Abstracts and Posters Presented at FILA Scientific Symposium September 2013 Budapest, Hungary


To link to this article: https://doi.org/10.1080/21615667.2013.10878993

Published online: 15 Oct 2014.

Submit your article to this journal

Article views: 10

View related articles
ABSRACTS AND POSTERS PRESENTED AT FILA SCIENTIFIC SYMPOSIUM SEPTEMBER 2013 BUDAPEST, HUNGARY

# 1
2013 UNIVERSIADE MATCH ANALYSIS FROM THE PERSPECTIVE OF WRESTLING’S NEW RULES
Mehmet Türkmen¹ Osman İmamoğlu¹, Bilal Demirhan²
¹OMU, Yaşardoğu Faculty of Sport Sciences, Samsun, Turkey
²Bartin University College of Physical Education and Sports, Bartin, Turkey

OBJECTIVE: In this study, the dynamism of the new rules brought to wrestling was investigated by making technical analysis of the 2013 Universiade Games in men’s Greco-Roman and freestyle wrestling contests. METHODS: Wrestling competitions winning ways, the scores obtained according to the circuits, points types and the duration of competitions; were investigated from 133 Greco-Roman and 197 freestyle competitions. RESULTS: From freestyle and Greco-Roman 2013 Universiade games wrestling competitions, in Greco-Roman style, the number and victory are as 45.5% and technical victory is as 42.5% with 7 points difference. In Freestyle, victory by points was observed in 39.7% of the matches, and technical victory in 50.9% (with 7 points difference). Victory by Touché was very low. According to the form of victories there was no significant difference in Greco-Roman and freestyle competitions (p > 0.05). In elimination and 3rd and 5th matches technical victory was obtained with maximal 7 points more frequently than victory by point. The points scored in the first circuit (round) of each match in freestyle was 6.14, while in Greco-Roman style it was 5.26. The points obtained in the second round of each match in freestyle were as 2.78, while in Greco-Roman style it was 3.12. The total points obtained by the victors in Freestyle for each match was 7.44 and the points obtained by the losers are 1.89. According to styles there is significant difference in one and two-point match numbers (p < 0.05). In Greco-Roman style one-point matches were observed more than in freestyle, and in freestyle two-point matches were observed more than in Greco-Roman style. According to the styles there was no difference in 3 and 5 point scores (p > 0.05). Greco-Roman style competitions lasted 3.96 minutes, while the freestyle competitions lasted 3.74 minutes on average. The matches lasting 6 minutes were 58 in Greco-Roman style and 72 matches in Freestyle. CONCLUSION: According to the new rules, wrestling matches were seen to average less than 4 minutes in duration. We can say that either taking more points per minute, along with the shortened duration of the matches by technical superiority brought vitality and dynamism to wrestling and increased the enjoyment of watching. In this context it was observed that FILA reached its purpose practically by the idea of bringing dynamism and vitality to wrestling with new rules.

Keywords: New Rules, Dynamic Wrestling, Match Analysis

#2
RELATIONSHIP BETWEEN ANAEROBIC ALACTIC POWER AND BODY COMPOSITION IN CADET WRESTLERS
Yudelis L. Torres A.
International Network of Wrestling Researchers.
National School of Sports Talents
Barinas, Venezuela.
yleonardo.7@gmail.com

PURPOSE: This study determined the relationship between Anaerobic Alactic Power (AAP) and Body Composition (BC) in cadet’s wrestlers. METHODS: Ten subjects of Greco Roman and Freestyle wrestling (16.62 ± 0.53 years old) participated. To evaluate the strength/power – anaerobic alactic – (AAP) was estimated using the standard test developed by Bosco, using a platform contact Ergo Jump Bosco System. The protocol used for the assessment of body composition and muscle mass and area were the standards set by the International Society for the Advancement of Kinanthropometry (ISAK). The data analysis was performed using statistical software (SPSS) version 17.0. RESULTS: there was a significant correlation (positive) between the Countermovement Jump AAP and Medium Thigh Muscular Area (MTMA) (0.777**, P <0.01), Abalakov Jump AAP with the Skeletal Muscle Mass Percentage (% SMM) (0.632*, p <0.05), Arm Muscular Area (AMA) (0.866**, P <0.01) and with the Medium Thigh Muscular Area (0.929**, P <0.01) and Anaerobic Alactic Power Squat Jump of Arms (SJA) with % SMM (0.806**, P <0.01). CONCLUSIONS: It was found that the AAP and BC represent a critical role in the performance and success in the wrestling. There is a significant relationship between muscle mass and power levels generated by these subjects, therefore, increasing the SMM, or cross-sectional area of the muscles contribute to a higher level of anaerobic power output and better performance on tests strength/power. This information can help the coach to make adjustments that will allow a more specific schedule of training for their athletes, and lead to greater success.

