

## MORPHOLOGICAL STATE OF WRESTLERS WITH EVALUATION OF SPORTS SPECIALIZATION

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### ABSTRACT

Categories of somatotypes of athletes specializing in various types of wrestling are established by the methods of anthropometry and by Hit-Carter method. Results of anthropometric parameters showed that somatic state of athletes engaged in various types of wrestling are differed. Similarity was found in constitution of wrestlers specializing in weightlifting, freestyle wrestling and national sport kurash, and endomesomorphic somatotype was determined in 67-83% of athletes, that calculating by points is expressed as 3.3:6:2. Ectomesomorphic somatotype dominated among judoists and sambo wrestlers and components of body mass were presented as 3,3: 5,4: 2,2 and 2.9: 5.4: 2.3 respectively. Dynamic observation showed that athletes with balanced-mesomorphic somatotype possess wide adaptation ability, providing an effective rearrangement of morphotype under the influence of training modes of different orientation.

**Keywords:** Rrelevance, variability, wrestling, integral, characters, transverse, empirical, respectively, length, somatotype, balanced, comparative, fact, category.