

BÖLÜM 6

FONKSİYONEL KUVVET YAKLAŞIMLARI: SPORA ÖZGÜ VE GÜNLÜK HAREKET YETİLERİ

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1. GİRİŞ

Fonksiyonel kuvvet kavramı, yalnızca kasların güçlenmesini değil, aynı zamanda bu gücün günlük yaşam aktivitelerine ve spora özgü hareketlere aktarılabilmesini ifade etmektedir. Fonksiyonel kuvvet, bireylerin günlük yaşam aktivitelerini ve spor performanslarını etkin bir şekilde gerçekleştirebilmeleri için gerekli olan kuvvet türüdür. Geleneksel kuvvet antrenmanları genellikle izole kas gruplarına odaklanırken, fonksiyonel kuvvet antrenmanları çok eklemli ve çok düzlemli hareketleri içerir (Xiao vd., 2025). Fonksiyonel kuvvet antrenmanları gerçek yaşam hareketlerini taklit ederek daha fonksiyonel bir kuvvet kazandırmayı amaçlar (Groves, 2025). Bu yaklaşım, kaslar arası koordinasyonu, dengeyi ve stabiliteyi geliştirerek, bireylerin hem spor hem de günlük yaşam aktivitelerinde daha verimli ve güvenli hareket etmelerini sağlar (Tseng vd., 2019).

Fonksiyonel antrenmanların kökeni rehabilitasyon bilimlerine dayanmaktadır. Fizyoterapistler ve ergoterapistler, hastaların günlük yaşamda ihtiyaç duyduğu temel hareketleri tekrar kazandırmak amacıyla işlevsel görev temelli egzersizlerden yararlanmışlardır (Wikipedia, 2025). Zamanla bu yaklaşım, spor bilimleri alanında da benimsenmiş ve sporcuların branşa özgü performanslarını geliştirmede önemli bir araç haline gelmiştir.

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siyonel bağımsızlık ve performans kazanımı sağlanmalıdır (Faigenbaum vd., 2014; de Vreede vd., 2005).

- **Bilimsel veri kullanımı:** Antrenmanların etkinliği, sistematik ölçme ve değerlendirme ile izlenmeli ve literatürdeki güncel bulgular doğrultusunda yenilenmelidir (Lauersen vd., 2018).

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