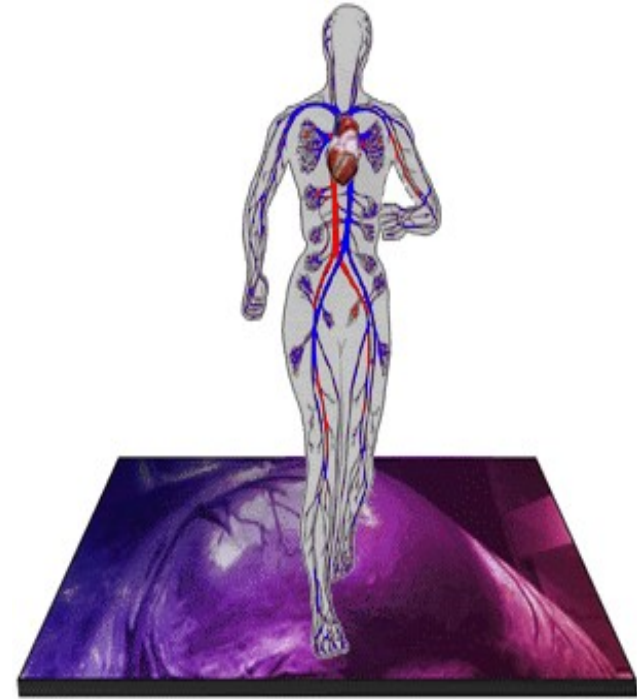
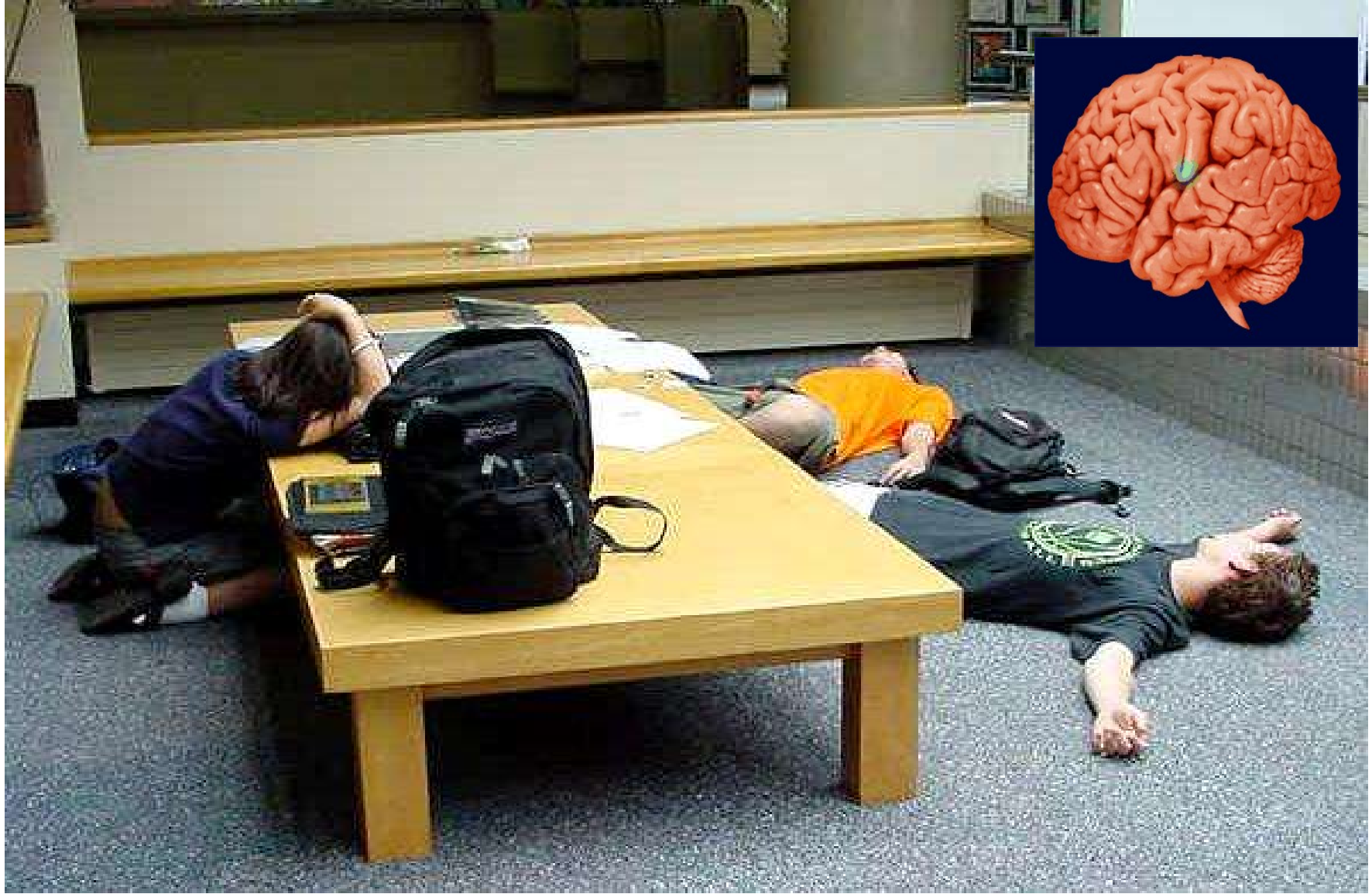




