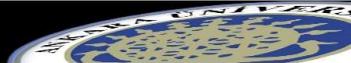
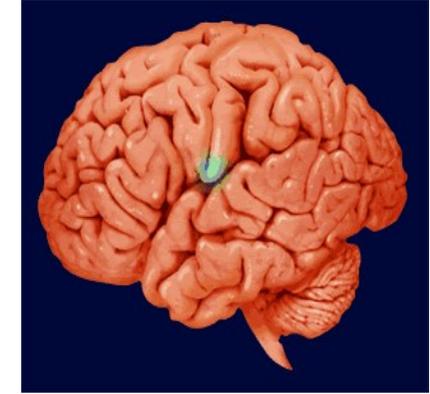


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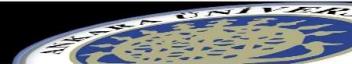
SPOR BİLİMLERİ FAKÜLTESİ





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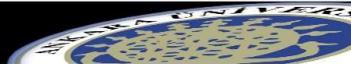
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TERMINOLOJİ

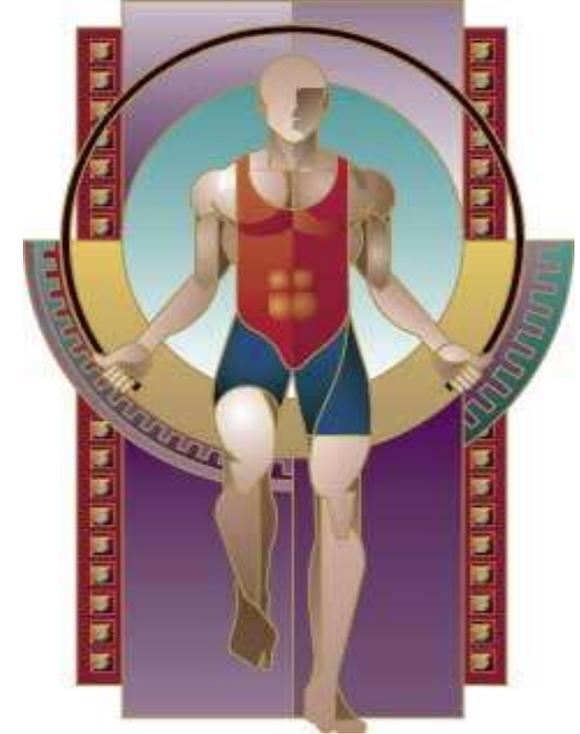
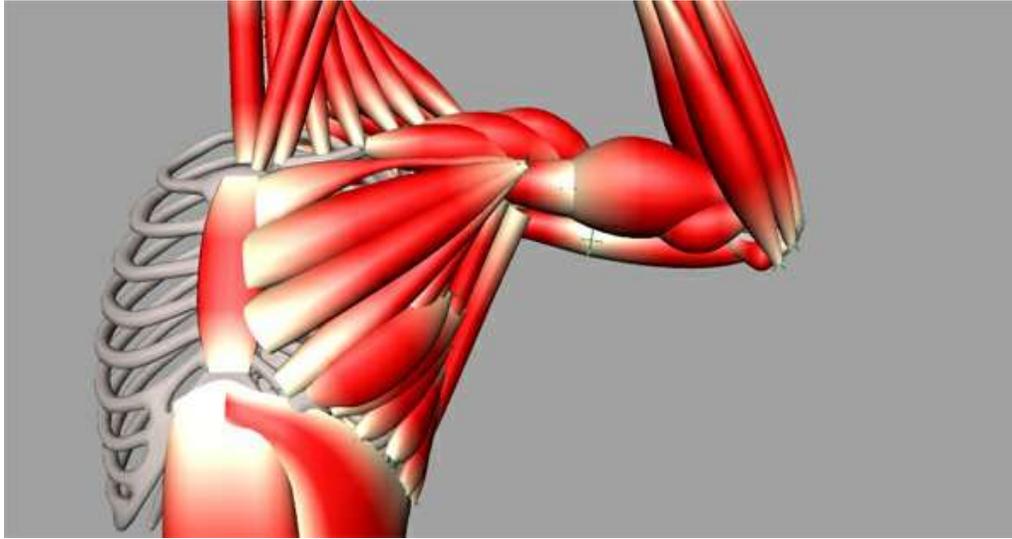
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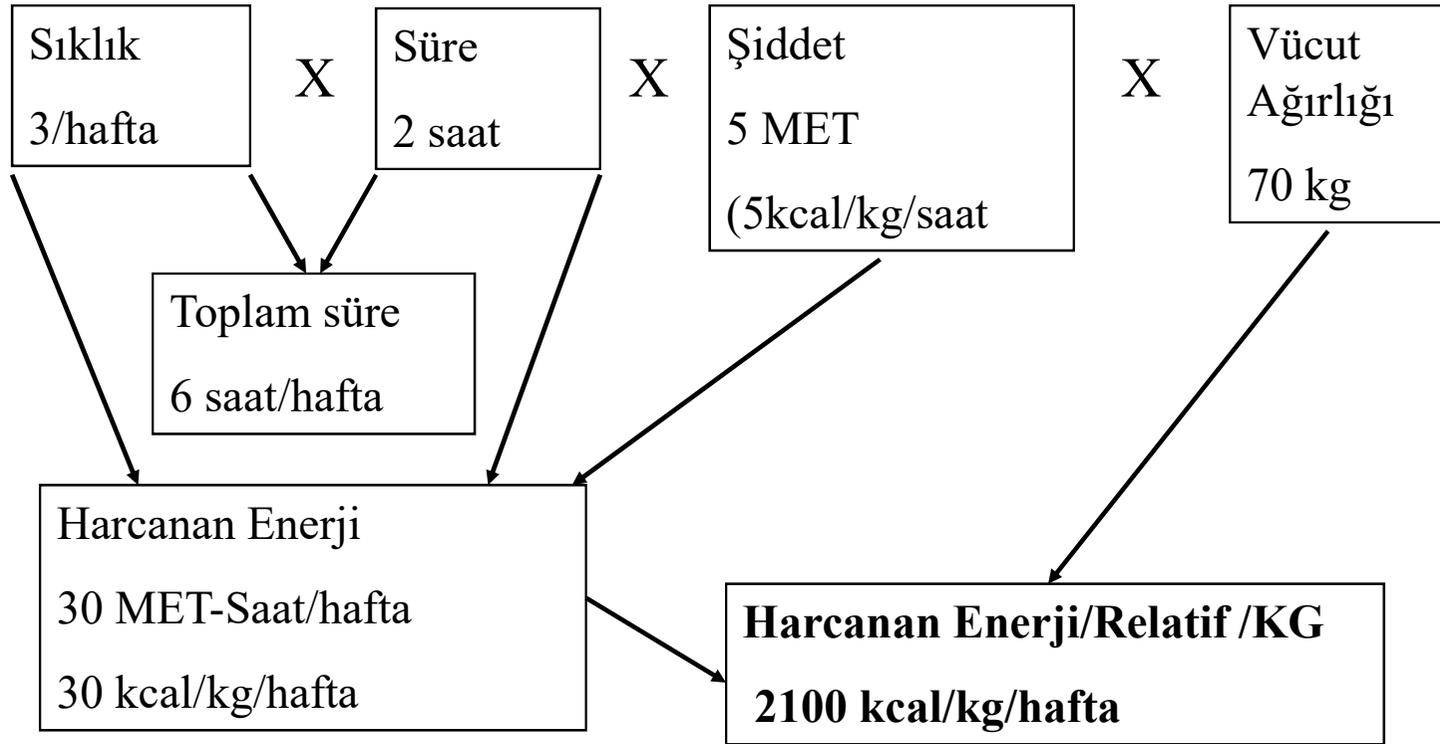


FİZİKSEL AKTİVİTE ?

