



2006

القدرات الالهوائية

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Anaerobic Abilities

: -
(())

(30)

ATP-PC

()

(50) (30) (200 100)

(100 10) (400)

.
 :
 . -1
 . -2
 . -3
 . -4
 :
 . -1
 . -2
 . -3
 (-)

:
 :
 :(Maximum Anaerobic Power) -1

(10-5)

:(Anaerobic Capacity) -2
 Anaerobic Endurance

(1)

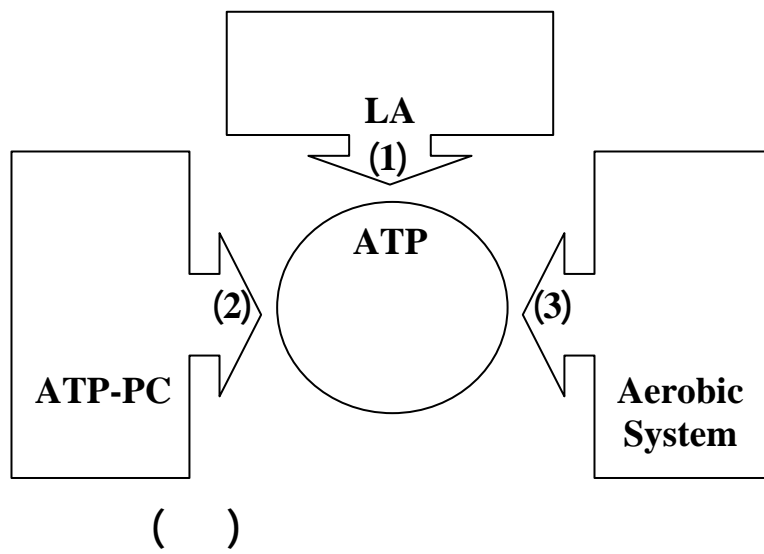
: (ATP) -

(ATP)

()

()

()



):1

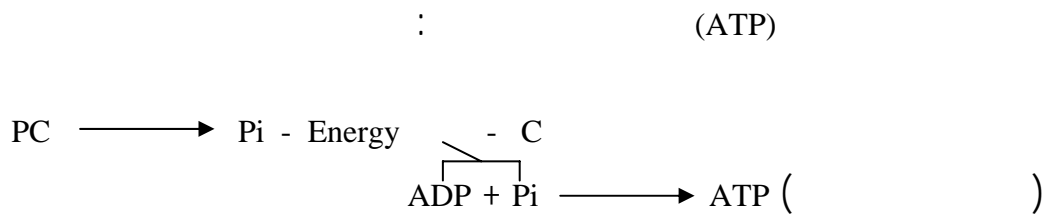
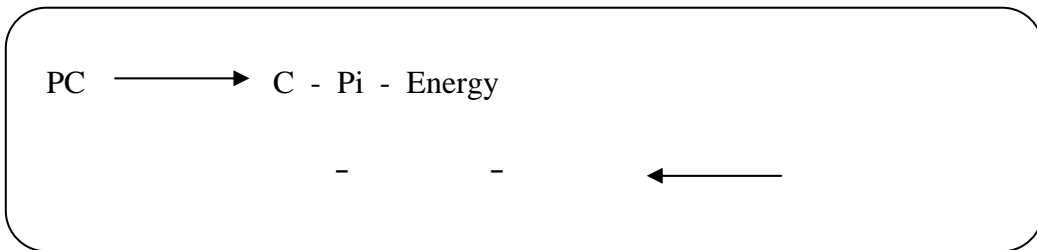
(1)