ANTRENMAN PLANLAMASI



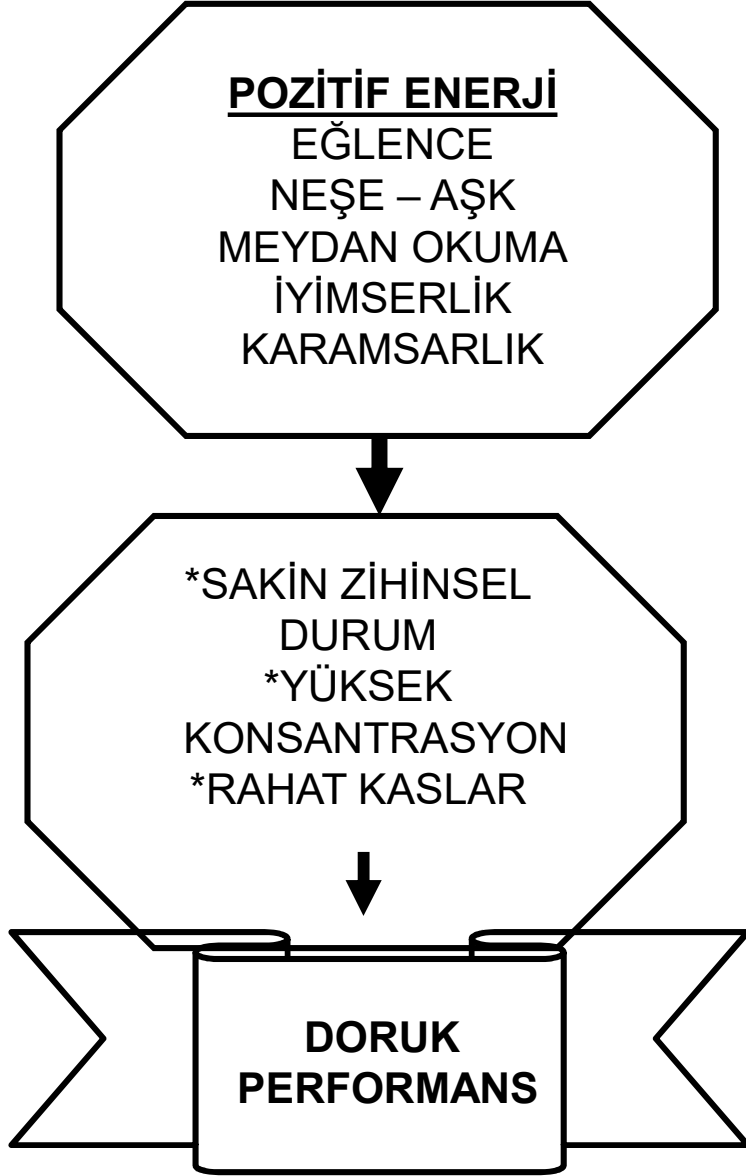


Uyarılar ve Öneriler

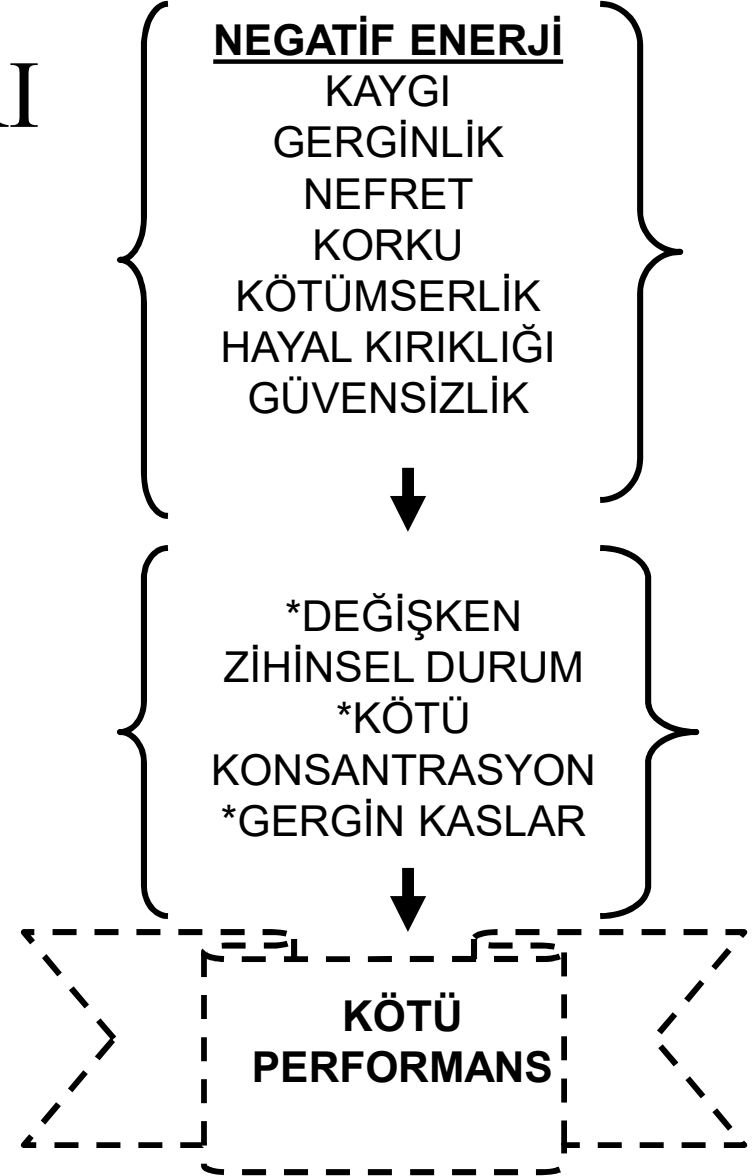