Kas faaliyetleriyle gerçekleşen ve enerji tüketimine sebep olan tüm vücut hareketleri

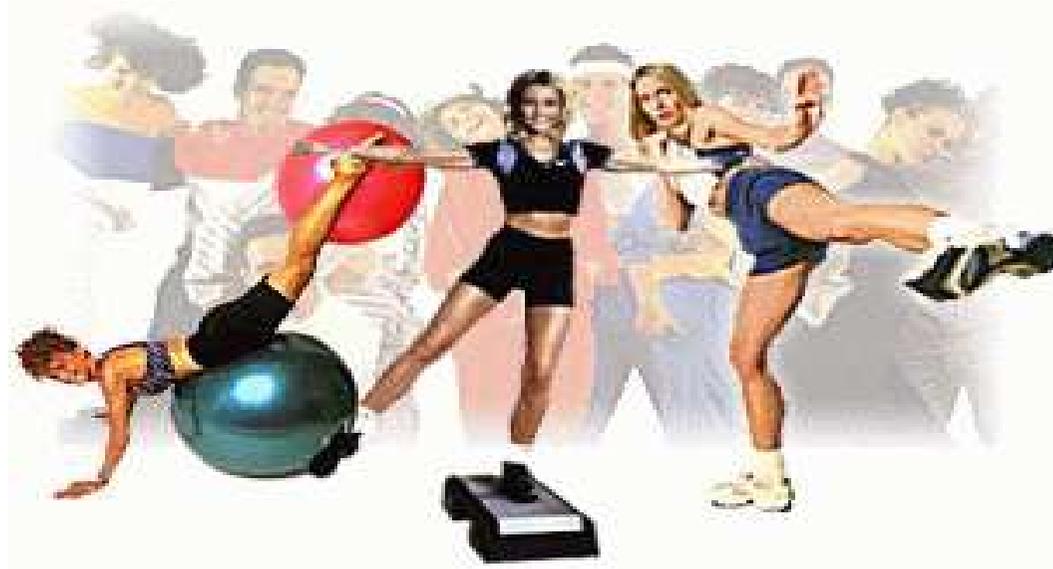


FİZİKSEL AKTİVİTE ?



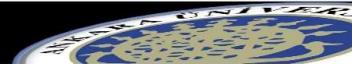
EGZERSİZ ?

Hedeflenen bir amaca yönelik çeşitli basamaklamalardan oluşan, düzenli aralıklarla tekrar edilen planlanmış fiziksel aktiviteler



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CENGİZ AKALAN >

Muscles >

Exercises ▾

All Exercises

Favorites

Add Exercise

Workouts >

Progress & Stats >

More >

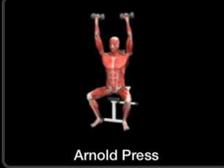
Q Search

Type - All ▾

Area - All ▾

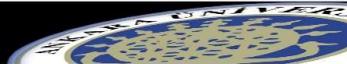
Equipment - All ▾

Clear

| | | | |
|--|--|---|---|
|  V Sit-up |  V Squat (Lever) |  Advanced Kettlebell Windmill |  Alternating Close Grip Pulldown |
|  Alternating Lunge (Barbell) |  Alternating Pulldown (Cable) |  AOS Kettlebell Two Hands An... |  Arnold Press |
|  Back Stretch (Fixed Bar) |  Back Stretch (Lever) |  Barbell Bench Press, Flat, Ov... |  Barbell bench press, incline, o... |
|  Barbell bench press, incline, u... |  Barbell clean |  Barbell Clean and Jerk |  Barbell Clean, Hang |
|  Barbell Clean, Power |  Barbell Jerk, Balance |  Barbell Jerk, Split |  Barbell Row, Bent Over, Neutr... |

