İÇİNDEKİ SEN
“Sporda Bilinen Gen Gerçeği”

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İÇİNDEKİLER

ÖNSÖZ

İnsan Genom Projesi ile başlayan kapsamlı gen macerası, araştırmalarla bambaşka boyutlara ulaşmıştır. Günümüzde tedavi edilemeyen hastalıklarının tedavi edilebileceği, yeni ve farklı yaklaşımlarla şekillendirilebilen sporcular, gıdalar, nesneler bilim dünyası gün geçmiyor ki yeni buluş açıklamasın. Spor dünyası da bu yeni araştırmaları "Sporda yetenek" konusunda kullanıyor. Bu araştırmalar destekçi bulduğu kadar eleştirilere de sebep oluyor.

Sporda performans ve yetenek doğuştan mı var yoksa planlı ve programlı çalışmalar sonucunda kazanılan bir durum mu? Bu soru daha çok tartışma konusu olmaya devam edecek gibi duruyor. Son yıllarda genetik biliminin çalışma sonuçları, atletik performansı etkileyen genlerin tespit edilmesi, uygulanılan özel programların spor branşına ve antrenman programına verdiği fizyolojik tepkilerin ölçülebilmesi ilginç saptamalara da sebep olmuştur.

Genetik test, birey henüz spora başlamadan dahi önemli bilgiler verebilmektedir. Bu kapsamda genetik test, araştırmacılar tarafından yetenek seçimi aşamasında bireyin yatkın olacağı spor türü hakkında bilgiler veren alternatif bir yöntem olarak gösterilmektedir. Ancak, mevcut bilgiler ve teknolojik bilgilerle 3-5 gen veya varyantı ile yapılan sözde genetik taramalar, kesin olarak atletik başarıyı öngörmek veya elemek için kullanılmaz, kullanılmamalıdır. Çünkü genetik ilişkilerin araştırıldığı çalışmalarda, nüfus düzeyinde atletik performans özellikleriyle ilişkili faktörlerin ortaya çıktığı ve herhangi bir değişkenin bir birey için göreceli olarak daha değişken olabileceği unutulmamalıdır.

Tüm çalışmalar, erken yaşta spora ilgi duyan çocukların ilerde başarılı bir sporcu olacağı önermesi ile başlamış, ardından bazı bilimsel bilgilerin varlığını kullanarak sportif kehanetlerle bulunma noktasına gelinmiş olması ahlaki değerleri sorgulatır hale getirmiştir.

Olimpiyatlara katılan sporcuların yaşlarının giderek küçülüyor olması, çocukların çok daha erken yaşlarda spora yönlendiriliyor olması bir sır değildir. Tabi ki erken yaşlarda çocukların fiziksel aktivitelere başlatılıyor olması, çocukların hangi sporda hangi alanlarda daha başarılı olabileceğini ön görmek ve onları doğru spora yönlendirmek temel sorun olarak karşımıza çıksada, sorunlarla baş edemeyen, multidisipliner çalışmaktan kaçınan anlayış yine karşımıza sorun yumağı şeklinde çıkmaktadır. Tüm çalışmaları sportif etkinlik veya gol atmak, 100 m. koşturmak, sağlık topu fırlattırmak üzerine yoğunlaşmak ne kadar yanlışsa sadece sağlık ve gen üzerine de yoğunlaşmak o kadar yanlış olacaktır. Çünkü, insan mükemmel yaratılmış adeta mucizevi bir makinedir. Bazen mucizeler de tanımları alt üst edebilmektedir.

Genetik özellikler, aileler ve antrenörler için başarılı sporcular yetiştirmede kılavuz oluyor. Genler, çocukları bir spor dalına yönlendirme amacından çok, ilgi duydukları spor dalında hangi alanda daha başarılı olabileceklerini tespit etmede belirleyici rol oynuyor. En başarılı olabileceği spor dalından, spor dalındaki doğru stratejiyi, ideal idman yöntemlerini hatta sakatlık ve iyileşme potansiyelini bile genetik yatkınlıklarından öğrenebilmek mümkün hale geliyor. Gen bilgileri aynı zamanda kişiye özel antrenman, doğru beslenme, besin takviyesi kullanımı, dinlenme süreçlerinin programlaması gibi kişiye özel birçok konuda yardımcı oluyor."