#3
RELATIONSHIP BETWEEN CHANGES OF RULES AND THE DESIGN OF TRAINING
Aziz ETAATI, Iran
etaati.azizollah@gmail.com

Research indicates that the ignorance of a majority of coaches with exigencies of the FILA rules and subsequent rule changes has been the most important reason for the International Olympic Committee’s (IOC) recommendation for elimination of wrestling from the 2020 Olympic Program. On the other hand, properly educating and updating coaches, wrestlers and
referees on the rules and ways to implement them would ensure a return of beauty, attraction and fairness to wrestling competitions, thus guaranteeing reinstatement of the oldest branch of sport in the Olympics. Change in the educational system in proportion with the wrestling spirit would be so advantageous, that it would motivate the international audio-visual media, i.e. TV, press and internet, to cover and reflect wrestling alongside football events. In another words, changes in rules and the design of training – that is the core of the research at hand – would reflect the Olympic Games' motto "Faster, Higher, Stronger". Highlights of the researcher's suggestions are as follows: Preparing wrestlers for 5-6 competitions/day; prioritizing offensive over defensive wrestling; designing training in tune with mandates of rules; designing competition-specific training; emphasize the importance of the zone and develop the necessary tactics to make wrestling in the zone more competitive; designing training assimilated with competition conditions; preventing wrestlers from refraining to do helpful exercises; explaining to wrestlers the difference between fleeing from mat and fleeing from enforcement of techniques; designing 15- and 30-second speed and power training to raise speed, power and resistance of wrestlers; Avoiding partial practice of techniques; enhancing effective span of exercises; including upper-body techniques in trainings; teaching wrestlers which techniques to use when being ahead or behind; teaching wrestlers logical offense/defense to avoid caution for passivity; designing training specifically for implementing 3-/5-point score techniques both in FS/GR; building a link with referees as executors of rules; Learning details of the Challenge Law and applying it in best possible manner; getting wrestlers prepared for changing tactics under special conditions; banning wrestlers from play of fault techniques both in training and competitions; dividing competition periods to ensure beautiful wrestling.

**KEYWORDS**: Doping, metaphor, perception

**#4**

**AN EXAMINATION OF THE PERCEPTIONS OF FORMER AND CURRENT WRESTLERS FROM THE TURKISH NATIONAL WRESTLING TEAM TOWARDS DOPING THROUGH METAPHOR**

Fatih Bektaş¹, Mehmet Türkmen², İdris Yılmaz³, Mehmet Gül⁴, Gülsen Karaman⁵, Fethi Arslan⁵

¹Karadeniz Technical University
²19 Mayıs University, Samsun, Turkey
³Ahi Evran University
⁴Cambridge College
⁵Batman University, Batman, Turkey

fathibektas61@gmail.com

This study was conducted to identify the perception of former and current wrestlers of Turkish National Wrestling Team about the concept of "doping". The general aim of the present study is to determine the Turkish wrestlers' views about "doping" concept by metaphors. In 2013, randomly selected 108 wrestlers who were still active and previously active in the Turkish National Wrestling Team were participated to study. The metaphors produced by participants related to the "doping" concept were examined by content analysis method, and the frequency of each metaphor was identified and the categories were formed. In this context, the analysis and interpretation of the metaphors were achieved by the following four steps: (a) identification of the metaphors, (b) classification of the metaphors, (c) formation of the metaphors, (d) reliability and validity analyses. In the study, the wrestlers produced 106 metaphors related to the concept of "doping". Based on their perceptions of doping, "avoidance", "awareness", "acceptance", "exclusion", "weakness", and "ambition" categories were formed. Results have shown that the wrestlers perceive the concept of "doping" as something to be avoided; they are aware of its positive and negative consequences; they think that its use can be acceptable; they think that they would be excluded if they use doping; they perceive using doping as weakness and being inefficient; and they see ambition as passion.

**Key words**: Doping, metaphor, perception

**#5**

**ANALYZING WRESTLERS’ PERCEPTIONS OF WRESTLING BY STUDYING THE METAPHORS OF THE ATHLETES WHO HAVE WRESTLED FOR TURKISH NATIONAL WRESTLING TEAM**

İdris Yılmaz¹, Mehmet Türkmen², Fatih Bektaş³, Mehmet Gül⁴, Fethi Arslan⁵, Gülsen Karaman⁵

¹Ahi Evran University, Kirşehir, Turkey
²19 Mayıs University, Samsun, Turkey
³Karadeniz Technical University, Trabzon, Turkey
⁴Batman University, Batman, Turkey
⁵Cambridge College, Boston, USA

idris@gazi.edu.tr

This study aimed to explore the perceptions of wrestlers in Turkish national wrestling team by analyzing their metaphors for wrestling. 107 athletes voluntarily participated in this study in 2013. Data were collected by asking the volunteers to fill in the blanks of the following sentence: "Wrestling is like …….since……..". In this way, it was expected that each participant would come up with a metaphor. For this study, the phenomenology research design was used and data were analyzed using content analysis technique. Within this scope, the analysis and interpretation of data is carried out in five stages: (1) Specifying the metaphors (2) Classifying the metaphors (3) Developing the categories (4) Ensuring validity and reliability (5) Entering data into SPSS program for the quantitative data analysis. According to the findings of the research, the participants generated 59 valid metaphors for wrestling. 10 different categories were developed by examining common characteristics of the metaphors. It was found that participants perceived wrestling as follows: As an expression of life (31 %), as a guide-ideal (19.2 %), as happiness (13.9 %), as dependence (11.7 %), as culture (10.7 %), as income (9.6 %), as continuity (8.5 %), as diversity-richness (5.3 %), as strategy (5.3 %), as labor (2.1 %).
KEY WORDS: Wrestling, athlete, perception, metaphor
The aim of this study was to profile haematological, oxidative stress and immunological parameters in male athletes who practiced combat sports and to determine whether the type of combat sport influenced the measured parameters. Eighteen Greco-Roman wrestlers, fifteen Traditional wrestlers and fourteen Freestyle wrestlers participated in the study. Haematological, iron-related, oxidative stress and immunological parameters were measured at the beginning of a pre-competitive period. The general linear model showed significant differences between the Greco-Roman, Traditional and Freestyle wrestlers with respect to their haematological and iron status parameters (Wilks’ Lambda = 0.270, F = 2.186, P < 0.05) and oxidative stress status (Wilks’ Lambda = 0.529, F = 1.940, P < 0.05). The immature reticulocyte fraction (IRF) was significantly higher in Freestyle (0.30 ± 0.03) compared with Greco-Roman (0.24 ± 0.04; P < 0.05) and Traditional wrestlers (0.26 ± 0.04; P < 0.05). Low haemoglobin density (LHD) was significantly lower in Freestyle and Greco-Roman wrestlers (P < 0.05) compared with Traditional wrestlers (Freestyle: 3.51 ± 1.19, Greco-Roman: 1.95 ± 1.10, Traditional: 1.77 ± 0.76). Significant differences were observed between the Freestyle and Traditional wrestlers with respect to their pro-oxidant-antioxidant balance (PAB) (437 ± 103 vs. 323 ± 148, P < 0.05) and superoxide-dismutase activity (SOD) (73 ± 37 vs. 103 ± 30, P < 0.05). All the measured parameters (with the exception of SOD activity) fell within their physiological ranges indicating that the study participants represented a young and healthy male population. Haematological parameters differed between Greco-Roman and Traditional wrestlers. The low pro-oxidant-antioxidant balance and high SOD activity in wrestlers could be associated with the long-term training and competition in combat sports.

