mümkün olabilmektedir. Bu açıdan düşünüldüğünde sportif performans için motorik özelliklerin incelenmesi ve geliştirilmesine yönelik çalışmaların yapılması oldukça önemlidir.

Teknolojik gelişmelere bağlı olarak spor ve egzersiz bilimlerinde de önemli gelişmeler meydana gelmektedir. Bu gelişmeler ışığında sportif performansı ölçme ve değerlendirme yöntemlerinde de önemli gelişmeler yaşanmaktadır. Gelişen bu yöntemler kullanılarak elde edilen sonuçlar sportif performansın geliştirilmesinde, sporcuların geliştirilmeye açık yönlerinin belirlenmesinde, spor yaralanmalarının önlenmesinde, sportif yetenek tarama süreçlerinde ve sporcuların gelişimlerinde kullanılmaktadır. Sportif performansın en önemli belirleyicisi ise hareket sistemidir.

Bu kitap içerisinde hareket sisteminin temel ögesi olan kaslara yönelik olarak hem fiziksel hem de fizyolojik değerlendirmeler bulunmaktadır. Aynı zamanda kasların fiziksel ve fizyolojik özellikler arasındaki ilişkiler, spor sakatlanmalarına yönelik değerlendirmeler, sportif performans artırmaya yönelik öneriler ve bilgiler yer almaktadır.



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# KISALTMALAR

<b>µm</b>	: mikrometre
<b>TnC</b>	: Troponin C
<b>TnI</b>	: Troponin I
<b>TnT</b>	: Troponin T
<b>ATP</b>	: Adenosin Tri Fosfat
<b>ADP</b>	: Adenosin Di Fosfat
<b>SO</b>	: Slow Oksidative
<b>FG</b>	: Fast Glycolytic
<b>FOG</b>	: Fast Oksidative/Glycolytic
<b>EMG</b>	: Elektromiyografi
<b>yEMG</b>	: Yüzeysel Elektromiyografi
<b>H/Q</b>	: Hamstring/Quardiceps
<b>VM</b>	: Vastus Medialis
<b>RF</b>	: Rectus Femoris
<b>VL</b>	: Vastus Lateralis
<b>MVC</b>	: Maksimum Voluntary Contraction
<b>THb</b>	: Total Hemoglobin
<b>SmO2</b>	: Muscle Oxygen Saturation
<b>ROM</b>	: Range of Motion



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