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CRITERIA FOR QUALIFYING SPORTS WRESTLERS BASED ON THE MODEL CHARACTERISTICS OF THE INDICATORS OF THEIR FUNCTIONAL TRAINING

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Annotation. This article analyzes the main diagnostic criteria and physical fitness indicators used in assessing the functional training of sports wrestlers. Methods such as Rufe testing, orthostatic testing, Shtange testing, Genchi testing, and spirometer testing are used to determine athlete training endurance levels and their functional capabilities. Through these tests, athletes are assessed the functional state of the cardiovascular system and respiratory system, the body's ability to recover, and the level of endurance. The results of the examination will help to systematically analyze the information regarding the training process of the wrestlers and develop individual training plans.

Keywords: Selection, indicators, functional training, qualifying criteria, model specifics.

Introduction. Functional training was analyzed by studying 94 highly qualified sport wrestlers in determining the qualifying criteria based on model characteristics of the indicators of functional training of sport wrestlers. In this we used the net test. Including 16 highly qualified freestyle wrestlers who had an overall average of 3,5±0,3 in the Rufe test, Huddy was found to have an overall average of 4,7±0,6 in 14 highly qualified Greco-Roman wrestlers on the same scale. The combined average of 18 highly qualified judokas was 7,2±0,8 The total average of 22 highly qualified belt wrestlers was also 12,6±0,9.

The combined average of 12 highly qualified wrestlers was 11,5±1,2. While the overall average for the orthostatic test of highly qualified freestyle wrestlers was 4,4±0,6, Huddy was found to be 7,5±0,9 in highly qualified Greco-Roman wrestlers on the same scale. The combined average for highly qualified judokas was 11,3±1,4. Also the overall average of highly qualified belt wrestlers was 17.8±1.6. The overall average for highly qualified wrestlers was 14,7±1,7. Including highly qualified freestyle wrestlers who had a combined average of 68,2±3,7 in the Shtange test, Huddy was found to have a combined average of 61,4±4,1 in highly qualified Greek rum wrestlers on the same scale. The combined average for highly qualified judokas was 56,3±5,4 (see table 1).

Also the overall average of highly qualified belt wrestlers was 49,5±5,1.

The combined average of highly qualified wrestlers was 50,6±6,1-including highly qualified freestyle wrestlers with a Genchi test overall average of 43,4±4,8 was found to have a combined average of 12,9±5,2 in highly qualified Greek rum wrestlers on the same scale. The combined average for highly qualified judokas was 37,5±4,6. Also the overall average for highly skilled belt wrestlers was 32,7±3,8. The combined average for highly qualified wrestlers was 35,3±4,2.

Including highly qualified freestyle wrestlers who had a combined average of 92±7,9 on the spirometer test, Huddy was found to have an overall average of 88±8,3 on highly qualified Greek rum wrestlers on the same scale. The combined average of highly qualified judokas in addition was 82±9,6 (See Figure 1).

Also the overall average of highly skilled belt wrestlers was 79±7,5. The combined av-

Table 1.

Selection criteria based on model specifics of indicators of functional training of sport wrestlers (n = 82)

№	Sports qualification criteria	Sports wrestling									
		Freestyle wrestling (n=16).		Greek rum wrestling (n=14).		Judo (n=18).		Belt wrestling (n=22		Wrestling (n=12).	
		$(\bar{X} \pm \sigma)$	V	$(\bar{X} \pm \sigma)$	V	$(\bar{X} \pm \sigma)$	V	$(\bar{X} \pm \sigma)$	V	$(\bar{X} \pm \sigma)$	V
1	Rufe test	3,5±0,3	8,5	4,7±0,6	12,7	7,2±0,8	11,1	12,6±0,9	7,1	11,5±1,2	10,4
2	Ortostatik test	4,4±0,6	13,6	7,5±0,9	8,4	11,3±1,4	12,3	17,8±1,6	8,9	14,7±1,7	11,5
3	Shtange test	68,2±3,7	5,4	61,4±4,1	6,6	56,3±5,4	9,5	49,5±5,1	10,3	50,6±6,1	12,1
4	Genchi test	43,4±4,8	11,1	12,9±5,2	12,9	37,5±4,6	12,2	32,7±3,8	11,5	35,3±4,2	11,8
5	Spirometr test	92±7,9	8,5	88±8,3	9,4	82±9,6	11,7	79±7,5	9,4	80±8,6	10,7

Table 2.