PURPOSE: The study of sports injuries and cognitive factors - methods of treatment and prevention programs in professional sports today is of particular importance. The level of the annual injury costs create a very heavy burden for sports clubs. Injuries to the patellofemoral joint (PF) pose a danger for wrestlers. METHODS: For this purpose 6 elite wrestlers were randomly selected from each club. This was repeated for 5 clubs and a total number of 30 wrestlers were obtained. 30 subjects for the control group were randomly selected from a pool of non-athletic volunteers, and based on inclusion and exclusion criteria of the study after initial examination by orthopedic surgeons and physiotherapists were selected separately. This analysis lasted for ten months. These wrestlers had no acute injury, or severe deformity in the knee. Raw data about exercise - different measurements of hip circumference and hip and ankle range of motion and functional tests and clinical information obtained from the knee to any person in a five-page questionnaire collected using the SPSS program with similar data from normal individuals were analyzed and compared to non-athletes. Inventory includes: general information and athletic individuals, injury records, hip and ankle range of motion measurements, a standard questionnaire to assess the knee joint was Kangky femoral Carlson and function tests. RESULTS: The statistical analysis of raw data obtained from both left and right knees of the athletes and non-athletes following the collection of data showed: PF joint evaluation scores related to the right leg, right knee score from wrestlers were significantly lower than from non-athletes (P = 0.039). This relationship was evident at the waist. Significant difference between the values obtained from measuring the thigh circumference was observed in both groups. When comparing the size of the hip circumference in the two groups of athletes and non-athletes with all other values, the P value was not been significant. CONCLUSIONS: Considering the high load exerted on the knee during exercise, the poor maintenance of the skeletal PF joint during knee flexion, is an important predisposing factor in the development of PF pain.

Key Words: sports injuries, joint pain, patella – femoral
#8
DEVELOPMENT OF A STRATEGIC PLAN FOR THE ISLAMIC REPUBLIC OF IRAN WRESTLING FEDERATION ACCORDING TO SWOT MODEL
Abdolmahdi Nasirzadeh1, Maryam Vatandoust2, Ali Ashkani3
1PhD, University of Payame Noor
2MSc of Physical Education, Tehran Islamic Azad University, Central Branch
3Phd student, University of Gilan
Maryam.Vatandost@gmail.com

The purpose of this research was to design and codify a development strategy for the Iran Wrestling Federation. The statistical sample of this research consisted of 30 physical education professors of higher education institutes, academic board managers of physical education in the Ministry of Sciences, Research and Technology, physical education managers and experts, administrative managers of the sports teams which are present in the premier league and MSc students of sports management of the Iran Wrestling Federation who were active in the field of wrestling. A researcher-made questionnaire was used to collect the data; its validity was approved by experienced professors and its reliability was verified using Cronbach’s alpha (91%). The questionnaire included 43 ranked questions about the strengths, weaknesses, opportunities and threats of the Islamic Republic of Iran Wrestling Federation. The research data were analyzed by descriptive statistics and Friedman test. After analyzing the strengths, weaknesses, opportunities and threats and forming a rating matrix for every internal and external factors of Iran Wrestling Federation, it was revealed that Islamic Republic of Iran Wrestling Federation was in the SO position and must use an attacking (growth and development) strategy. Finally, based on strategic analyses, the strategic plan of the Islamic Republic of Iran Wrestling Federation was codified and the statement of vision, mission, long-terms objectives, strategies and operational plans were determined for the Iran Wrestling Federation
Key words: Wrestling, Strategy, SWOT model

#9
TRADITIONAL SPORT: MUD WRESTLING & MUD PREPARATION
Vikramsinh P. Nangare
Teaching Associate, Dept of Physical Education,
University of Pune, India
nangarevp@gmail.com

Today, India is becoming more aware about its traditional sports, and mud wrestling is one of them. As wrestling in India played on mud, so it is called mud wrestling (kushti). Kushti is an ancient Indian game, present since the ancient time in Maharashtra. This paper describes the various types of mud wrestling, popular Indian mud wrestlers and the benefits of mud wrestling. The objective of this present paper is to develop awareness of mud wrestling and the preparation of the mud.
Key words: Traditional Sports, Mud Wrestling, Mud Preparation.