PERFORMANSTA SÜREKLİLİK

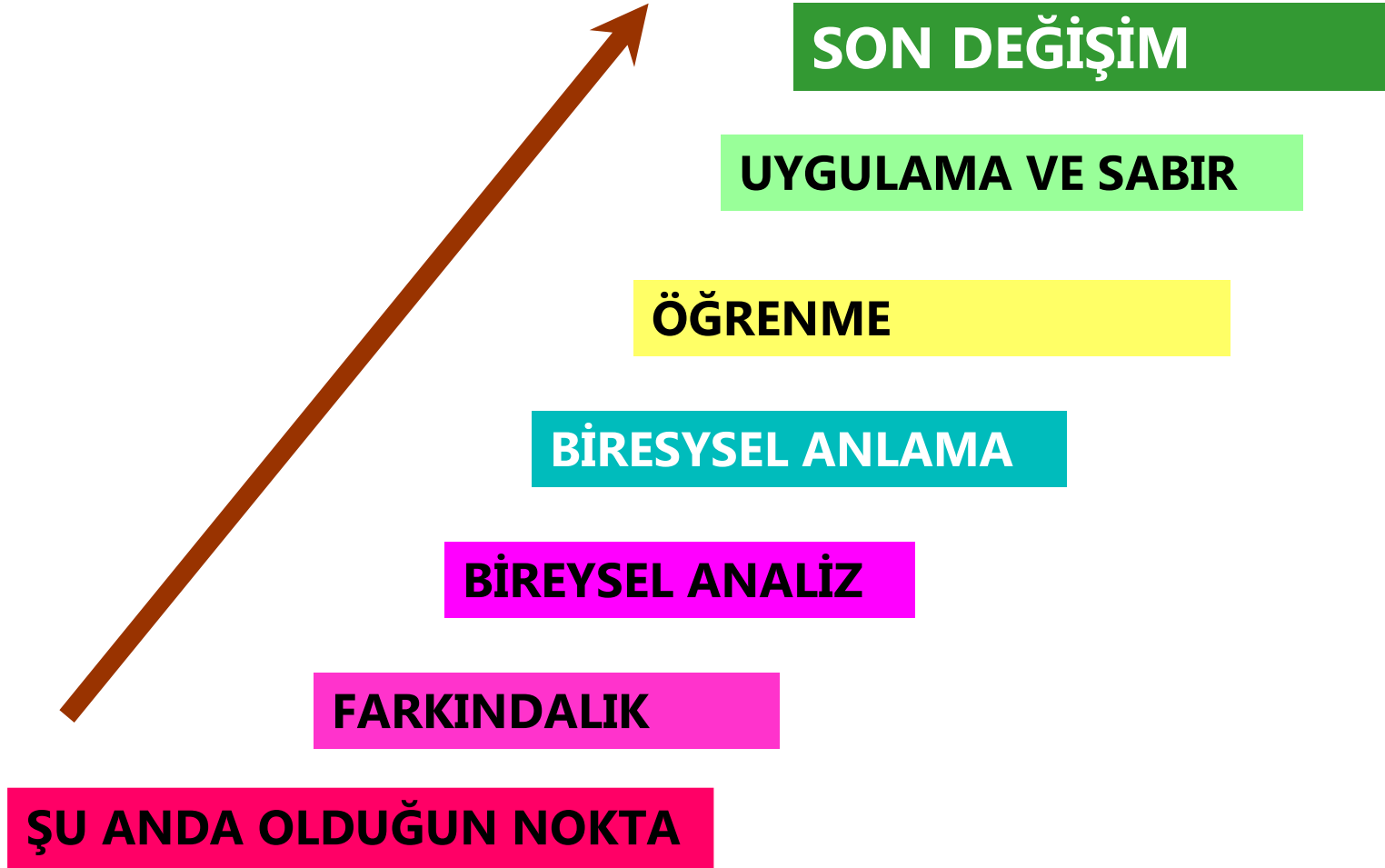




BAŞARI



DEĞİŞİMİN AŞAMALARI



PLANLAMA

- Ne Amaçla
- Kime
- Ne şiddette