Selection criteria based on model specifics of indicators of functional training of sport wrestlers (n = 82)

№	Sports qualification criteria	Sports wrestling									
		Freestyle wrestling (n=71)		Greek rum wrestling (114)		Judo (n=49)		Belt wrestling (n=120)		Wrestling (n=38)	
		$(\bar{x} \pm \sigma)$	V	$(\bar{x} \pm \sigma)$	V	$(\bar{x} \pm \sigma)$	V	$(\bar{x} \pm \sigma)$	V	$(\bar{x} \pm \sigma)$	V
1	Rufe test	4,4±0,5	11,3	5,8±5,3	9,1	10,3±6,3	6,1	15,9±1,8	11,3	15,1±1,4	9,2
2	Ortostatik test	6,9±5,4	7,8	9,3±8,1	8,7	12,2±9,2	7,5	18,5±2,4	12,9	16,6±2,2	13,2
3	Shtange test	35,5±3,4	9,5	32,8±4,4	13,4	29,7±3,4	11,4	25,1±1,9	7,5	27,8±3,3	11,8
4	Genchi test	26,5±2,9	10,9	23,1±3,2	13,8	21,8±2,8	12,8	19,6±2,3	11,7	20,9±1,8	8,6
5	Spirometr test	59±7,2	12,2	56±7,4	13,2	55±6,4	11,6	51±6,9	13,5	53±7,4	13,9

erage for highly qualified wrestlers was 80±8,6.

In developing the criteria for qualifying for the first round of sport wellness based on model specifics of sport wrestlers ' functional training indicators, 71 freestyle wrestlers in the sport wellness group were found to have a Rufe Test total of 4,4±0,5, while 114 Greco-Roman wrestlers were found to have a Rufe Test total of 5,8±5,3. 49 judokas were

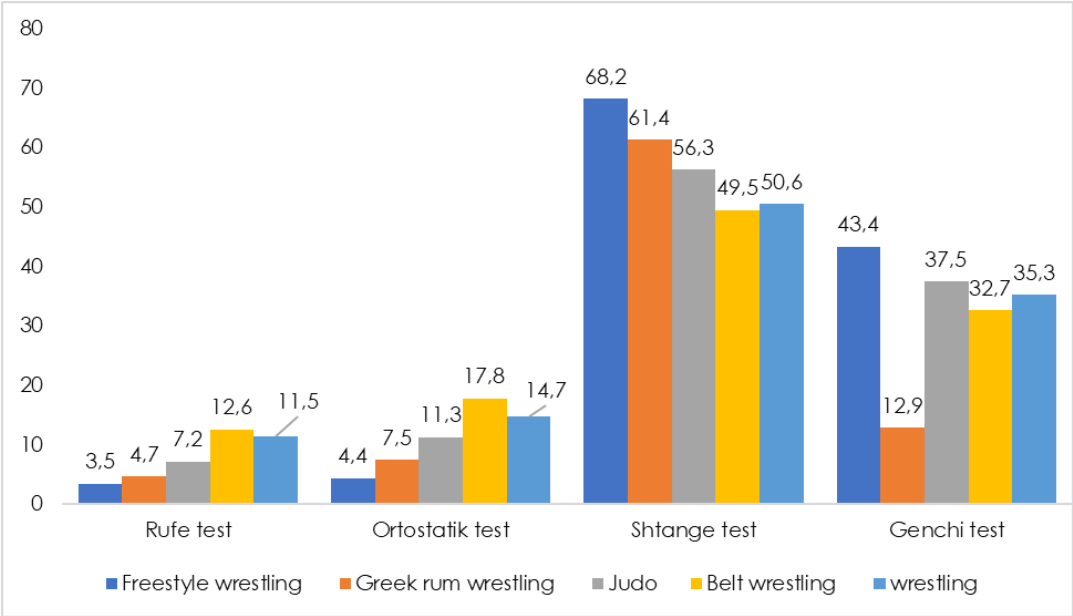

Figure 1. Selection criteria based on model characteristics of indicators of functional training of sports wrestlers

found to have an overall Rufe Test average of 10,3±6,3. The overall Rufe Test averages of 120 belt wrestlers were found to be 15,9±1,8. The overall Rufe Test averages of 38 wrestlers were found to be 15,1±1,4.