Introduction: It is evident that mud wrestling (Kushti) is an ancient game of India. It has its deep roots in Indian tradition and culture. It is an art which is almost 3000 years old.

Various types of Mud wrestling:
- Krishna Kushti
- Jambuvanti kushti
- Hanumanti Kushti
- Bheamsene Kushti
- Jarasandhi Kushti

The popular Indian Mud wrestlers are:
- Gama
- Gunga
- Denanath Sinh
- Harishchandra Birazdar
- Dadu Chougule

Benefits of mud wrestling
- Improve muscular strength
- Improve co-ordination
- Improve balance
- Improve muscular endurance

As wrestling (kushti) in India is played on mud it is known as mud wrestling. Kushti is an ancient Indian game since ancient time in Maharashtra. People used to play wrestling, and there is a great amount of historical evidence. During those times wrestling was performed in mud, but now modern international wrestling is contested on a mat.

Before the players start wrestling, the wrestling pit must be prepared with 3 feet of sand, which must be filtered and then it is spread on the Aakhars which is a minimum 20x20 feet. The wrestling pit must be watered properly. Mud wrestling is played in a specially prepared red soil. It is prepared by mixing the following ingredients, which have their own special benefits. When these ingredients are mixed in the soil, we get their benefits through the soil.
The paper presents the results of a study of levels of achievements in sport wrestlers from different continents in the Olympics. This level of analysis is required to determine the dynamics and prospects for the development of wrestling as substantiated evidence of its popularity in the international Olympic community. A majority of the number of Olympic medals won belongs to fighters from Europe, leading athletes in Asia, America and Africa. In recent years, the advantage of the European athletes has markedly decreased, which was mainly due to a substantial increase in the number of Asian wrestlers winning awards and some increase in the level of achievement of American athletes. This fact, as well as a significant expansion of the range of fighters from different countries and continents are actually competing for honors in the Olympic Games, is a powerful argument against the unfounded IOC decision calling for the exclusion of wrestling from the core Olympic sports.

Keywords: wrestling, the Olympic Games, the continent, achievements, relationships, reward, a champion, winner, Olympic Movement, the analysis of the dynamics of the prospect.

Olympic sports, such as wrestling, a part of the Olympic Games since 1896, still needs to constantly improve by expanding the range of countries participating in the Olympics. Currently, the FILA With more than 170 countries from all the continents of the planet, the number of these countries is growing. One of the main activities of the FILA is to ensure growth in the number of participating countries from different continents, athletes who can not only participate, but to win awards at the Olympic Games (Mindishvili DG, Podilaev BA, 2007). System analysis of these indicators is needed to create a more specific idea of the dynamics and prospects of development of each Olympic wrestling. This information is objective evidence of the insolvency of IOC arguments of insufficient dynamism and popularity of wrestling in the world.

To obtain this information, we conducted a systematic historical analysis of the winners of the tournament in Greco-Roman, freestyle and women's wrestling at all Olympic Games of modern times. It was revealed that in the history of the competition against winners become the athletes of 54 countries on four continents: Europe, Asia, North and South America and Africa. The ratio of awards won by fighters from different continents is represented in Figure 1.

Figure 1 The ratio of Olympic medal winners in wrestling
The content analysis of fig. 1 shows that a clear priority for the number of Olympic medals belong to the fighters of the European countries, who won 68.7% of awards (section 1). In this case, the most successful athletes have made Russia (USSR), Sweden, Finland, Bulgaria, Turkey, Hungary and Germany. Athletes of Asia, efforts mainly Japanese and South Korean fighters, won 16.6% of prizes (section 2). American athletes, first of all, athletes United States and Cuba, won 14.2% of awards (section 3). The share of African fighters were only 0.5% of the medals (section 4). Priority athletes in Europe is obvious and due to the presence of several facts: first, the Olympic tradition of most European countries that have started to act in wrestling before the others, and secondly, a large number of countries in Europe, and contribute to the achievement awards have 32 European champions state, and thirdly, the prevalence of first Greco-Roman, and then the other in the struggle of the peoples of Europe. At the same time, contribute to winning medals Olympic athletes Asian continent have athletes from 15 countries, and among the American fighters distinguished athletes from six countries, including the three countries of North America (United States, Cuba, Canada) and three South American countries (Colombia, Mexico, Puerto Rico). Of the fighters African continent in the number of winners included only athletes Egypt.

At the present stage of development of wrestling in international Olympic movement, there have been significant changes in both the socio-political and organizational nature. In block these changes included: the formation of new states in the background of the post-Soviet space, dramatically increasing the number of high-class fighters, ready to fight for honors Olympic Games (AA Karelin, Ivanuzhenkov BV, Nelyubin VV, 2005), the inclusion of in the program of the Olympic games competitions in women's wrestling (Dusson M., 1997; Nerobeey NY, Cockroaches, BI, 2012), reduction of the number of weight categories of male wrestlers (Ercegan M., 1997), a significant increase in the prestige of the Olympic achievements in the international community (AA Karelin, 2002; Vorobyev VA, 2011 Brusov GP, 2012).

This has led to significant changes in the balance of the sporting achievements of wrestlers from different continents in the Olympics. This altered ratio is shown in Figure 2.

![Figure 2. The ratio of winners of Olympic wrestling (starting from the Games of the XXVI Olympiad (1996)](image)

As the analysis of the content of fig. 2 wrestlers European countries still dominate the Olympic mat, winning 54.4% of awards (section 1), although it is significantly less than for the whole period of the modern Olympic Games (68.7%, Fig. 1). The number of medals at the Asian athletes weighty increased, reaching 27.7% (section 2). Less important, but still increased the number of awards the athletes from the American continent, reaching 17.2% (section 3). Africa's share of medals fighters remained unobtrusive (0.7%, sector 4).

