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THE IMPORTANCE OF ANTHROPOMETRIC INDICATORS IN SELECTING CHILDREN FOR FREESTYLE WRESTLING

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ABSTRACT

This article presents a methodology for selecting children for wrestling based on anthropometric indicators. The study analyzes the importance of key anthropometric parameters, such as height, body weight, shoulder width, arm and leg length, and subcutaneous fat thickness, in assessing children's physical development. The selection process is divided into three stages: preliminary, main, and specialization, with normative values for each stage provided in tables.

Keywords: anthropometry, sports selection, wrestling, children's sports, physical development, morphological characteristics, sports specialization.

ВАЖНОСТЬ АНТРОПОМЕТРИЧЕСКИХ ПОКАЗАТЕЛЕЙ ПРИ ОТБОРЕ ДЕТЕЙ ДЛЯ БОРЬБЫ В ВОЛОСОМУ СТИЛЕ

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АННОТАЦИЯ

В данной статье рассмотрена методика отбора детей в борьбу с учётом антропометрических показателей. В исследовании проанализировано значение основных антропометрических параметров, таких как рост, масса тела, ширина плечевого пояса, длина рук и ног, а также толщины подкожного жира, при оценке физического развития детей. Процесс отбора

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разделён на три этапа: предварительный, основной и этап специализации, при этом нормативные показатели для каждого этапа представлены в таблицах.

КЛЮЧЕВЫЕ СЛОВА: антропометрия, спортивный отбор, борьба, детский спорт, физическое развитие, морфологические особенности, спортивная специализация.

INTRODUCTION

The rapid growth of achievements in the world of sports is causing an increasing interest in sports. This requires constant research to develop sports. As is known, sports are not just a simple game, in order to engage in any sport, it is important to select children based on various indicators and direct them to a sport that suits them in all respects. In this regard, our country is implementing large-scale work. Necessary conditions have been created for the population, especially the younger generation, to regularly engage in physical education and mass sports.

A continuous system has been created for selecting talented children and training professional athletes. Boys and girls whose abilities have been highlighted during training in secondary schools and children's sports complexes are accepted into children's and adolescent sports schools and sports centers and are educated based on professional approaches.

As a result, our country's athletes are achieving great victories in prestigious world competitions, demonstrating the potential of our people to the whole world. Achieving high results in modern sports largely depends on a scientifically based system of selecting and training athletes. Especially in sports that require strength, speed, endurance and technical skills, such as freestyle wrestling, the correct selection of children is of great importance in the development of highly qualified athletes in the future.

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Therefore, when directing children to sports, it is necessary to take into account their level of physical development, morphological characteristics and functional capabilities. In this regard, anthropometric indicators are one of the main criteria.

LITERATURE ANALYSIS

The analysis of the literature on the subject shows that the issue of the theory and methodology of athletes' training in various types of wrestling has been covered to a certain extent in the scientific and methodological works of specialists in the field. In particular, it has been studied to a certain extent in the research works of such scientists as A. Absatarov, A. Istomin, A. N. Abdiyev, F. A. Kerimov, A. A. Atayev, Y. S. Kim, L. P. Yugay, K. T. Yusupov, N. N. Azizov, R. D. Khalmukhamedov, I. H. Baymurotov, S. U. Kupalov, B. M. Nosyrov, D. Ye. Nurishov, Z. S. Artikov, Sh. S. Mirzanov, F. B. Bobomurodov, A. J. Tangriyev, S. E. Keldiyorov, F. Sh. Akhmedov.

METHOD AND METHODOLOGY

The study used methods of scientific and methodological literature analysis and methodological analysis.

ANALYSIS AND RESULTS.

Anthropometry is a science that studies the external dimensions of the human body and is widely used in sports practice to assess the level of physical development. The following anthropometric indicators are important in freestyle wrestling:

- body height;
- body weight;
- shoulder girdle width;
- arm and leg length;
- chest circumference;

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- thickness of the subcutaneous fat layer.[2]

These indicators determine the athlete's ability to generate force, maintain balance and effectively move against an opponent. Incorrect selection of children for sports can lead to poor results in the future, excessive fatigue, injuries and early withdrawal from sports. In this regard, taking into account anthropometric indicators in the selection process is of great scientific and practical importance. Since rapid growth and formation of the body is observed during childhood, it is necessary to analyze anthropometric indicators taking into account age characteristics.

Proper screening ensures that the child will adapt to his or her weight category in the future, develop functional capabilities, and achieve high results in sports.[1] Nowadays, the development of sports, especially the correct orientation of children and adolescents to sports, is becoming increasingly important. Freestyle wrestling is a sport that requires high physical fitness, strength, endurance, agility and technical skills. Therefore, when selecting children for freestyle wrestling, it is necessary to take into account not only their interest, but also their level of physical development and body structure.

Incorrect selection of children for sports can lead to poor results in the future, excessive fatigue, injuries and early withdrawal from sports. From this point of view, taking into account anthropometric indicators in the selection process is of great scientific and practical importance.

Since the body undergoes rapid growth and development during childhood, it is necessary to analyze anthropometric indicators taking into account age characteristics.[3]

Proper screening ensures that the child will adapt to his weight category in the future, develop his functional capabilities, and achieve high results in sports.

Anthropometric measurements(height, body weight, arm and leg length, chest circumference).

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| Measurement | 10–11 years old | 12–13 years old | Note |
|-----------------------|-----------------|-----------------|---|
| Height | 135–145 cm | 145–160 cm | Optimal height helps to comfortably engage in technical combat with an opponent |
| Body weight | 30–40 kg | 40–50 kg | Must be appropriate for the weight category, excess or underweight will create difficulties for the technique |
| Arm length | 55–65 cm | 60–70 cm | A long arm gives an advantage when holding an opponent and performing various techniques |
| Leg length | 60–70 cm | 65–75 cm | Leg length increases agility and balance |
| Chest circumference | 65–75 cm | 70–85 cm | A broad chest indicates strength and endurance. |
| Body Mass Index (BMI) | 16–18 | 17–20 | A normal BMI indicates a balance of muscle and fat. |

Visual assessment

| Indicator | Child | Optimal range | Relative score (%) |
|---------------------|--------|---------------|--------------------|
| Height | 150 cm | 145–160 cm | 75% |
| Body weight | 45 kg | 40–50 kg | 80% |
| Arm length | 65 cm | 60–70 cm | 83% |
| Leg length | 68 cm | 65–75 cm | 60% |
| Chest circumference | 78 cm | 70–85 cm | 80% |
| TMI | 19 | 17–20 | 80% |

The measurements showed that children with average and high height and well-developed muscle mass have a greater advantage in freestyle wrestling. The relatively long arms and legs help to effectively perform technical movements.

According to the research results:

- body mass index within the normal range;
- high chest circumference and muscle development;
- It has been found that balanced overall body proportions are important factors for freestyle wrestling.

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CONCLUSION

Selection based on anthropometric indicators allows taking into account the individual characteristics of children. This reduces the risk of injuries during training and ensures a stable increase in sports results. At the same time, it is advisable to conduct anthropometric selection in conjunction with other physical and psychological indicators.

The selection of children for freestyle wrestling, taking into account anthropometric indicators, is an important component of the athlete training system. The results of the study show that a scientifically based selection methodology creates the basis for fully revealing the physical potential of children and achieving high sports results in the future.

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