

عنوان مقاله:

The Anthropometrical and Physiological Parameters of Young Elite Boys and their Performance in Snatch and in Clean and Jerk

محل انتشار:

مجله بین المللی کودکان، دوره 11، شماره 1 (سال: 1402)

تعداد صفحات اصل مقاله: 12

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خلاصه مقاله:

Background: Due to the importance of Anthropometrical and Physiological Parameters in Weightlifting performance, this study aimed to investigate the performance of Snatch and Clean and Jerk in young elite boys in relation to anthropometric and physiological parameters, for talent identification and performance predicting, in Ardabil, ۲۰۱۹. Methods: The subjects of this descriptive study were ۳۰ elite male weightlifters aged ۱۳-۱۵, participating in the country's selection competition in ۲۰۱۹ in Ardabil. The anthropometric and physiological parameters were measured. The relationships between the variables were measured by Pearson correlation coefficient. Results: In anthropometric parameters, Clean and Jerk performance of young elite male weightlifter positively correlated with weight, height, BMI, sitting height, arm span, head, chest, waist, and hips circumference, humerus, forearm, and palm length, shoulder, and lumbar width, humerus, elbow, forearm, wrist, and palm circumference, fingers length, tight, tibia, and foot length, tight, knee, tibia, and ankle circumference, tight, ankle, and foot width, and Snatch performance. In contrast, biceps fat was negatively correlated with Snatch and Clean and Jerk performance. In physiological parameters, Snatch and Clean and Jerk performance was positively associated with right and left hand strength, leg strength, and leg power (high jump) ($P < 0.05$). Conclusion: The results of this study can help coaches in selecting talented teenage weightlifters with spending less time and money; so that they can gain more success in reaching the peak of athletic performance.

کلمات کلیدی:

Biomechanical parameters, Weightlifting Time and Performance, Young elite weightlifter boys, Talent identification

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