BÖLÜM 9

SPOR DALINA ÖZGÜ KUVVET GELİŞİMİ: TAKIM SPORLARI VE BİREYSEL SPORLAR İÇİN YAKLAŞIMLAR

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Bolat GÜNDÜZ[1]

1. GİRİŞ

Antrenman bir sporcuyu fiziksel, teknik, taktik, psikolojik ve teorik olarak en yüksek performans seviyelerine hızlı bir şekilde hazırlama sürecidir. Antrenman, basit bir büyüme ve olgunlaşmadan daha fazlasını içermektedir ve en yüksek performans seviyeleri, sporcunun mevcut durumuna ve genetik yeteneklerine bağlı olarak değişebilmektedir (Sands vd., 2012). Kuvvet antrenmanı, direnç kullanımı yoluyla kas gücünü ve dayanıklılığını geliştirmeye odaklanan bir fiziksel egzersiz biçimidir. Kuvvet antrenmanlarının amacı, kasları kademeli olarak aşırı yüklemek, kas kütlesini artırmak ve vücudun fiziksel görevlerini daha fazla güç ve verimlilikle yerine getirme yeteneğini geliştirmektir. Kuvvet antrenmanının özünde, kasların zamanla daha güçlü ve dayanıklı hale gelerek uyum sağlamasını zorlayan bir dirence karşı efor sarf etmek yatmaktadır. Kaslar normalden daha fazla çalışmaya zorlandıkça, kas liflerinde mikroskobik yırtıklar meydana gelir. Vücut daha sonra bu lifleri onararak daha kalın ve güçlü hale getirir. Bu sürece kas hipertrofisi denilmektedir. Bu nedenle kuvvet antrenmanı genellikle kas geliştirme ile ilişkilendirilmekte ve kas kütlesini arttırmak isteyen kişiler için önemli bir unsur haline gelmektedir (Kumar & Vinayakan, 2024). Kuvvet antrenmanı, kas gücü ve hipertrofinin yanında gelişmiş fonksiyonel yetenek, kardiyometabolik risk

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güçlendirmekle kalmaz, aynı zamanda sporcunun performansını optimize eder, sakatlık riskini azaltır ve uzun vadeli atletik kariyerini destekler. Hem antrenörlerin hem de sporcuların belirlenen hedeflere daha kolay ve hızlı ulaşabilmek için en uygun ve verimli antrenman stratejilerini belirlemeleri büyük önem arz etmektedir.

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