TİTREŞİM ANTRENMANLARININ SPORDA KULLANIMI VE ÖNEMİ

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1. Titreşimin Tanımı ve Tarihsel Gelişimi

Titreşim bir cismin dinlenik konumuna göre düzenli veya düzensiz olarak oluşturduğu periyodik hareketlerle meydana gelen mekanik salınımlar olarak tanımlanmaktadır. İnsan vücudunda titreşim, vücutla temas eden bir araç ya da mekanizmanın periyodik hareketleriyle oluşmaktadır. Titreşim genliği ve frekansı olan salınımlı bir hareket yapmaktadır. Bir cismin pozitif ve negatif yöndeki en büyük yer değiştirmesi olarak tanımlanan titreşimin genliği salınımın büyüklüğünü milimetre (mm) cinsinden belirlerken, birim zamanda tamamlanan titreşim sayısı olarak tanımlanan titreşim frekansı salınımın tekrarlama hızını Hertz (Hz) cinsinden belirlemektedir (Cardinale &Bosco, 2003, Griffin & ark., 2001, İşler, 2007).

Tüm vücut titreşimi (TVT) ilk olarak Rus bilim adamı Vladimir Nazarov tarafından, uzay seyahatinden dönen astronotların kas ve kemik dokularında oluşan kayıpları önlemek amacıyla geliştirilmiştir. Uzayda yerçekimi olmadığından kaslar ve kemikler üzerine herhangi bir yük binmediği için astronotlar uzayda hızlı bir şekilde kas kuvvetini kaybederler. Uzay üslerinde çalışan pek çok bilim adamı, buna bağlı yaşanan sağlık sorunlarının önlenebilmesi amacıyla, astronotların uzay seyahatinden önce özel bir egzersiz yöntemi ile antrene edilmeleri konusunda çalışmalar yapmıştır. TVT bu çalışmalar neticesinde geliştirilmiş bir yöntem

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9. Kaynaklar

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