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SPOR BİLİMLERİ FAKÜLTESİ



Preset Programs

Close



Lunchtime Energizer

Poses: 28

20:18

Beginner



Edit



Daily Tune-Up

Poses: 42

31:29

Beginner



Edit



Gentle/Stretch/Restore

Poses: 27

21:05

Beginner



Edit



Calming/Forward Bends

Poses: 31

22:52

Beginner



Edit



Balance/Strength/Core

Poses: 36

25:55

Beginner



Edit



Energizer/Backbends

Poses: 30

21:00

Beginner



Edit



Short Morning Stretch

Poses: 14

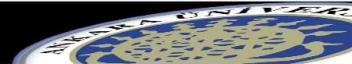
10:13

Beginner



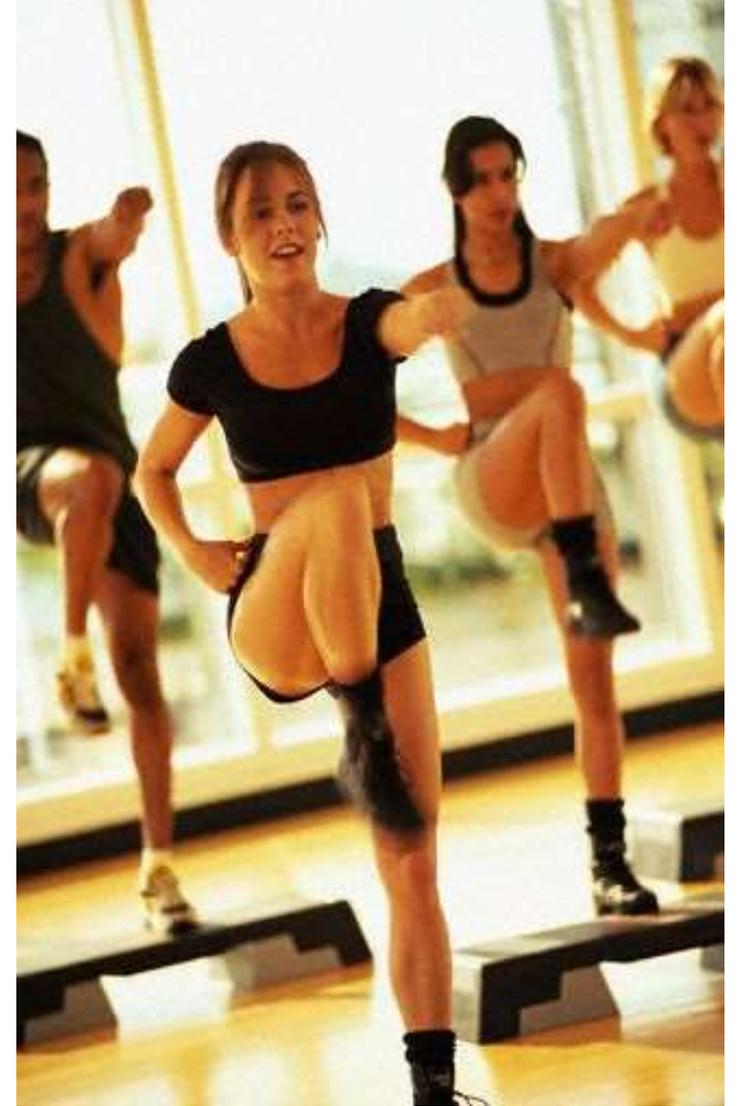
Edit

HINTS OFF



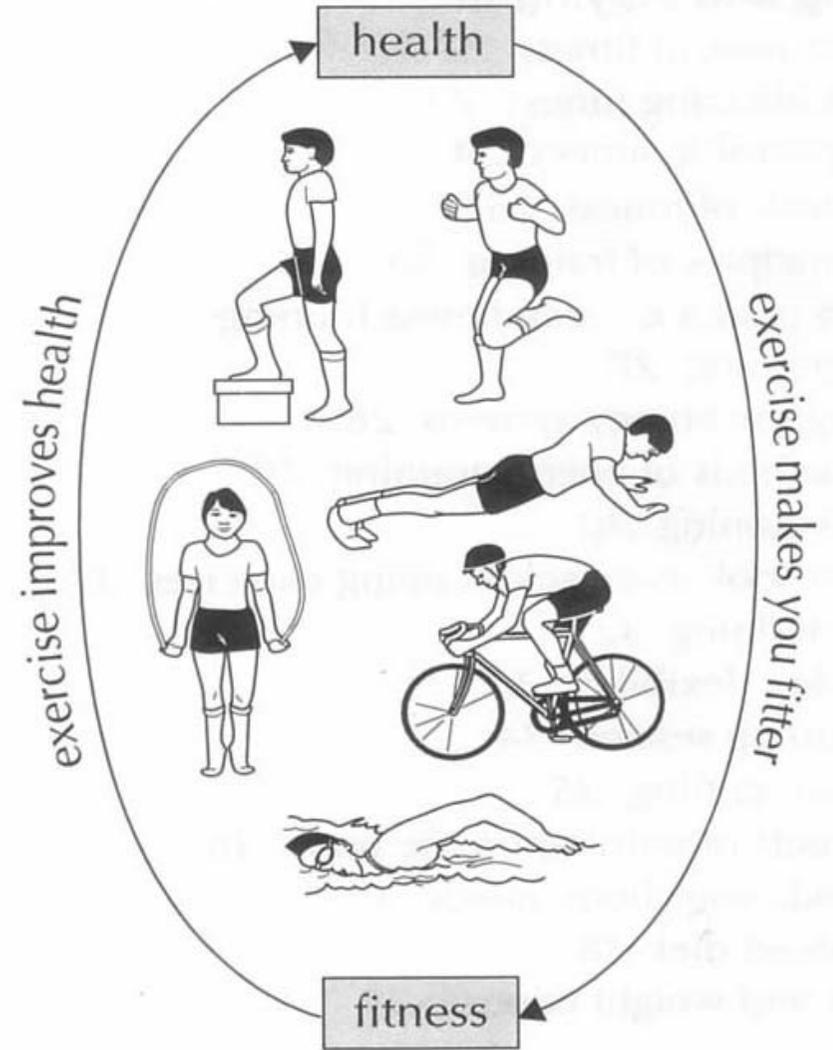
KONDİSYON ?

Genel sađlık ve sportif verim
ađısından organizmanın
performansını fonksiyonel
deđişimler sađlayarak en
üst dűzeye ıkarmak



F.I.T.T. PRENSİBİ ?

- **F** requency (sıklık)
- **I** ntensity (şiddet)
- **T** ime (süre)
- **T** ype (tür)
- **V** olume (hacim)
- **P** rogression (gelişim)



Skill-Related Fitness

The Measurable Elements of Physical Fitness

1. Agility
