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TÜRK SPORUNDA, FİZİKSEL UYGUNLUĞ UN ÖNEMİ VE İHTİYACI

The Importance of And Need For Physical Fitness In Turkish Sport

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Beden Eğitimi ve Spor Bölümü

ÖZET

Bu araştırma, üzerinde daha önce yeterince inceleme yapılmamış olan Türk Sporu'nda fiziksel uygunluk "Physical Fitness" konusunun önemini ve ihtiyacını ele almaktadır.

Fiziksel uygunluk, günlük aktiviteleri aşırı yorgunluk hissetmeksizin yerine getirme ve acil durumlarda kullanmak üzere yeterince enerji rezerve etme kapasitesidir. Güç, kas dayanıklılığı, esneklik, kardiorespiratuvar dayanıklılık ve vücut kompozisyonu sağlıkla ilgili fiziksel uygunluk komponentleridir; çeviklik, denge, koordinasyon, hız, güç ve reaksiyon zamanı ise yeteneğe bağlı fiziksel uygunluk komponentleridir. (Getchell,1991)

Her bir sporcunun fiziksel uygunluğu, yaptığı spor ile bağdaşmalıdır. Fiziksel uygunluğu belirleme ve kişileri spora yönlendirme küçük yaşlarda yapılmalıdır. Fiziksel uygunlugun belirlenmesi; daha iyi sporcuların yetişmesine ve Türk Sporu'nun gelimesine neden olacaktır.

Türk Sporu'nun amacı, uluslararası müsabakalarda sporcuların performanslarını geliştirmek ve iyi sporcular yetiştirmektir. Bu amaç doğrultusunda birçok çalışmalar yapılmakta, antrenörler ve sporcular bu konularda bilinçlendirilmektedirler.

ABSTRACT

This paper deals with the importance of, and need for physical fitness in Turkish Sports, a subject which has not been researched before.

Physical fitness is defined as the capacity to carry out everyday activities without excessive fatique and with enough energy in reserve for emergencies. Strength, muscular endurance, flexibility, cardiorespiratory endurance and body composition are health-related physical fitness components; agility, balance, coordination, speed, power, and reaction time are skill-related physical fitness components. (Getchell, 1991)

Every athlete's physical fitness should be attuned to his or her particular sport. The determination of physical fitness and the orientation toward particular sport should occur while athletes are very young. This will help to develop Turkish Sports and to produced better athletes.

The main porposes of Turkish Sports are to improve athletes' performans in international competitions and to train better competitors. In order to accomplish these purposes, much research is being done and trainers and athletes should now be aware of the results of this research.

INTRODUCTION

A- Definition of Physical Fitness :

The meaning of physical fitness isnot the same for everyone. It is a desirable quality that can be developed in many ways for a variety of reasons. One of the definitions of physical fitness for athletes is the following :

> The ability to carry out everyday tasks with vigor and alertness, without undue fatique, and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies. (Hockey, Robert, 1989)

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Despite the widespread interest in physical fitness, it is still difficult to define it in a manner that is acceptable to all concerned. The average person generally does not know exactly what physical fitness is, what level he or she needs to achieve, how to develop that level of physical fitness, and how to evalute his or her present level of physical fitness.

B- Components of Physical Fitness :

Components of physical fitness can be put into the following two catagories:

1. Health-related physical fitness components.
2. Skill-related physical fitness components.

(Adams,1991)

1. Health-Related Physical Fitness Components:

The components which are related to development of health, and that increase the functional capacity of the body can be classfied as health-related physical fitness components.

These are :

a. Cardiovascular endurance
b. Flexibility
c. Strength
d. Muscular endurance
e. Body composition (Adams,1991)

a. Cardiovascular Endurance (Aerobic Capacity):

Cardiovascular endurance is the ability to perform heavy physical work involing large muscle groups continuously for an extended period of time. It can be defined as the maximum amount of work an individual is capable of performing continusly where the work involves large muscle groups. It is often referred to as physical work capacity.

The level at which one can participate in activities like cycling, running, swimming, and a variety of other aerobic activities depends on the efficiency of one's circulatory and respiratory systems, and these systems must function efficiently if a high level of cardiovascular fitness is to be achieved.

b. Flexibility:

Flexibility is one of the most important health-related components of physical fitness. It can be defined simply as the capacity of joints to move freely through a full range of motion without undue strain.

