

BÖLÜM 6

KADIN SPORCULARDA BESLENME STRATEJİLERİ VE TAKVİYE KULLANIMI

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GİRİŞ

Beslenme, yeterli uyku, düzenli fiziksel aktivite vb. gibi unsurlar sağlıklı yaşam biçimi davranışları olarak ifade edilmektedir (Pehlivan Yol & ark., 2024). Günümüzde sağlıklı yaşam biçimi davranışları, bireylerin genel sağlık düzeylerini koruma ve iyileştirme açısından büyük bir öneme sahiptir (Pehlivan & ark., 2024). Özellikle, sağlığı geliştirmek, sakatlanmaları önlemek, fiziksel performansı artırmak ya da sadece eğlence amacıyla yapılan fiziksel egzersiz, toplumda önemli bir olgudur. Düzenli uygulanan temel ve fonksiyonel içerikli egzersizler, vücudun anatomik ve fizyolojik yapısına uyum sağlayarak işlevsellik kazanmasını sağlar ve vücut içerisinde birçok parametreye gelişimini arttırır (Pehlivan ve ark., 2024). Zaman içerisinde kadın sporcuların sayılarının bir çok branşta artması (basketbol, voleybol vb) bu sporlarda üst seviye başarılarını beraberinde getirmiştir (Bulgan Ercin & ark., 2024). Uluslararası rekabet düzeyinde, Olimpiyat Oyunları'nda kadın temsiliyeti 1996 Atlantada %34 iken 2020 Tokyo'da %48'e yükselmiş, 2024 Paris'te ise cinsiyet eşitliğine (yani %50) ulaşma taahhüdü bulunmaktadır (IOC, 2024). Erkek ve kız çocukları, ergenliğe kadar benzer fiziksel kondisyona sahiptir. Sporcu çocuklarda, kuvvet egzersizleri, genellikle genel kas kitlesini arttırmaya yönelik, ağırlık antrenmanı, sağlık topu egzersizleri, sıçrama ve gövde egzersiz-

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- Sporcu gıdaları, özellikle besine erişimin sınırlı olduğu durumlarda, kadın sporcular için faydalı olabilir.
- Karbonhidrat takviyeleri, ardışık egzersizleri içeren durumlarda toparlanma için etkilidir ve protein ile birlikte alındığında, yalnız başına CHO alımına kıyasla ek fayda sağlayabilir.
- Egzersiz sonrasında hemen alınan 0.25–0.3 g/kg whey proteini, direnç antrenmanı programına yanıt olarak yağsız vücut kütleini artırmak ve yağ oranını azaltmak gibi vücut kompozisyonunu ve fiziksel performansı iyileştirmeye ilişkilendirilmiştir.
- Cinsiyete özgü araştırmaların artırılması, beslenme müdahaleleri ve takviyelerin erkekler ve kadınlar üzerindeki farklı etkilerini daha iyi anlayabilmek için zorunludur.

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