The total orthostatic Test averages for a freestyle wrestler in a sports wellness group were found to be 6,9±5,4, while the combined average for an orthostatic test for Greek rum wrestlers was found to be 9,3±8,1. The combined averages of the judoka orthostatic Test have been found to be 12,2±9,2. The total averages of the belt wrestlers orthostatic Test were found to be 18,5±2,4-the total averages of the wrestlers orthostatic Test were found to be 16,6±2,2.

The overall Shtange test average for a freestyle wrestler in a sports wellness group was found to be 35,5±3,4, while the overall average for a Greek rum wrestling Shtange test was found to be 32,8±4,4. It has been found that the overall mean of a judoka Shtange test is 29,7±3,4 (see Figure 2).

Belt wrestlers were found to have a total

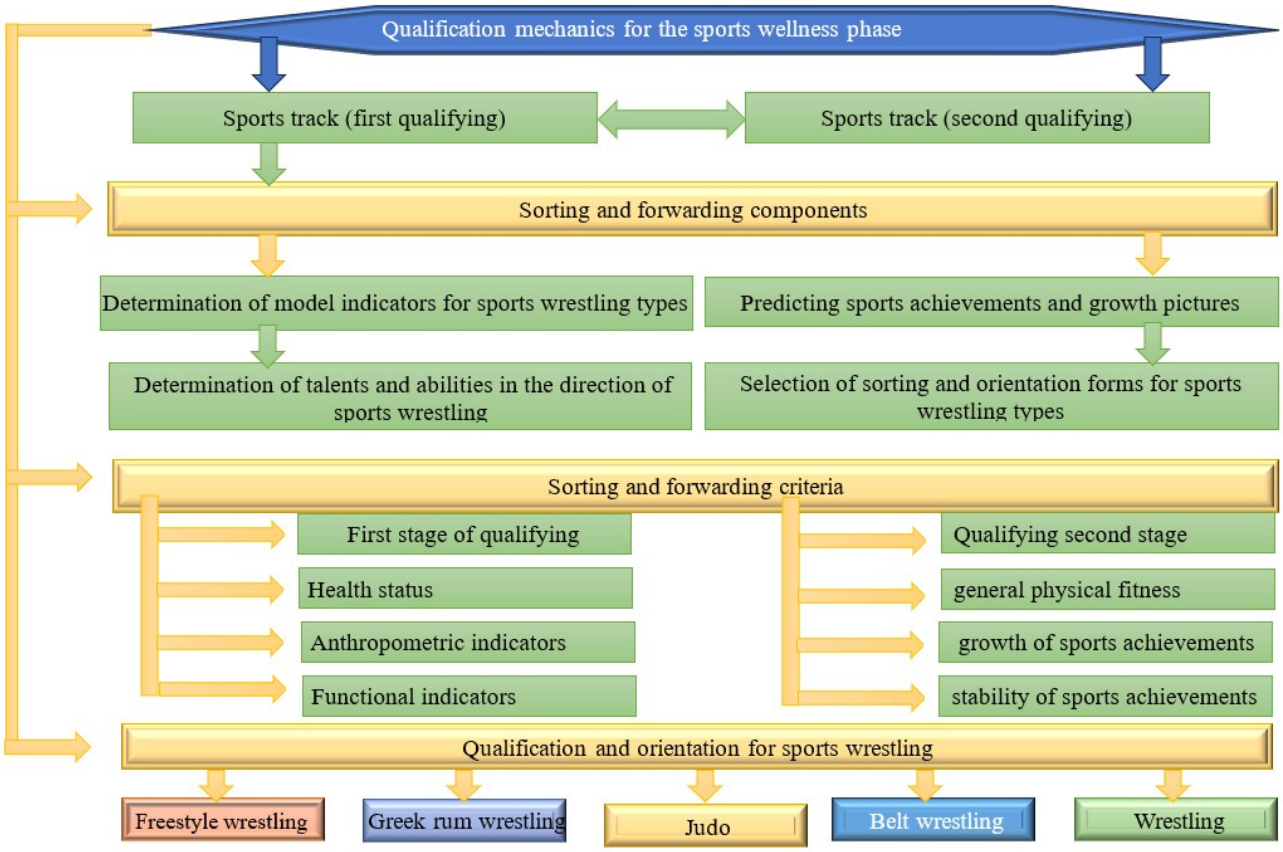

Figure 2. Two-stage sorting and routing mechanism for sports wrestling types

Shtange Test average of 25,1±1,9. Wrestlers were found to have an overall Shtange Test average of 27,8±3,3. The overall Genchi Test averages for a freestyle wrestler in a sports wellness group were found to be 26,5±2,9, while the overall Greek rum wrestling Genchi Test averages were found to be 23,1±3,2. The Genchi test of judokas has been found to have a combined mean of 21,8±2,8. The overall Genchi Test averages for belt wrestlers were found to be 19,6±2,3. The total Genchi Test averages for wrestlers were found to be 20,9±1,8.

