

## **FITNESS PROFILES OF NATIONAL LEVEL WOMEN WRESTLERS**

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### **Abstract**

The purpose of the study was to know the fitness profiles of national level female wrestlers. The study was carried out on 100 women (100 National Women Wrestlers who participated in National Tournaments) of different height were taken to help in find out the fitness level of the National Women Wrestlers. The data was collected by use of measurements of weight as well as by application of test like President's challenge fitness awards. The data was analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D.). The result of study showed that the fitness variable of women wrestlers of national level of achievement.

**Key Words:** Fitness variables, Women wrestlers.

**Introduction :** Today the preparation of an athlete for top notch achievement is a completely dynamic state characterized by a high level of fitness efficiency and degree of perfection of the necessary skills and knowledge, technique and tactical preparation. Due to it's a cyclical nature and intensity, wrestling is classified as a high intensity intermittent individual sport During competitive boxing match play.

Physical fitness included the measurement of agility, power, cardio-respiratory, flexibility. Purpose of the study was to know the physical fitness profiles of interuniversity level of female wrestlers.

### **Objective-**

1. To find out the fitness profile of national levels of women wrestlers.

### **Methodology:**

In case of all the selected physical fitness variables agility, power, cardio-respiratory, flexibility, mainly researcher find out the these variables. All the groups proved to be strong fitness level. This might be attributed to the fact that change in the physiological variables depends on the training age of the individual. The subjects of the present study were having the same age group i.e. 18-25 years. They were having more or less training

age in all the three selected groups. This categorization is only on the basis of performance, technical level and fitness level.

**Table- A:**

**Analysis of Variance of Fitness variables of National level of Women wrestlers**

Height in cms	Group	N	Mean (Agility)	Mean (Power)	Mean (cardio-respiratory)	Mean (Flexibility)
Upto 150	Women wrestlers	19	17.15	35.75	86.00	17.77
151-160	Women wrestlers	25	16.96	33.75	89.36	16.65
161-170	Women wrestlers	28	17.00	25.90	80.60	18.39
171-180	Women wrestlers	28	21.46	25.00	72.07	19.50

**Results and Discussion:**

It is evident from Table A that Physical fitness parameters i.e. agility, power, cardio-respiratory, flexibility of women wrestlers of national level of achievement.

In case of all the selected physiological variables namely agility, power, cardio-respiratory, flexibility, no significant difference existed between the means of different heights women wrestlers. All the groups proved to be equal. This might be attributed to the fact that change in the physical fitness variables depends on the training age of the individual. The subjects of the present study were having the same age group i.e. 18-25 years. They were having more or less training age in all the four selected groups. This categorization is only on the basis of performance, technical level, fitness level and heights.

**Conclusions**

Variability does not exist among the women wrestlers of different height groups with respect to their selected Physical fitness Variables i.e. agility, power, cardio-respiratory, flexibility.

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