Having a full range of motion at each of the major joints of the body is advantageous. Without flexibility, movement is impossible. With limited flexibility there can be a decrease in the efficiency with which one can perform everyday activities, such as walking up a flight of stairs, bending to pick up a newspaper, or tying one's shoes. It is interesting that people with poor flexibility tend to be accident-prone, and to tire very quickly when performing simple tasks, such as walking.

Certain activities can shorten muscules and reduce flexibility. When the body grows older, this may become a very serious problem. Therefore it is important not to neglect the development of activity. (Adams, 1990)

c. Strength :

Strength is the ability of a muscle or muscle group to exert force against a resistance. Everyone needs a certain level of strenght. Witout this, it would be impossible to carry out many of the simple everyday tasks, such as lifting a heavy suitcase or picking up a bag of garbage.

Strength is the maximum force that can be exerted at one time by a muscle or muscle group.

d. Muscular Endurance:

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e. Body Composition:

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d. Speed
e. Power
f. Reactio

d. Muscular Endurance:

Muscular endurance can be defined as the ability of a muscle group to sustain a contraction for a period of time.

. There is a high degree of relationship between strength and muscular endurance. For example, one needs a certain level of strength to lift an object, such as a heavy suitcase. The level of muscular endurance will determine how long one can carry an object, and hold it off the floor.

e. Body Composition:

Body composition has recently been included as one of the health-related physical fitness components.

It refers to relative amounts of fat and lean body weight that comprises the body. Persons who have an excessive amount of fat can be classified as obese. An obese person has an increased risk for several serious medical problems such as various cardiovascular diseases and diabetes. Excess fat also limits the amount of work that can be performed, and may contribute to decrease in the performance of various sports skills. (Adams, 1990)

2. Skill-Related Physical Fitness Components:

There are several essential components for the successful execution of various sports skills. These are referred to as skill-related components. They include the following :

a. Agility
b. Balance
c. Coordination
d. Speed
e. Power
f. Reaction time

a. Agility :

Agility is the ability to change direction of the entire body in space with speed, and accuracy. In order to develop agility, athletes must learn how to use efficiently the appropriate muscles at the appropriate times. When they learn this, they do not tire as quickly when performing their sport.

b. Balance :

Balance is a state of physical steadness in which weight is evenly distributed. It involves the athlete's ability to anticipate changes in and maintain and equilibrium between internal and external forces. Good balance is important in avoiding sport injuries.

c. Coordination :

Coordination is the ability to use the right muscles at the right time. Athletes develop coordination through practice in the utilization of the suitable muscles for the required skill. Regular exercises can be use to improve coordination.

Sport scientists try to provide suitable exercises for developing athletes' coordination. For example, a successful athlete is well-coordinated. Therefore his muscles respond in an efficient manner. Successful performance of complex and dangerous movements in many sports depends upon good coordination.

d. Speed :

Speed is the ability to perform body movement quickly.

Speed is a very important factor during the competition of athletes such as sprints and marathon runners.

e. Power :

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f. Reaction Time :

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e. Power :

Power means strenght, force, or energy. It is a kind of ability which the rate at which one can the work. Many athletic events require the production of explosive force. There events require great power, such as jumps, or throwing events in track, and field.

f. Reaction Time :

Reaction time is the time in which an athlete is able to respond to a particular signal or event in competition. For example, explosive speed is provided by reaction speed, or reaction time. The explosive speed of the sprint runner during competition depends upon a quick reaction time to the starting gun.

When athletes learn reaction time, they can be successful in their sports. In order to learn reaction time, athletes must engage in practice exercises.

FINDING AND DISCUSSION

II. The Condition of Turkish Sport :

Nowadays the condition of Turkish Sport has developed in Turkiye, because it is an important factor for Turkish's development. But there are old and classic systems are used by athletes. For instance a lot of the some exercises are used for all types of sport. Little thought is given to what kind of exercises are best for particular sports. In response to recent scientific research, The Sports Science Technology Department of Haccettepe University has started to deal with this issue. It hopes to try new methods, and exercises with the new technology in order to find the best training methods for Turkish Sports. Every year Haccettepe's sports scientists put in order some seminar for developing Turkish Sports. A lot of information is given for athletes and trainers so they can learn the new technology.

