

The comparison of anthropometric & physical fitness factors on elite & non elite female karateka in northern khorasan

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Abstract:

Introduction: Nowadays karate is one of the most popular sport field in all around the world and as we can see in recent decades. The number of athlete in this field has significantly increased . Physical abilities (characters & factors) for karateka has a noticeable influence on her performance & evidences indicate that successful athletes in every specific fields as karate & has its own specific physical & physiological factors & so knowing these factors could be an effective and determined factor for the succeed of athlete . Aim : the aim of present study is to comparison anthropometric & physical fitness factor of elite & non elite female karateka in northern khorasan.

Methodology: 26 young - female karateka were randomly taken for current study and they devised into 2 groups of elite & non elite players . then anthropometric characters (high & weight & body mass index & body fat percent with 3 points[triceps & iliac & thigh]) and also physical fitness factors (such as aerobic power with 20 m shuttle run test & lower extremity power with dynamometer & speed 20 m & muscular endurance with sit - up test & power with sargent jump test & flexibility with sit & reach & agility with 4×9 test & balance with Stork test) were measured.

The measurements were calculated with descriptive method by spss16 and then the differences of 2 groups were compound by t student test .

Results: body fat percentage in elite karateka were less than non elite players & but vo2max of elite players were significantly higher than non elites . On the other hand flexibility and agility were the factors which was greatly higher in elite players than non elite ones . other factors non no clear correlation among elite&non elite players .

Conclusion: evidences indicate that generally the average of elite karatekas factors were more than non elite players which could lead as a meaningful way (protocol method)for conditioning and talenting of athletes .