However, much has changed not only the ratio of the number of awards won by fighters from different continents, but the representation of athletes and countries participating in the fight for Olympic medals. For example, among European athletes have significant superiority fighters Russia, but in the following positions are athletes of Azerbaijan, Turkey, Georgia, Ukraine, pushing the athletes of the "old world." In all probability, this fact is the main reason for the negative attitude of the IOC to wrestling, the headquarters of which is located in Switzerland. In Asia remain strong leadership athletes Japan. In addition to them, adequately serve Iranian and South Korean fighters, which have already reached the athletes of Kazakhstan and Uzbekistan. American athletes have a clear advantage wrestlers United States, and considerably added athletes of Cuba.

Thus, the above analysis of the dynamics of the balance of the Olympic achievements of wrestlers from different continents of the world, shows that the number of awards judging Olympic athletes are absolute leaders in Europe. They are far ahead of champions of Asia, in turn preserving the superiority of the American athletes and African countries. In addition, it can be noted that the range of countries that contribute most to the achievement of fighters from different continents, has changed significantly in recent years, exacerbating competition and expanding the geography of struggle. In this regard, it should be emphasized weak arguments and the failure of the IOC Executive Board decision on exclusion of wrestling from the list of mandatory Olympic sports. In all likelihood, this decision is due to political and economic ambitions of the IOC, and not care about sports development and prosperity of the Olympic movement in the world today.

REFERENCES
1. Brusov, GP The model of the sports federations to develop the sport in the contemporary socio-economic conditions (for example, the Russian Wrestling Federation): Author. dis. ... Candidate. ped. Science / GP Bruce, NSU them. PF Lesgafi. - St. Petersburg., 2012. - 24 sec.
2. Sparrows, VA The content and structure of a multi-year training young fighters at the present stage of development of wrestling: Author. dis. Dr. ... ped. Science / VA Sparrows; NSU them. PF Lesgafi. - St. Petersburg., 2011. - 50.
Evaluation of the Theses Written in OMU Institute of Health Sciences Regarding Physical Education and Sports in Turkey

Yaşar Barut¹, Murat Gökalp¹, Müşref Akdenk², Volkan Varol¹, Mehmet Çebi²
¹OMU Eğitim Fakültesi, Turkey
²OMU Yaşar Doğu BESYO, Turkey
yasarbarut@yahoo.com

It is aimed to study Physical Education and Sports programs regarding the selection of thesis topics, what was done with the findings, the frequency of topics being studied, the establishment of new paradigms, what research is needed in subject areas for specific regions, and new technologies employed in research. These are examined by using a document analysis technique that has been employed in qualitative research. For this research the 19 doctorate and 63 master theses written in Mays University Institute of Health Sciences between 1994 and 2013 were examined. The research was evaluated by researchers using the thesis evaluation criteria set by the institute. As a result of the analysis of the theses submitted to OMU Health Sciences Institute of Physical Education and Sport between 1994 and 2013, it is found that nearly half of the topics of the thesis related to football. The remaining half did not include any thesis on wrestling. Future students who are interested in graduate studies in Physical Education and Sports department should be encouraged to undertake the study of wrestling in their theses.

Key Words: Physical Education and Sports, Masters, Theme

Using information technology in the construction of the training process for wrestlers

Ph.D., Professor Kerimov F., Ph.D., Associate Professor Bakiev Z., Ishmukhamedov T.
Uzbek State Institute of Physical Education, Tashkent, Uzbekistan
armwrestling@mail.ru

Annotation: This scientific work describes methods for the construction of the training process of wrestlers, based on the use of computer technology.

Introduction: In recent years, we are witnessing the fact that computer technology has been introduced into various sectors of the economy, as well as in the areas of physical culture and sport. Today, it is obvious, that it is necessary to use new information technologies for building the training process of athletes at all stages of long-term training [1,2,3]. But in the realm of sports, including wrestling, there still has not been automated system developed which allow for the construct competent training process of wrestlers. When planning the training process of wrestlers, one looks first for a system of plans designed for different periods, which must be implemented by a set of interrelated aims. While creating workout plans one needs to know the baseline of the object planning and possible prospects for change: near, medium and long-range. In the monitoring of the training process it is advisable to keep records of all factors associated with the preparedness of wrestlers, to assess their dynamics and efficiency, as well as their applications in structural formations of the training process. In the course of solving the above problems a large amount of information of various kinds is used, and the manual processing is a very time consuming process. Therefore the creation of an automated system for planning and monitoring the training process based on the use of computer technology is essential.

Aim of Investigation: is to create an automated system for planning and monitoring the training process of wrestlers, based on the use of computer technology. To solve this problem all of the training tools used in wrestling were divided into blocks of exercises that share similar content. Various kinds of training share specific loads which allowed one to classify the structure of the most commonly used training exercises. From training exercises we formed a compendium, training sessions, days, and weeks of complex micro-cycles and primary orientation. From various types of training tasks were formed structure of the basic and additional training sessions and complex orientation. Orientation of training sessions include the following objectives:

1) Development of a general or special explosive power
2) Development of general or special speed abilities, strength endurance, aerobic capacity;
3) Improvement of the basic techniques in combined (aerobic-anaerobic), (anaerobic-anaerobic) and (anaerobic glycolytic) directional modes of loads;
4) Increase the level of competitive activity and the technical and tactical skills of wrestlers;
5) Control the level of competitive activity and the technical and tactical skills of wrestlers;
6) The development of absolute general and special power abilities;
7) Remedial training sessions;

Then, the plans for the loads of training days, weeks and stages of preparation of the annual cycle were made. Compiling plans of training structures are produced in an automated way by computer. The above plans provide notes attached to the calendar dates of the annual cycle.

