

**DOWN SENDROMLU ÇOCUKLARDA  
KRONİK EGZERSİZ PROGRAMI:  
VÜCUT KOMPOZİSYONU VE  
BİYOKİMYASAL PARAMETRELER**

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## ÖNSÖZ

Down sendromu (DS) kromozomal bir bozukluk olup, 21. kromozomun üç kopyasının olmasıyla ortaya çıkmaktadır. Böylece DS' li bir bireyler normal insanlara göre fazladan bir kromozoma sahip olurlar. DS' li bireylerde oluşan farklılığın temel sebebi de bu 47. kromozomdur. Geçmişte bu farklılıklardan dolayı DS' li bireyler toplumdan dışlansa da günümüzde bu durum farklıdır. Günümüzdeki çalışmaların temel amacı DS' li ve diğer engelli bireylerin doğuştan getirdiği ya da sonradan edindiği eksikliklerin ve sağlık problemlerinin giderilmesine yönelik olmalıdır. Böylece engelli bireyler günlük yaşamlarında diğer bireylere olan bağımlılığı azalarak topluma daha rahat uyum sağlayabileceklerdir. Spor bu noktada önem arz etmektedir.

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Burcu YENTÜRK

## SİMGELER VE KISALTMALAR

ALT:	Alanin aminotransferaz
AST:	Aspartat aminotrasferaz
BÇ:	Bel çevresi
BKO:	Bel kalça oranı
DS:	Down Sendromu
HDL:	Yüksek yoğunluklu lipoprotein
LDL:	Düşük yoğunluklu lipoprotein
TH:	Tiroid hormon
TRH:	Tirotropin salgılatan hormon
TSH:	Tiroid uyarıcı hormon
VKİ:	Vücut kitle indeksi
YY:	Yağ yüzdesi

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