According to sports scientists, if Turkish Sports is to develop, we must follow new technological methods in the world.

Turkish athletes have not been very successful in international competitions. Therefore they are not recognised in foreign contries. When foreigners are asked about Turkish Sports, they typically shrug their sholders and indicate that they are unaware of Turkish athletes.

Turkish Sport's voice has not been heard until these days. If it is to be heard in the future, more attention to physical fitness will be required.

III. The Importance of Physical Fitness :

In this century, the importance of physical fitness has been recognized. It is now used by athletes and trainers, but it is still a relatively new method.

Physical fitness in childhood leads to an increase in height and weight as well as an increase in the functions of vital organs of children. Besides this, if the children are physically unfit, physical fitness can be put into practise in producing organic changes in the lungs, or circulatory system improving their function in normal living.
(Jokl, 1971)

Physical fitness tests provide the best means of orienting athletes to the sports to which they are best suited. It is very important to orient athletes and then to train them for their competitions.

Athletes can be taught to use the right muscles with physical fitness exercises. In this way, athletes can assess and improve their bodily movements.

IV. The Need for Physical Fitness :

Physical fitness is needed by athletes. If an athlete wants to be successful in sports in which he is interested, he has to train himself in order to be suitable for that sport.

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Therefore the athlete has to engage in exercises which are prepared for him. On the other hand these exercisesare not in themselves sufficient. There is also a need for education and resources. Since physical fitness is a new subject, nobody knows much about it. When a person wants to educate himself, he can not be successful, because there are not enough sources. Instead of educating Turkish People, we prefer having a foreign trainer who has knowledge about physical fitness. Another problem is money. There is not enough money to establish modern facilities for physical fitness, and to buy modern equipments.

When a person trains his body with the physical fitness exercises, he can use the right muscles at the right time. For example, a swimmer can improve cardiovascular endurance, speed, or muscles of his shoulder with physical fitness tests. Therefore, the swimmer can swim for a longer time with less energy without tiring.

There is a great need to develop programs for physical fitness in Turkish Sports. Because success in sports provides good publicity for Turkiye, The Turkish Government should be aware of the importance of physical fitness in preparing its athletes for competition.

V. Testing :

Physical fitness tests are very important. There are six kinds of physical fitness tests.

These are :
- Systems approach to physical fitness.
- A taxonomy of physical fitness.
- Factor analysis, and taxonomy.
- A proposed taxonomy.

1. THE PFL OREGON SHORT FORM.
2. KRAUS-WEBER TEST
3. THE AAHPER PHYSICAL FITNESS TESTS (Mathew, 1990)

4. DEVELOPMENT OF CARDIOVASCULAR FITNESS

A. Strength
B. Flexibility

5. SYSTEM OF EXERCISES

A. Internal Training
B. Circuit Training

6. UNDERDEVELOPMENT AS A RESULT OF MALNUTRITION

A. Underweight
B. Overweight (Arnheim, 1973)

CONCLUSION

The result of this study shows that are a lot of advantages of physical fitness for Turkish Sports. People have understood that in order to be healthy, and happy, physical fitness is necessary. Although there were many departments that researched the importance and the need for physical fitness in Turkish Sports, there was no detailed knowledge about it.

I have tried to research the importance, and needs of physical fitness, and then I prepared this paper.

Physical fitness was an important factor for Turkish Sports, but most of the sportsmen had not learn what it meant. Therefore I tried to give a lot of suggestions for Turkish Sports, and sportsmen. First of all, we had better send our trainers abroad for education about physical fitness. When they come back, new schools can be established. Secondly, more money must be spent by The Turkish Government to build new buildings, and to buy equipment for physical fitness tests. Finally, seminars should be prepared about physical fitness for sportsmen, trainers, and related people, such as doctor of medicine of sports.

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In summary, this paper has tried to explain the importance and needs of physical fitness for Turkish Sports. I assumed that Turkish Sports would develop with the use of physical fitness.

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