Conclusions

The accumulated allowance of all structures of the training process, which allows an analysis of the parameters of the current and staged control improve managing of training process. The experimental test confirmed the effectiveness of the proposed approach for the construction of the training process with the use of information technology.

References

1. Кашуба В., Паненко Н. К вопросу использования информационных технологий в системе подготовки юных спортсменов / В. Кашуба, Н. Паненко // Актуальные проблемы подготовки резерва в спорте высших достижений: материалы Междунар. науч.-практ. конф.: в 2 т. / ред. кол.: М. Е. Кобрикин. - Минск: БГУФК, 2009. - Т.2
2. Петров П.К. Информационные технологии в физической культуре и спорте / П.К. Петров - М.: Асайегша, 2008.
A SCIENTIFIC-PEDAGOGICAL BASIS FOR THE CONSTRUCTION OF THE TRAINING PROCESS FOR WRESTLERS FROM ANALYSIS OF COMPETITIVE ACTION WITH USE OF INFORMATIONAL AND INNOVATIVE TECHNOLOGIES

Ph.D., Associate Professor Bakiev Z., Ph.D., Professor Kerimov F., Ishmukhamedov T.
Uzbek State Institute of Physical Education, Tashkent, Uzbekistan

Annotation: In this scientific work a method for the construction of the training process of wrestlers is developed and experimentally proved from an analysis of competitive action with the use of informational and innovative technologies.

Methods and organization of the investigation. Following methods of investigation were used in this work: theoretical analysis of scientific literature; pedagogical observation on CA of wrestlers, educational experiment, instrumental methodic, mathematical and statistical analysis. To make the process easier for the gaining and correction of the information about character of CA of wrestlers and to organize order of its keeping and use of it has been created special computer program. This program works in this way:

1. Record of technical and tactical actions is done on the base of the program BZA, attempts to the actions marked and not marked, writing not points, etc. All of these information while analyzing of the event was accepted.
2. Later, in automatic way with the help mathematic algorithms of calculation were done investigation of derivatives, complex results, which were later added as individuals to form of special protocol analysis CA of exact sportmen. In computer program is organized the system of keeping this information and access to it in special database.
3. The program also lets to check analysis of dynamics of results of CA of exact wrestlers and also to competitive analysis of difference in results.

For the elimination of shortcomings related to problematic realization of express control on competitions, we worked out effective methodic of analysis TTA of wrestlers based on of inserting created specialized computer program «BZA» for recording and analyze TTA with acception of giving speed information on CA with use of modernized computer program «WREST» on scheme fig. 1.

Fig. 1 Scheme of construction of the express control on competitions on the base of analysis of TTA with use of specialized computer programs

The scheme consists of the next blocks: in first block – competitive activity, Second block – sides of preparedness: special-physical, speed-power, technical, tactical, psychological. In the third block are used instrumental methodic «BZA» and «WREST». The fourth block makes distribution of base, also treatment interpretation and renovation of gained information on TTP of wrestlers. The fifth block keeps decisions and recommendations of CSG, which keeps sub blocks divided to confidential and general information. Confidential information transits to 6 and 7 blocks in which CSG corrects the work of coaches and tactics of wrestlers till the next match, or aspects of preparedness till the next competition. While holding educational training camp (ETC) is done analysis of competitive sights with use the program «BZA» and computer program «WREST» on the contingent of wrestlers. Analysis of specifics of technical and tactical actions and pedagogical marking let’s to find baste directions for investigation structures of technical and tactical arsenal of attacking actions in comparison with results of model characteristics of wrestlers.

In process of investigation was given mark of effectiveness of readiness of the wrestlers of national team on the base of use computer program. As a result on conducting ETC is proved correctness of the made hypothesis and offered effective system of individual approach to the training of wrestlers on the base of analysis of competitive activity.

Results which were gain while the investigation served as the base for individualization of TTP of qualified wrestlers of different weight categories on set up levels of pedagogical experiment. For this aim has been organized basic pedagogical experiment. In this experiment participated two groups (experimental and control), which consisted of wrestlers, masters of sports and candidates to master of sports.
Results and investigation and their discussion. Comparing gained results of average means of EG and CG at the beginning of pedagogical experiment on the results of CA doesn’t have rightness of statistical differences in all eight results characterizing technical and tactical preparedness of wrestlers on Student t-test. Results are witnessing on the same level of technical and tactical readiness of wrestlers of experimental and control groups at the beginning of the pedagogical experiment (P>0.05).

