

BÖLÜM 3

Antrenmanda Adaptasyon

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Antrenmanda Uyum

Beden ve zihnin sürekli ve çeşitli kapsam, sertlikte yüklenmeler altında etkinliğini devam ettirdiği düzenli sürece antrenman denilmektedir. Bir sporcunun antrenman ve yarışma tarafından maruz kalınan iş yüklerine uyum sağlama ve uyum sağlama yeteneği, bir türün yaşadığı çevreye uyum sağlama yeteneği kadar önemlidir. Sporcularda sürekli değişen antrenman ve yüklenme yetersizlikleri yorgunluk, aşırı erişim, aşırı antrenman gibi sınırlayıcı durumlara neden olmaktadır. Bu gibi durumlarda da sporcu antrenman hedeflerine ulaşamamaktadır(1).

Yüksek bir verim düzeyi, sistematik olarak çok iyi bir planlama ve uzun yıllar süren sert bir antrenman sürecinin ürünüdür. Sporcu, bu süreç içerisinde spor dalı gerektirilmelerine uygun olacak fizyolojik uyumu oluşturmaya çalışmalıdır. Yüksek verim düzeyi olanaklarının artması antrenman sürecine sağlanan uyum ile sağlanmaktadır. Bu nedenle verim düzeyini arttırıcı uyum olanaklarını arttırmak iyi düzenlenmiş bir antrenman planlamasının amacı olmalıdır(2).

Sporcularda uyum gelişimi arda arda gelen bağlantılı bir sıralamaya bağlı olarak ortaya çıkmaktadır:

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