- Ne sıklıkta
- Ne süreyle
- Neyle



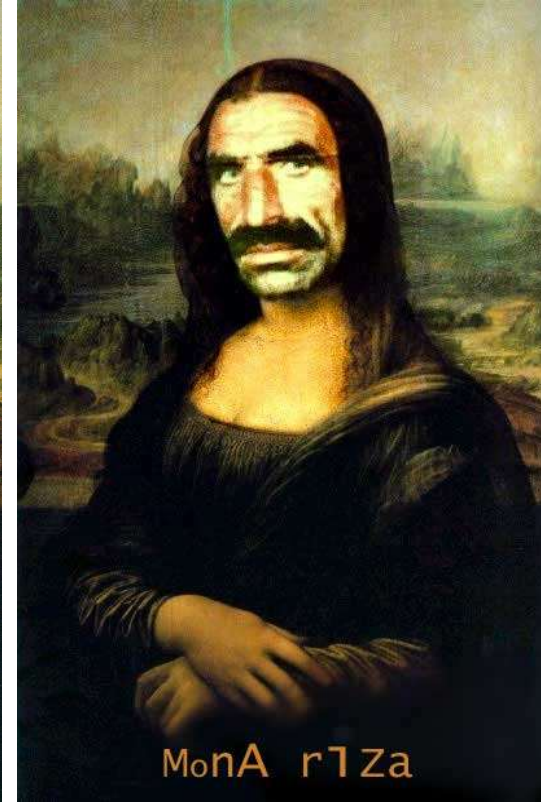
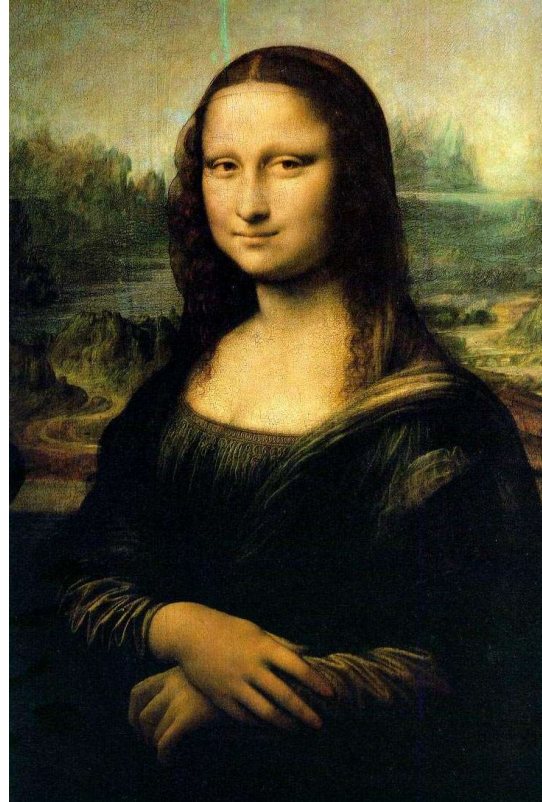
DİKKAT !!!