### Table 1: Results of competitive activity wrestlers of experimental and control groups at the end of pedagogical experiment

<table>
<thead>
<tr>
<th>№</th>
<th>Results of competitive activity</th>
<th>f</th>
<th>EG</th>
<th>FR</th>
<th>CG</th>
<th>FR</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Coefficient of attack effectiveness</td>
<td>Ea</td>
<td>0,773</td>
<td>0,09</td>
<td>0,667</td>
<td>0,08</td>
</tr>
<tr>
<td>2</td>
<td>Coefficient of defense effectiveness</td>
<td>Ez</td>
<td>0,631</td>
<td>0,06</td>
<td>0,599</td>
<td>0,05</td>
</tr>
<tr>
<td>3</td>
<td>Interval of attack (sec.)</td>
<td>a</td>
<td>17,13</td>
<td>2,07</td>
<td>19,01</td>
<td>2,01</td>
</tr>
<tr>
<td>4</td>
<td>Interval of a successful attack (sec.)</td>
<td>u</td>
<td>31,21</td>
<td>3,30</td>
<td>34,23</td>
<td>2,22</td>
</tr>
<tr>
<td>5</td>
<td>Average point for attack</td>
<td>Ka</td>
<td>1,209</td>
<td>0,11</td>
<td>1,101</td>
<td>0,13</td>
</tr>
<tr>
<td>6</td>
<td>Non-symmetry success of attack to the left (%)</td>
<td>Alu</td>
<td>30,01</td>
<td>2,23</td>
<td>27,07</td>
<td>2,19</td>
</tr>
<tr>
<td>7</td>
<td>Effectiveness of realization of standard positions (%)</td>
<td>Rs</td>
<td>43,12</td>
<td>1,14</td>
<td>39,02</td>
<td>1,28</td>
</tr>
<tr>
<td>8</td>
<td>Effectiveness of defense from standard positions (%)</td>
<td>Zs</td>
<td>19,46</td>
<td>2,02</td>
<td>20,31</td>
<td>2,11</td>
</tr>
</tbody>
</table>

From comparative analysis data which presented on (Table 1) is shown results of average means of EG and CG at the end of the pedagogical experiment is observed a considerable grow of results of CA. Reality of statistical differences is seen on 6 results from 8 characterizing TTP of wrestlers on Student t-test. Results also showed positive and effective influence of methodic offered by us (P<0.05).

**Decision and perspectives of future investigation.** Theoretical analysis of the problem and experimental work let's to form following decision:

1. On base of study of the scientific and methodological literature we decide that the problem of technical and tactical readiness of qualified wrestlers till present days didn’t get it’s own full solution in practical action of specialists and theoretical works of investigators using to wrestlers. Depending on changes of rules of competitions and growing requirements to the level of TTP of wrestlers, motivating specialists to find modern methods, on the base of which they can make rival advantage with counting operative inserting to the practice. Absence of express access to use of different numerous information, which in it’s in turn doesn’t let to influence on competitive and training process. Present barrier limits gaining of correct results about TTP of wrestlers, which as a results serves as cause of unstable computational results.
2. Analysis of competitive activity of wrestlers with help of computer program leted effectively selection of training means and to observe dynamics of changes of effectiveness of attack. Huge amount of worked out information leted to distinguish model meanings of CA of leading wrestlers of the world: the coefficient of attack effectiveness (Ea) - 0,82; coefficient of defense effectiveness (Ez) - 0,63; interval of attack (la) - 14,5; interval of a successful attack (lu) – 28,1; average point for attack (Xa) - 1,66; non-symmetry success of attack to the left (Alu) - 38,4%; effectiveness of realization of standard positions (Rs) - 51,6%; effectiveness of defense from standard positions (%) (Zs) - 29,2%.
3. Calculation of advantages and disadvantages of skills sight is distinguished by comparison of results of computational action of wrestlers with analogy results of his rival, also with model results of computational action of champions. Deviation of individual results from average point will witness advantages and dis advantages of readiness of the wrestlers. Results of CA can serve as an reference point for construction of tactics of sights with possible rivals in coming competitions.

Generalizing all pointed above can be decision that analysis of competitive action with use of computer program helped to form system of informative and express accessed results, also specify ability of management of effective training means.

**REFERENCES**

1. Керимов Н.А. Программирование спортивной атаки в системе тактической подготовки квалифицированных борцов вольников. Международная научно-практическая конференция посвященная 2200-летию г. Ташкента. 2009г. 31-33 стр.
3. Верхошанский Ю.В. Горизонты научной теории и методологии спортивной тренировки //Теория и практика физической культуры. -Москва. 1998 -№2. -С.41-54
4. Керимов Ф.А. Спорт кураши назарияси ва усул<br>ультуквона. Межд<br>ународная научно<br>практическая конференция посвященная 2200<br>- 33 стр.
5. Рузиев А.А. Применение модельных характеристик соревновательной деятельности в управлении подготовкой борцов. Теория и практика физической культуры. -Москва. 2001. № 2. 38-40 стр.

**#15**

THE RELATIONSHIP BETWEEN PERCEIVED INTERPERSONAL BEHAVIORS OF COACHES AND SPORT CONFIDENCE IN IRANIAN SENIOR FREE STYLE WRESTLERS PARTICIPATING IN A NATIONAL TRAINING CAMP

Amir Tavakolian MS, Jafar Abolalizadeh MS, Ali Akbar Abolalizadeh MS, Mahdi Sohrabi Phd
Department of Physical Education and Sport Sciences, Ferdowsi University of Mashhad

jafar_abdolalizade1358@yahoo.com

**Purpose:** Most athletes, coaches, and sport psychology consultants strongly believe that confidence is a crucial psychological requisite for success in sport, and enhancing self-confidence is often a crucial consideration for all athletes (1). Based on the multidimensional sport-confidence model (Vealey & Chase, 2008), Coaches’ behaviors, such as their interpersonal behaviors, may greatly influence athletes’ self-confidence (2). Previous research has shown that the coaches’ behaviors can be a significant social factor that influences athletes’ affect cognition and behaviors (3). Accordingly the purpose of this research was to determine the relationship between perceived interpersonal behaviors of coaches and sport confidence in Iranian senior free style wrestlers participated in national training camp.

