

## FARKLI SPOR BRANŐLARINDAKİ MİLLİ, PROFESYONEL VE AMATÖR SPORCULARIN SPORDA ISINMA KONUSUNDAKİ BİLGİ VE ALIŐKANLIK DÜZEYLERİNİN İNCELENMESİ<sup>1</sup>

### INVESTIGATION OF THE KNOWLEDGE AND HABIT LEVELS OF NATIONAL, PROFESSIONAL AND AMATEUR ATHLETES IN DIFFERENT SPORTS BRANCHES

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#### ÖZET

Bu arařtırmanın amacı farklı spor branőlarındaki milli, profesyonel ve amatör sporcuların Sporda ısınma konusundaki bilgi ve alışkanlık düzeylerini belirlemektir. Arařtırmaya Erzurum ilinde farklı spor branőlarında yer alan 110 sporcu katılmıştır. Katılımcıların sporda ısınma konusundaki bilgi ve alışkanlık düzeylerinin belirlenmesinde Arslan ve arkadaşları (2011) tarafından "Amatör sporcularda ısınma alışkanlığı ve bilgi düzeylerinin deđerlendirilmesi" adlı çalışmada geliştirilen anket kullanılmıştır. Elde edilen verilerin analizinde SPSS 15.0 programında frekans analizinden yararlanılmıştır. Arařtırmanın sonunda katılımcıların yaş ortalamalarının 19,08±4,42yıl, ortalama spor yaşlarının 5,62±4,31 yıl olduđu, bunun yanında katılımcıların %59,1'inin milli sporcu, %19,12'inin milli olmayan profesyonel sporcu ve %21,8'inin de amatör sporcu olduđu tespit edilmiştir. Arařtırmaya katılan sporcuların %90,9'unun antrenmanlardan önce her zaman ısınma çalışması yaptıkları, katılımcıların %9,1'inin ise antrenman öncesinde düzenli spor yapma alışkanlığının bulunmadığı belirlenmiştir. Bunun yanında %51,8'inin her antrenmanın sonunda sođuma çalışmaları yaptıkları, katılımcıların %34,5'inin ara sıra sođuma çalışması yaptığı, %13,6'sının ise hiç sođuma egzersizi yapmadığı tespit edilmiştir. Elde edilen bulgulara göre amatör ve milli sporcuların sporda ısınma ve sođuma konusundaki bilgi ve alışkanlık düzeylerinin yüksek olduđu söylenebilir.

**Anahtar Kelime:** Spor, ısınma, sođuma

#### ABSTRACT

Present study aimed to determine the knowledge and habit levels of national, professional and amateur athletes in different sports branches in terms of warm-up. A total of 110 athletes in different sports branches from the province of Erzurum participated in the study. In determination of the knowledge and habit levels of the participants about the warm-up in the sport, the questionnaire developed by Arslan et al. (2011) in the study of "The evaluation of warm-up habits and knowledge levels of amateur athletes" was used. The frequency analysis in SPSS 15.0 program was used for the analysis of the data gathered. At the end of the study, the mean age of the participants was found 19,08 ± 4,42 years, the average age of the sport was 5,62 + -4,31 years, additionally, 59.1% of the participants were national athletes, 19.12% were non-national athletes and 21.8% were amateur athletes. It was determined that 90.9% of the athletes participating in the study did warm-up circles before the training and 9.1% of the participants did not have the habit of doing regular sports before the training. In addition, 51.8% of participants stated they did the cool-down exercises at the end of each training, 34.5% of the participants did cool-down exercises occasionally and 13.6% of the participants did not do any cool-down exercises. According to the findings, it can be said that amateur and national athletes have high levels of knowledge and habits about warm-up and cool down in sports.

**Keywords:** Sports, warm-up, cool-down

#### INTRODUCTION

Warm-up in sports is an important activity that must be done before and after the training in order to increase the performance of the athletes and reduce the risk of injury which may cause serious problems in the future (Arslan et al., 2011). Because the study findings show

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that warm-up exercises before the competition and training help to make the best use of the performance (Çoknaz et al., 2008).