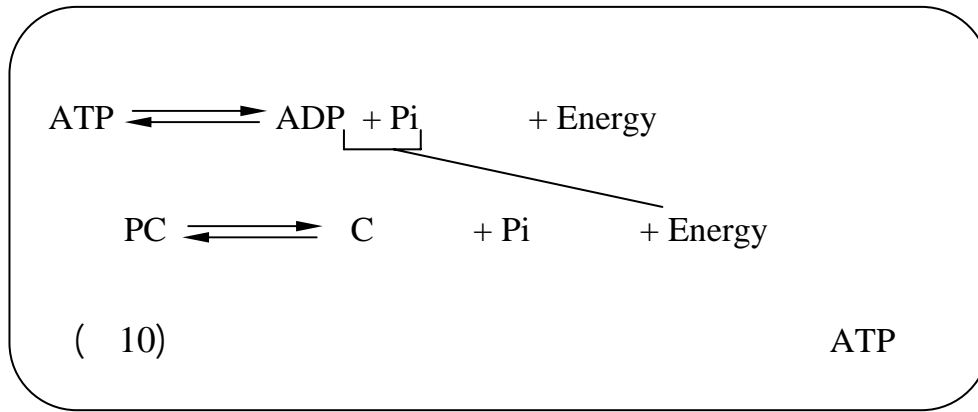
ATP

(ATP) ()
 : (ATP) ()
 .
 .() -1
 .() -2
 :
 :

(ATP-PC System) :

(100) (ATP) (3)
 (ATP)
 (ATP)
 Phospho Creatine (PC)
 (ATP)
 :





(ATP)

(ATP)

(ATP)

(PC)

(PC)

(ATP)

(5)

(100)

(10)

(10)

(PC) (ATP)

(PC) (ATP)

() (100)

(PC)

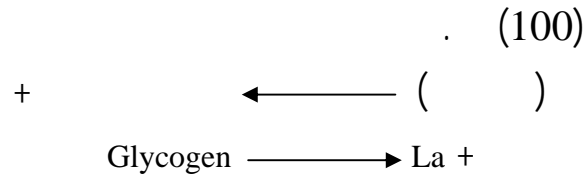
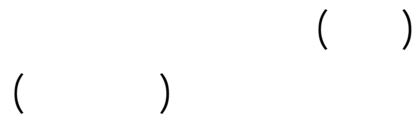
(ATP)

:

...

.Energy System Anaerobic

Lactic Acid System (LA) :



.Muscular Fatigue

Anaerobic Glycogen :