A spirometer test. Test of a freestyle wrestler in a sports wellness group was found to have a combined average of 59±7,2, while the combined average for a spirometer test of Greek rum wrestlers was found to be 56±7,4. The combined mean of the judoka Spirometer test was found to be 55±6,4. A spirometer test of belt wrestlers was found to have a combined average of 51±6,9. the overall averages of the wrestlers ' Spirometer Test were found to be 53±7,4.

Conclusion: based on the tests and tests used in this study to determine the function-

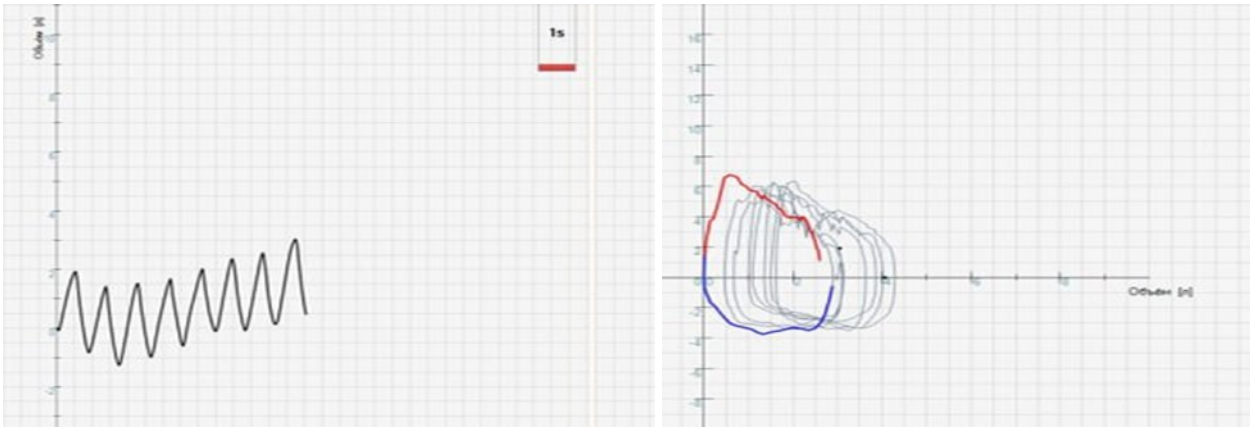

Figure 3. Sorting style based on determination of functional indicators in the "SPIROMETR SPIRO USB" apparatus for sports wrestling

al training of sport wrestlers, their physical capabilities were objectively evaluated. Rufe testing, orthostatic testing, Shtange testing, Genchi testing, and spirometer testing were used to determine the functional status, recovery ability, and overall endurance of the wrestlers 'cardiovascular and respiratory systems, and to conduct in-depth analysis of the athletes' level of training. The results showed that these methods have effective indicators in assessing the individual training of athletes, developing their physical potential and optimizing the training plan. Also, based on the data obtained, it is possible to clearly define the criteria for the functional training of wrestlers and determine the main directions for improving their individual sports results. These techniques are of high academic importance in research work in the field of sports medicine and optimization of physical fitness.

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