Warm-up is defined as active and continuous movements of a muscle. Warming facilitates the transition from resting level to exercise, stretching postural muscles, accelerating blood flow, and boosting metabolic rate from rest level to aerobic level. Warm-up , reduces the sensitivity to musculoskeletal injuries by increasing the flexibility of the connective tissue, improves joint motion width and function, improves muscular performance and improves muscle stiffness (Nosaka & Clarkson, 1997; Polloc et al., 1998; Shellock & Prentice, 1985; Colak & Cetin, 2010). Based on their observations and experiences, many coaches and athletes believe that warm-up, stretching and massage are beneficial to the body before the start of sportive activities and exercise. More specifically, it is stated that warm-up, stretching and massage are used as a means of increasing performance in pre-exercise activities, as a result of biomechanical, neurological and psychological mechanisms and to reduce the risk of muscle damage induce by eccentric exercises (Weerapong, 2005; Çolak & Çetin, 2010).

As observed, warm-up in sports is an important component in terms of sportive performance. At this point, athletes are required to have high knowledge and skills about warm-up in sports. On the other hand, it is observed that studies on amateur and professional athletes' knowledge and habits about warm-up in sports are limited in the literature. So this study aimed to investigate the knowledge and habit levels of national, professional and amateur athletes in different sports branches about warm-up in sports.

## MATERIAL AND METHOD

### Study Group

A total of 150 athletes participating in sports events in the sports clubs in Erzurum province in the 2014-2015 season were included in this study. Athletes were selected among athletes who train and participate in competitions especially in winter sports in Erzurum.

### Data Collection

The questionnaire developed by Arslan et al. (2011) in the study of "The evaluation of warm-up habits and knowledge levels of amateur athletes" was utilised for the study. After the initial development of the measurement instrument was made ready for implementation, the instrument was applied to 510 amateur (360 male, 160 female) athletes. The validity and reliability study of the scale was performed. The KMO values (Kaiser-Meyer-Olkin Measure of Sampling Adequacy) were calculated as 0.715 and Bartlett's Test was found as 1968.711 ( $p < 0.05$ ). The reliability internal consistency coefficient (Cronbach Alpha) was calculated as  $\alpha = 0.647$  (Arslan et al., 2011).

### Statistical Analysis

In the analysis of the data from the data collection tool performed in the study, frequency analysis was used in SPSS 15.0 data analysis program.

## FINDINGS

**Table 1. Findings about the level of athletes participating in the study**

<b>Athlete level</b>	<b>f</b>	<b>%</b>
National Athlete	65	59,1
Non-national Athlete	21	19,1
Amateur Athlete	24	21,8
Total	110	100

It was determined that 59.1% of the participants were national, 21.8% were amateur and 19.1% were non-national professional athletes.

**Table 2. Status of warm-up before training or competition of athletes**

<b>Status of warm-up</b>	<b>f</b>	<b>%</b>
I always do	100	90,9
I occasionally do	10	9,1
I never do	0	0
Total	110	100

It was determined that a very large part of the athletes participating in the study do the warm-up exercises regularly and the rate of the athletes who do not regularly do warm-up exercises is very low. It was also determined that there is no athletes who do not have the habit of warm-up.

**Table 3. Status of performing cool-down exercises after training or competition of athletes participating in the study**

<b>Status of cool-down</b>	<b>f</b>	<b>%</b>
I always do	56	51,4
I occasionally do	38	34,9
I never do	15	13,8
Total	109	100

Almost half of the athletes participating in the study do cool-down exercises regularly, about one third of athletes occasionally do cool-down exercises, while a small part-13.8%- of athletes do not perform cool-down exercises regularly.

## DISCUSSION AND CONCLUSION

At the end of the study, it was found athletes' level of performing warm-up exercises before the training and competition was high. Besides, it was found that athletes' frequency of cool-down exercises after training and competition was also high. In a similar study by Arslan et al. (2011), the warm-up habits of the amateur athletes before the training or competition were below the average (47.8%) and found to be insufficient and the rate of those who do cool-down exercises after the activities (17.3%) was found to be very insufficient. The findings of this study holds contrast with findings of our study. It is possible to consider that athletes are interested in different sports and their awareness of the warm-up and cool-down in sports is different from one another.

Warm-up is an essential part of sports activities. As is known, all sportive activities and competitions start with warm-up activity. The influence on the athlete's performance is very important. On the other hand, it is observed that the athletes give enough importance to warm-

up exercises. Especially in training, there is a hurry to shoot or start training as soon as possible. Therefore, athletes cannot perform their desired performances, become inefficient due to the lack of warm-up in most of the match or training, and they experience some trouble due to injury or insufficient warm-up ([www.besyo.org](http://www.besyo.org)). At this point, it is considered that increasing the knowledge level of the athletes about warm-up and cool-down exercises is an important issue. In order to achieve this, it can be said that more researches should be conducted to examine the knowledge and habits of the athletes on the importance of warm-up and cool-down exercises.

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