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Selection Ways of Rowers in Kay and Canoe Based on Anthropometric Indicators

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ABSTRACT

Before this article, we paid attention to the anthropometric indicators as well as the functional indicators of rowers aged 13-14 years. Using the Skibinsky index, we determined the functional indicators of rowers in the experimental and control groups.

As we know, the selection and selection of athletes is one of the main factors in the training of athletes. The level of suitability of athletes' bodies for sports is represented by three signs of determination in sports practice.

The first is based on the length of the legs, and the second is based on the length of the body of the athletes. Thirdly, they pay attention to the selection of sports based on the width of the chest and shoulders. First of all, the assessment is based on the primary characteristics of their well-developed body, that is, the length of the body, and then the absolute indicators of these characteristics are expressed by small, medium and large indicators. But it is necessary to pay attention to choosing the length of the legs according to the width of the shoulder girdle.

F.A. Kerimov, M.N. Umarov, one of the leading scientists, showed in their scientific research that the athletes' level of physical development in sports practice is divided into 9 types. They describe these nine types as follows:

- Short-legged, narrow-shouldered (arrostroid) species.
- Moderately wide-shouldered (hypostyphroid) type.
- Broad-shouldered (stifroid) type.

- Narrow-shouldered (hypagarmonoid) species with medium legs.

Medium broad-shouldered (harmonoid) species.

- Broad-shouldered (paraharmonoid) type.
- Long-legged, narrow-shouldered (teinoid) type.
- Moderately wide shouldered (paratheinoid) type.
- It consists of broad-shouldered (gigantoid) types.

These types make it possible to determine the sports capabilities of children and adolescents using anthropometric methods.

The main criterion for evaluating the prospects of a young athlete is his ability to improve in sports. After the first 2-3 years of initial training and before reaching a reasonable age limit in a particular sport, it is difficult to make a conclusion about the future international performance of a young athlete. However, it is necessary to determine the appropriateness of physical improvement, to guide the athlete for further development. These tasks can be solved on the basis of a complex analysis, in which it is necessary to take into account the morphological, functional, psychological characteristics of young athletes, their ability to adapt, their sensitivity to the loads of training and competitions, the acquisition and improvement of new movements.

The sports result achieved at this stage of the qualification cannot be the criterion of the prospect. Experience shows that athletes who have achieved low results compared to the primary training stage take place. At the same time, it should be mentioned that the winners of competitions among children and teenagers rarely (less than 5% in various sports) achieve sports achievements in the final stages. This is evidenced by the experience of training highly qualified athletes in different countries.

Already at the second stage of long-term training, it was necessary to determine the body structure of young athletes according to the extent to which it corresponds to the morphological characteristics of masters of sports.

At this stage, morphological characteristics are among the most important qualities in evaluating the prospects of an athlete. Such classification is the reason for the morphological differentiation of representatives of different sports, because the structure of the athlete's body gives a mechanical or biomechanical advantage in different sports. Although the structure of a person changes in certain age ranges, in general, many aspects of it do not change and mainly depend on hereditary factors.

It should be noted that there is no single approach to determining human structure. It is common to determine the human structure on the basis of morphological criteria - the level of muscle development, height and weight, skeletal characteristics, in this approach, most experts use the term "somatic" to characterize the structure of the body.

From many drawings of the normal structure of the human body, we will consider the most used one, according to which the structure is divided into three types:

1) high-quality endomorph type - bulging chest, small round shapes, relatively short legs and arms, short and wide bones and soles, large liver, large amount of subcutaneous fat;

2) athletic mesomorphic type - body shape, narrow pelvis, broad shoulders, well-developed muscles, rough structure of bones;

3) asthenic exomorphic type - flat and long chest, thin body, long and thin legs and arms, narrow feet and paws, small amount of subcutaneous fat.

Naturally, the body structure of most people cannot be attributed to these three types. Such a

separation helps to create a general idea of how diverse the human structure is. Therefore, in the practice of sports selection, it is appropriate to pay attention to the continuously distributed parts of the body, the parts can be divided into three: endomorph, mesomorph, ectamorph. The degree of separation of parts varies from person to person and can be evaluated on a 7-point scale. The highest rating (7) corresponds to the maximum level of capabilities of the parts. Somatic type can be described by three numbers. For example: samotoic round forms with numbers 7–1–1, strongly developed subcutaneous base, weak muscles, large internal organs, few mesomorphs and ectomorphs. Types such as 1-7-1, 2-1-7 are very rare, 3-5-2, 4-3-3, 3-4-4 samototypes are common. It should be emphasized that all three parts are interdependent: the increase of one type causes the decrease of another type. Therefore, it causes a part not to have a high value. When evaluating self-type, the sum of all three values should not exceed 12 and not be less than 9 (Chtesov, 1979).

In order to qualify in rowing, we took the anthropometric indicators of the best qualified athletes in the world and Uzbekistan as models.

In the research carried out by us, we selected young people into the experimental and control groups based on the indicators of the above-mentioned qualified athletes in determining the physical development of 13-14-year-old kayakers and canoeists. Here are the indicators:

- Body length, cm
- Hands to the side, sm
- Body length, cm
- Length of the body with arms up, cm
- Body weight, kg
- Muscle weight, %

In the training system of kayakers and canoeists, the level of physical training and preparation for competitions should not be a control type, but should be considered one of the main components in improving sports skills. Of course, no athlete can achieve high sports results without physical training.

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