Gen ve Spor Gerçeği, 2 kaynak kitaptan oluşacak şekilde araştırmalarımızı yaptık. Her bir kitabın hitap ettiği kitlenin farklı olacağını umduğumuz bir kaynakla sizleri buluşturmak istemekteyiz.

Elinize aldığınız 1. Kitap, siz okuyuculara konunun derinlemesine anlatmak yerine, spor alanında öncelikle " NE ? NASIL ? NİÇİN ? " sorularının cevaplarını ve bunca zamandır neler yapıldığını gözler önüne sermektir.

2. Kitap ise 2025 yılında, spor ve genin daha üst seviyelerde ki araştırmaların sorgulanması, bulgularının siz okuyacularımızla eleştirel bir bakışla yeni aday genlerin hangi amaçlar için araştırıldığı ve ortaya son 5 yılda hangi bulguların sunulduğunu sizlerle paylaşacağız.

Belki, spor alanı bu yönüylede meslektaşlarımıza derinlemesine eleştiri, sorgulama, hatta bu kitabı daha da derinlemesine genişleterek, hayatında top görmemiş, sahada terlememiş, empati kuraramış "teorik ezbercilere" aaaa…… orada bir dur bakalım deme fırsatı verebilir… Keyifli okumalar.

Prof. Dr. Erkut TUTKUN

YAZAR’DAN

Unutulmamalıdır ki, canlılık genlerinin izin verdiği sürece koşabilir, atabilir, zıplayabilir ve yaşayabilir!

Tabiki çevresel faktörler de bu genetik ifadelenmenin üzerinde kalıcı olmasa da çok fazla söz sahibidir,. …… Devamı kitabın içerisinde.

Gelin beraber bu genetik penceresinden spor nasıl gözüküyor bir bakış atalım.

Dr. Öğr. Üyesi Murat KASAP

EDİTÖR'DEN

Sporda yaratılan yarışmacı ortamın bireysel, Sosyo-kültürel ve politik faktörlerin etkisi ile giderek öneminin artması, "fiziksel olarak üstün olmak sportif başarı için yeterlidir " yanlış inancını ortadan kaldırmaktadır. Akademisyenler, spor bilimciler, moleküler alanda çalışma yapan bilim insanları, sporcular, antrenörler, sportif performansa katkısı olan fiziksel ve teknik tabanlı özelliklerin yanında genetik alt yapının önemli rol oynadığının önemini kavramaya başlamıştır.

Egzersiz, fiziksel aktivite veya sportif performans….Bunlardan hangisi ile temasta bulunursanız bulunun vazgeçilmez olguların içinde yer alması gerekenlerden ikisi kişilerin Metabolizmal ve Genetik Yapılarıdır.

Zira kas sistemini sadece mekanik ve fizyolojik etkileşimlere sokarak söz konusu aktivasyonları ulaşılmak istenen noktaya getirmek mümkün olmayabilir yada kişinin gerçek potansiyelini yansıtmak konusunda eksikler yaşanabilir.

Peki o zaman tıbbi ve bilimsel yaklaşımlardan oluşan her iki bilgi deposundan yararlanmak gerekmez mi?

Tabii ki evet…..

Ancak dikkat edilmesi gereken noktalar göz ardı edilmeden…

Nedir bunlar?

Öncelikle ne genlerimizi kaderimiz olarak göreceğiz, ne de onları bir kenara atacağız. Evet anne ve babadan gelen genetik alt yapı oldukça etkilidir, lakin her şey değildir. Çevresel faktörler şeklinde nitelendirilebilecek etkenler her an sürpriz yapabilirler…

İşte tam bu noktada "Gensel Performans" kavramı çerçevesinde, bahsi geçen tüm etkileşimleri, "Genin Senindir" yaklaşımını, sportif açıdan ortaya konan eksik yaklaşımları, yanlış yönlendirmeleri, kitap içeriğinde vurgulamak ve spor camiası içindeki tüm bileşenlere dikkat dikkat demek istiyoruz.

Farklılık ve farkındalık oluşturmak dileğiyle….

Prof. Dr. Ümit Zeybek

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