

Inter-university and inter-college weightlifting players anthropometric characteristics

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The Sports Psychology Branch is devoted to the study of the actions of sportsmen in different sports environments. Psychology of sports in the context of sports, sports are usually understood to include fitness and physical activity as well as highly organized sporting events and games such as soccer, hockey, body building, and weight lifting etc. Body building and weight lifting are sociocultural phenomena, which are part of general education and include both learning and performance. The work was restricted to the following anthropometric criteria. The study was delimited to the following anthropometrical parameters.

Anthropometrical measurements

1) Weight, 2) Stature, 3) Sitting height, 4) Femur bi-epicondyle diameter, 5) Humerus bi-epicondyle diameter, 6) Hip width, 7) Shoulder width, 8) Total arm length, 9) Hand length, 10) Wrist width, 11) Triceps skin fold, 12) Biceps skin fold, 13) Sub-scapular skin fold, 14) Suprailiac skin fold, 15) Calf skin fold, 16) Biceps muscle girth, 17) Calf muscle girth, 18) Thigh length 19) Lower leg length

Somatotype: 1) Ectomorph, 2) Mesomorph, 3) Endomorph

Body proportionality: 1) Sitting height – Stature index, 2) Ponderal index, 3) Thigh length – Lower leg length index, 4) Hips width – Stature index, 5) Shoulder width – Stature index, 6) Hand length – Wrist width index

Objective of the Study: The present research has the following key goals: to determine the effects of selected anthropometric variable on the strength of weightlifting players from Inter-University. De-mining the impact on intensity of the Inter Collegiate Weightlifting Player of selected anthropometric variables. To see the impact of anthropometric variables on improving weightlifting players 'fitness and skill.

Review of Literature: A significant study of the related literature was carried out by the researcher. He analyzed various journals, books, newspapers etc. relevant to specific aspects of the research. Below are relevant research of special relevance to the research undertaken. Wellness Survey Completed Study, Anderson (1999). The national example of the school children in tests of four to twelve produced percentile levels. American cases were again attempted and standardized for the different years in 1995 and 1996. The findings showed, however, that around 1995 and 1996 the United States young people had significant improvements in motor fitness. Field & Arthur (2001) AAHPER physical fitness check was performed on Fifty Seven male undergraduate students. Four times in four weeks, the study was performed. For anything, an inquiry into the disparity was available. For all possible mix- trails the proportion of fishers and the co- coefficients were calculated. The findings showed an important functional indicator for the indescribable nature of individual products at a friendly stage. All was protected by normal measurement delays. AAHPER Youth Wellness Test was suggested in 2001 and percentile levels were obtained in tests four to twelve from the national example of school kids. The American examples

were once again tested in 1995 and 1996 and normalization correlations were made for the different years. The findings found that US children had major motor health changes somewhere between 1995 and 1996, but still the same improvements were made somewhere around 1997 and 1998.

Sampling: Considering the objectives of our research, weightlifter Players of our country have been selected from 50 subjects each from inter-university and college level results. All in India lifting weight tournaments. Dr BabasahebAmbedkar Marathwada University, Aurangabad Intercollegiate.

Data Analysis: The table below shows that the significant Z-value obtained for the one-tail-test is substantially higher (13.02 percent), as opposed to an interuniversity weightlifter standard, than the average body composition.

Body Composition (in terms of percentage) of Inter-University and College Level Weightlifter Players

Endomorphic Rating	Inter-University Level Weightlifter Players	College Level Weightlifter Players
Mean	20.22	23.25
Standard Deviation	2.05	2.81
Obtained value ^Z	6.15*	

* Significant at 0.05 level

** Z is important for one tail check at 0.05 rates 1.64

Conclusion: Players with higher weight, height, height and lower leg length and biceps muscle girth, calf muscles and hip width- index than the college weightlifter Players had greater weight, more height, weightlifting and weightlift, more biceps, diameter of the femur bi- femur, diameter humerus, shoulder width, hip width, upper arm width. Inter-University Weightlifter Players rated more than college Weightlifters Players by ectomesomorphic scores. Inter-University Weightlifter Teams are stronger than College Players in terms of segmental proportionalities. In the ponderal index, thigh-long-lower leg-length index, and ectomorphicintervariety and weightlifter results, there is no substantial difference. The Weightlifter Players Inter-University was larger than the college Weightlifter Players: higher weight, sitting height, femour two epicondyl diameter, humerus bi- diameter, shoulder width, hip width, top arm longitude, thig lengths, lower leg lengths, biceps muscle girth, bald muscle circumference and hip width index. Inter-University Teams had more ecto-mesomorphic scores than college Players. The Weightlifter Inter-University Players have better segmentality than the Weightlifter College Players. In the ponderal index, the thigh-length lower leg length index and the ectomorphicInter-University ranking and weightlife college player, there is no substantial difference.

Recommendations: In view of the findings of our research, the following suggestions are made– If looking at professional hunts for possible future players of weightlifters, the results of the study must be taken into account. Psychological and technical parameters of high and low performance Weightlifter Players should also be tested in accordance with anthropometric and physiological parameters. In addition, a research should be performed to compare top Indian weightlifter players in terms of anthropometrics, physiology and mechanical parameters with the other worldwide selected weightlifters players.

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