- doktorunuzdan onay alınız
- Hedeflerinizi özenle belirleyiniz
- Vücudunuzun sınırlarını biliniz
- Aşırı yükleme ve sakatlıktan kaçınınız
- Uygun spor kıyafetleri kullanınız
- Arkadaş ve aile desteği alınız
- Programınıza sadık kalınız



DİKKAT !!!

- İlaç Kullanımı
 - Anabolizan
 - Hormonlar
 - Amino asitler
 - Uyarıcılar



THE EFFECTS OF DRUGS

Drug type	Examples	Effects	Associated sports
Stimulant	Amphetamine Caffeine	Raise heart rate and blood pressure Increase alertness, mask fatigue	Cycling, running Contact sports
Depressants /Tranquillisers	Beta blockers Benzodiazepine	Reduce anxiety Reduce heart rate and blood pressure Improve concentration and control	Snooker, archery Target shooting Motor racing, skiing
Narcotic analgesics (painkillers)	Codeine Morphine Heroin	Drowsiness Deaden pain Relax	Cycling Contact sports
Anabolic agents	Anabolic steroids	Increase strength/power Increase aggression	Contact sports Weight lifting Boxing Athletics – sprinting/throwing
Diuretics		Get rid of fluid from body Help reduce body weight Increase flow of urine Mask presence of other drugs	Horse racing Motor racing Boxing/wrestling/judo

THE HARMFUL EFFECTS OF DRUGS

Drug type	Harmful effect
Stimulants	Overuse of body – can lead to tissue damage, heat exhaustion, liver and brain damage Over-aggressive behaviour
Narcotic analgesics	All are addictive – can lead to dependence Injuries are made worse by continued use Lower blood pressure
Anabolic steroids	Heart problems Increased risk of cancer Infertility in males Development of male characteristics in females Aggressive behaviour
Depressants	Overuse can lead to depression Can be very addictive Lack of energy and lethargy
Diuretics	Essential salts are also lost in fluid – this can lead to muscle damage Heart damage

DİKKAT !!!

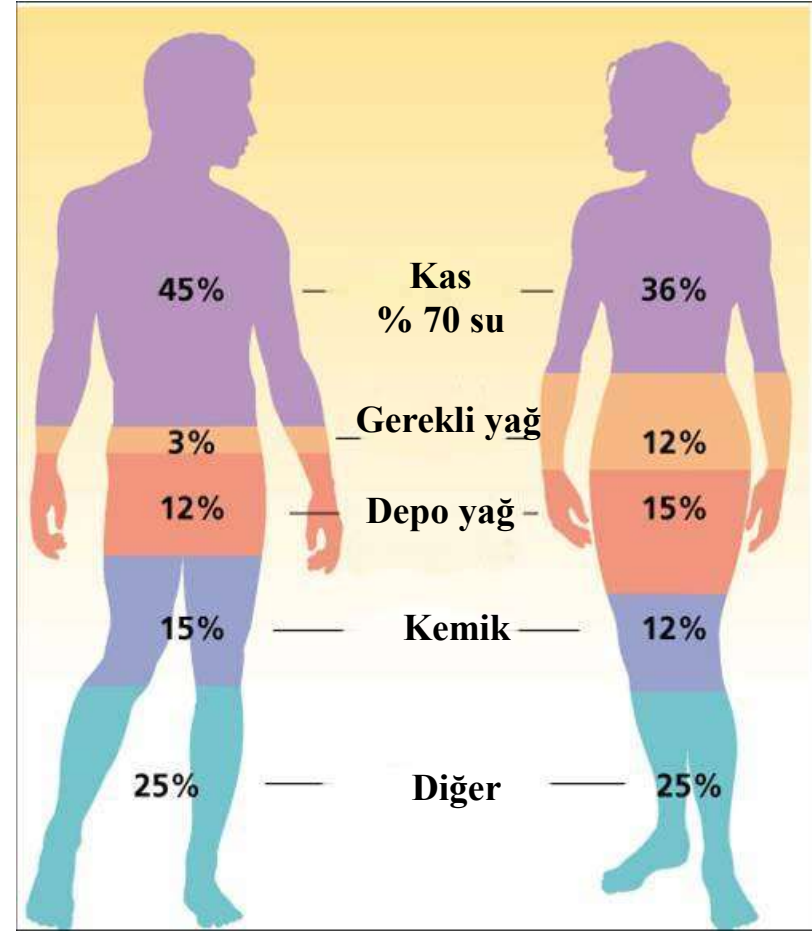
- Spor malzemeleri
- Spor yapılan yerler
- Mevsim & hava koşulları



