

2. De fysiologische basis van training

Sporttraining =

- plan
- systematisch (idee)
- regelmatig
- prikkels toe dienen
- gericht op prestatieverbetering

fysiologische basis = evenwicht verstoren en zoeken naar balans

In het trainingsproces onderscheidt met twee aanpassingsfasen:

1. de fase van onmiddellijke, maar tijdelijke aanpassing
2. de fase van een stabiele lange termijn aanpassing
 - a. systematisch mobiliseren van de fysiologische systemen en energiebronnen zodat de mechanismen van de trainingsaanpassingen gestimuleerd worden
 - b. er zullen structurele en functionele aanpassingen optreden, door de systematische herhaalde prikkels van de opeenvolgende trainingen
 - c. blijvende, stabiele aanpassing, met toename van de energiebronnen in functie van de verhoogde structurele, functionele mogelijkheden
 - d. komt alleen bij slechte trainingsopbouw plaats. Wordt gekenmerkt als uitputting van de energiebronnen, door afbraak van structurele, functionele aanpassingen.

Evolutie van de trainingstoestand

Zie afbeeldingsamenvatting

Verhouding tussen de functionele reservezone en de stimulerende zone voor trainingsaanpassing (verschil ongetraind/getraind) met verschillende prestatieniveaus

Zie afbeelding samenvatting

- een spier kan slechts een beweging uitvoeren wanneer de benodigde chemische energie wordt omgezet in mechanische arbeid

ATP → ADP+P + energie

ATP = Adenosine trifosfaat

ADP = adenosinedifosfaat

P = fosfaat

De structuur en eigenschappen van een skeletspier

Training Fysiologische Grondbeginselen

T. Veldstra



Training Fysiologische Grondbeginselen:

Sportief talent ontdekken ,2006 Praktisch handboek voor trainers en docenten lichamelijke opvoeding Tacoyo T. Veldstra,1998-09-10 Het TACOYO trainingsconcept vormt een theoretische en praktische handleiding voor conditietraining en goed leren omgaan met stress rug en figuurproblemen Het accent ligt hierbij op de antistress training en de verbetering van het uithoudingsvermogen Taco Veldstra beschrijft totaal oefeningen die door middel van gerichte spieractivatie zoals ook wetenschappelijk is aangetoond een algehele conditieverbetering kunnen bewerkstelligen De auteur baseert zijn oefeningen grotendeels op langlaufen en roeien omdat bij deze sporten alle spieren gelijktijdig actief zijn en het hart longstelsel optimaal wordt gestimuleerd Eveneens gebruikt TACOYO waardevolle elementen uit diverse oosterse en westerse ontspanningsmethoden Zo is de grondslag gevormd voor een antistress training die in meerdere plaatsen in Nederland wordt gegeven Deze training is in de loop der jaren ontstaan vanuit de praktijk maar is ook getoetst aan de huidige wetenschappelijke kennis op het gebied van bewegen conditietraining en ontspanning Het boek is bestemd voor iedereen die op actieve wijze in een goede fysieke en mentale conditie wil zijn en blijven Deze uitgave is geschikt zowel voor Arbo diensten bedrijfstraining *Belgische bibliografie* ,1983 *Lektuurgids* ,1981 Nederlandsch letterkundig nieuwsblad ,1977 Boekblad ,1989-10 Repertorium van werken, in Vlaanderen uitgegeven, of door monopoliehouders ingevoerd Vereniging ter Bevordering van het Vlaamse Boekwezen,1979 **Bibliographie de Belgique** ,1983 *Training* J. Vanden Bossche,1974 **Training** Frans Van den Bossche,1983

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