2. Balance
3. Coordination
4. Speed
5. Power
6. Reaction time

Health-Related Fitness

1. Cardiorespiratory endurance
2. Body composition
3. Musculoskeletal fitness
 - a. flexibility
 - b. muscular strength
 - c. muscular endurance

The Sports Continuum

Archery
Bowling
Fencing
Golf
Table tennis
Volleyball
Badminton
Baseball
Downhill skiing
Football
Tennis

Both Skill-Related and Health-Related

Basketball
Handball
Ice skating
Racquetball
Roller skating
Soccer
Squash

Aerobic dancing
Calisthenics
Cross country skiing
Rope jumping
Rowing
Snowshoeing
Backpacking
Bicycling
Running
Stairclimbing
Swimming
Walking
Weight lifting

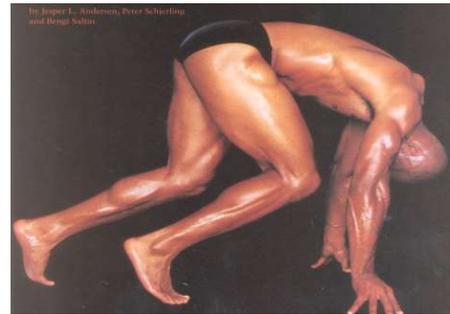
ANTRENMAN ?

Amaç: Kronik metabolik adaptasyon sağlamak

İlke : Bireysel farklılıklar

Araç : Gelişim amacına yönelik her tür egzersiz

Yöntem : Bir plan çerçevesinde sistematik organizasyon



Doç. Dr. Cengiz AKALAN

ANTRENMAN BİLGİSİ - 2017

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TEŞEKKÜRLER

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