DİKKAT !!!



Beslenme & Su



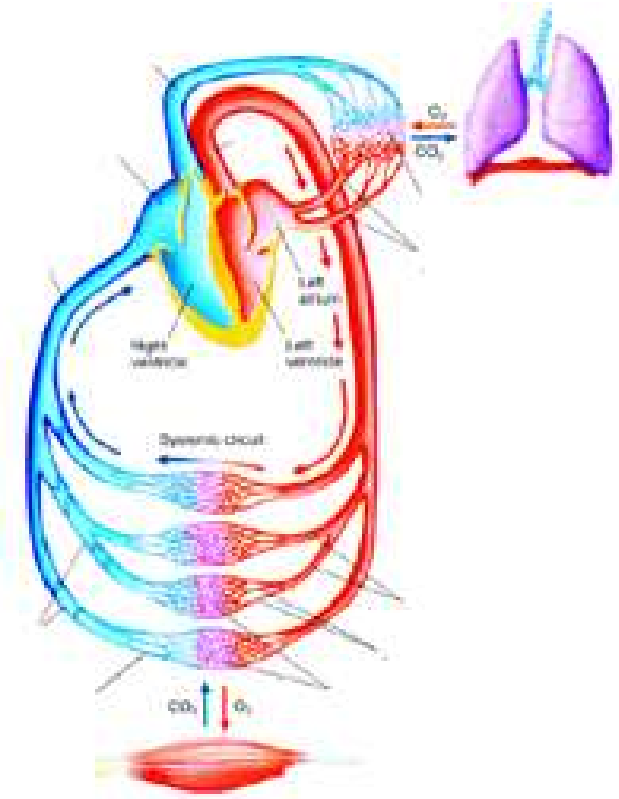
DİKKAT !!!

- Çocuk ve gençler
- Yaşlılar
- Hamileler
- Kalp ve hipertansiyon
- Diyabet
- Astım
- Kemik erimesi
- Romatizma
- Obez



DİKKAT !!!

- Sakatlıklardan korunma
- Isınma ve soğuma vücudun güvenlik sistemidir
- Kademeli olarak kalp atışı ve vücut ısısının yükseltilmesi ve düşürülmesi gereklidir



HAVA KOŞULLARI !!!

Relative humidity	Air temperature (°F)										
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
	Apparent temperature (°F)										
30%	67	73	78	84	90	96	104	113	123	135	148
35%	67	73	79	85	91	98	107	118	130	143	
40%	68	74	79	86	93	101	110	123	137	151	
45%	68	74	80	87	95	104	115	129	143		
50%	69	75	81	88	96	107	120	135	150		
55%	69	75	81	89	98	110	126	142			
60%	70	76	82	90	100	114	132	149			
65%	70	76	83	91	102	119	138				
70%	70	77	85	93	106	124	144				
75%	70	77	86	95	109	130					
80%	71	78	86	97	113	136					
85%	71	78	87	99	117						
90%	71	79	88	102	122						
95%	71	79	89	105							
100%	72	80	91	108							

Heat index
 90° to 104°
 105° to 129°
 130° or above

Heat Index
 130° or above
 105–129°
 90–104°

Effects
 Heatstroke highly likely with continued exposure
 Heatstroke likely with prolonged exposure
 Heatstroke possible with prolonged exposure



TEŞEKKÜRLER



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