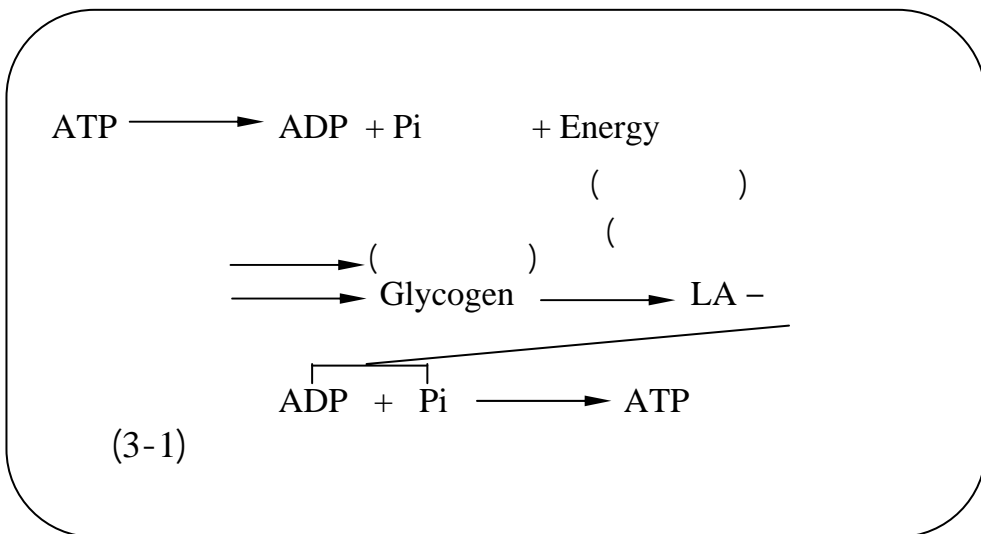
System

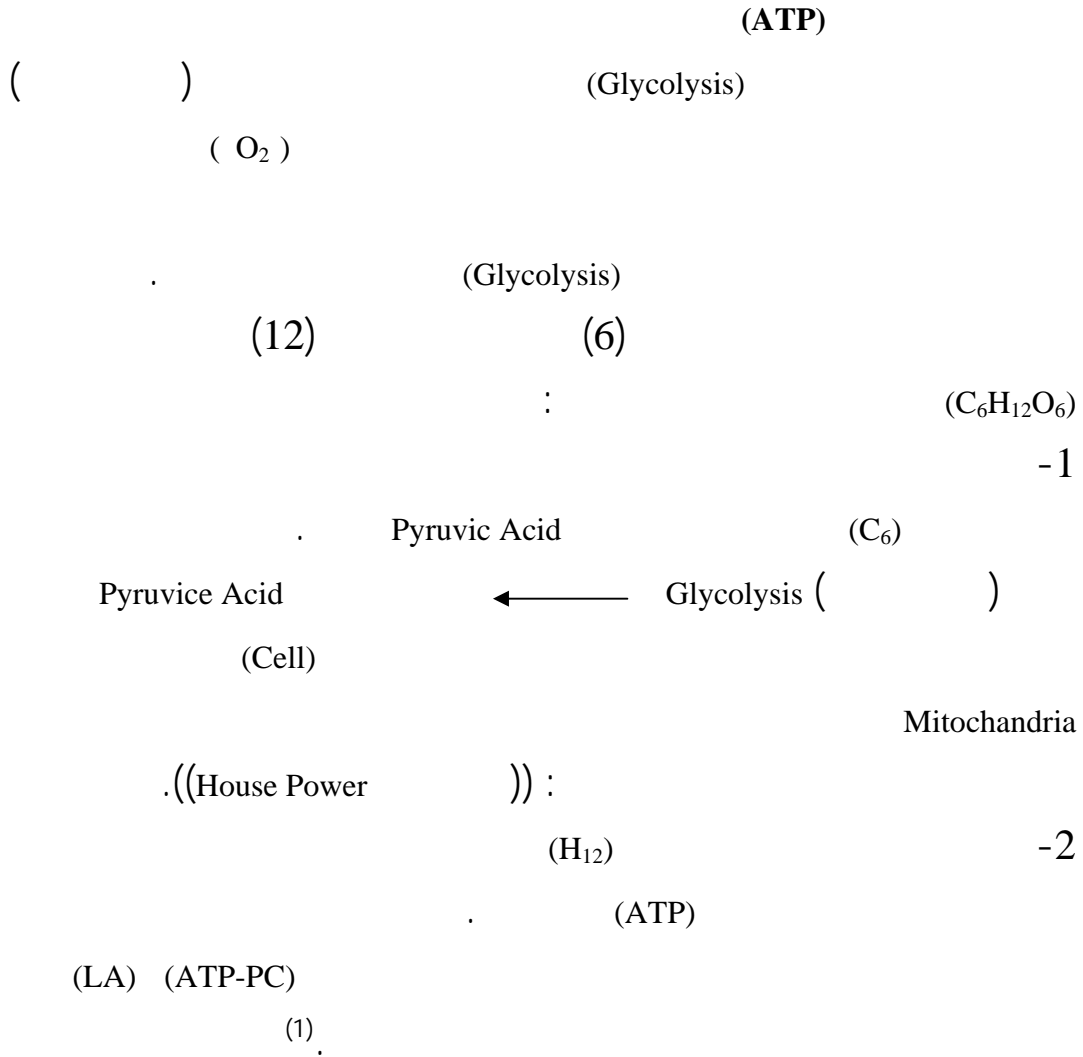
.(LA)

.LA System :

(3:1)

(PC)





Anaerobic Endurance : -

(5)

)

.(

) :1 _____ (1)

	:	-
:		
		-1
		-2
		-3
:		
	:	-1

Alanin

Amino Acid

-1962 Carlsten et.al.

)

.(1971 Felig and Wahren

) (1963

(1971

)

%60-%35

%50

Faltacel

Lular Spaces

(pH)

()
()

(1972 Dollkepler and Kenl

Lactate De-Hydrogenate (LDH)

(M.LDH)

:

(H.LDH)

(H.LDH)

(H.LDH)

)

(LDH)

(H.LDH)

(1967

(M.LDH)

(M.LDH)

(H.LDH)

Lactate Dermease

:

-3

Acidosis

Buffering Capacity

(pH)

(1)

The Oxygen Debt :

-

:

-

.1922 A.V.Hill

(0.6)

(30)

-1

-2

(800)

(42.2)

):1

(1)

.170-166 (1993)

(800) / (15-12) (800)

(800) (30-25)

. (500-450)

/ (20-15)

/ (7-6)

(ATP)

(ATP)

()

(PC)

:

-

: -

%95

(25)

:

-1

-2

-3

-4

()

(1)

):1

(1)

.175-170 (1993