**Methods:** Participants were 30 Iranian senior free style wrestlers participating in a national training camp, who completed The Sport-Confidence Inventory (SCI) Vealey & Knight (2002) and Interpersonal Behavior Scale for Sport (IBS-S) Pelletier et al. (2008). The content validity of these instruments was confirmed by experts and the internal consistency of the SCI and IBS-S scale proved to be 0.87 and 0.80 respectively in a pilot study. The data were analyzed by employing Pearson correlation and stepwise regression tests.

**Results:** The data in Table 1 showed that there is a positive relationship between autonomy-supportive behaviors and Sport-confidence about physical skills and training (r=0.034, r=0.388 positive relationship between Social support behaviors and Sport-confidence about

114 Official Journal of the International Network of Wrestling Researchers (INWR)
cognitive efficiency (p=0.007, r=0.485) and positive relationship between positive feedback behaviors and Sport-confidence about resilience (p=0.040, r=0.508).

Table 1: Relationship between Perceived Interpersonal Behaviors of Coaches and Sport Confidence

<table>
<thead>
<tr>
<th>Pearson Correlation</th>
<th>Sport-confidence about physical skills and training</th>
<th>Sport-confidence about cognitive efficiency</th>
<th>Sport-confidence about resilience</th>
</tr>
</thead>
<tbody>
<tr>
<td>autonomy-supportive behaviors</td>
<td>* .388</td>
<td>-.276</td>
<td>.305</td>
</tr>
<tr>
<td>Sig. (2-tailed)</td>
<td>.234</td>
<td>.140</td>
<td>.101</td>
</tr>
<tr>
<td>Social support behaviors</td>
<td>.264</td>
<td>**.485</td>
<td>.310</td>
</tr>
<tr>
<td>Sig. (2-tailed)</td>
<td>.158</td>
<td>.007</td>
<td>.095</td>
</tr>
<tr>
<td>positive feedback behaviors</td>
<td>.262</td>
<td>.000</td>
<td>**.508</td>
</tr>
<tr>
<td>Sig. (2-tailed)</td>
<td>.163</td>
<td>.998</td>
<td>.004</td>
</tr>
</tbody>
</table>

** Correlation is significant at the .01 level (2-tailed).
* Correlation is significant at the .05 level (2-tailed).

A stepwise multiple regression analysis was conducted to determine predictors of Sport-confidence. Results presented in table 2 show that Social support behaviors was the best predictors of Sport-confidence (β= 0.485, t = 2.936; p <0.007).

Table 2: Stepwise multiple regression analysis Summary for Prediction of sport-confidence from coaches' behaviors

<table>
<thead>
<tr>
<th>Predictors</th>
<th>indicator</th>
<th>SS</th>
<th>df</th>
<th>MS</th>
<th>F (P)</th>
<th>R</th>
<th>R2</th>
<th>SE</th>
<th>B</th>
<th>Beta</th>
<th>T (P)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social support behaviors</td>
<td>Regression</td>
<td>1.240</td>
<td>1</td>
<td>1.240</td>
<td>8.618 (.007)</td>
<td>.485</td>
<td>.208</td>
<td>.155</td>
<td>.464</td>
<td>.485</td>
<td>2.936 (.007)</td>
</tr>
<tr>
<td>Residual</td>
<td>4.208</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Conclusion: According to the findings of this study there was a positive relationship between autonomy-supportive behaviors and Sport-confidence about physical skills and training, these results are consistent with previous research in sport (3). Previous studies indicate that a significant positive relationship between the autonomy-supportive behaviors of Coaches and Motivation in athletes. In other words, the more the athletes perceived their coach to be autonomy supportive, the more their motivation for practicing their sport activity was self-determined. Based on research findings there was a positive relationship between Social support behaviors and Sport-confidence about cognitive efficiency. Coaching effectiveness research consistently shows that perceived coaching behaviors greatly influence athletes’ psychological processes (5). It seems reasonable to find that the more athletes perceived their coaches to be caring, the more confident they felt about their ability, and especially about their cognitive ability. Because little research has been done on a Sport-confidence about resilience, it seems a bit difficult to interpret these results and the need for future studies is suggested. Generally, the results from the present study provided support for the multidimensional Sport-Confidence Model by Vealey & Knight (2002).

Key words: Sport Confidence, Perceived Interpersonal Behaviors of Coaches, Iranian senior free style wrestlers.

References:
2- Machida, Moe. (2008), an examination of sources and multidimensionality of self-confidence in collegiate athletes, A Thesis Submitted to the Faculty of Miami University in partial fulfillment of the requirements for the degree of Master of Science Department of Kinesiology and Health.
#16
THE SELF-CONCEPT OF ELITE WRESTLERS WHO WERE PARTICIPANTS IN THE 2006 ASIAN'S GAMES (QATAR)
Amir Tavakolian MS, Mahdi Sohrabi Phd
Department of Physical Education and Sport Sciences, Ferdowsi University of Mashhad
jafar_abdotalizade1358@yahoo.com

The Purpose of this study is the comparison between the self-concept of elite wrestlers who were participants in the 2006 Asian Games (Qatar). Statistical populations were all wrestlers who were participated in 2006 Asian's Games Qatar (N=106). The 93 wrestlers with an average age of (22.77±4.31) completed Elite Athlete Self-Description questionnaire (EASDQ). Method of research is causal comparative. Data collection-the EASDQ which includes 29 items and six scales (Skill, Body, Aerobic, Anaerobic, Mental and Overall performance) was translated to Persian, Arabic, Russian, Japanese and Korean, and then was validated. These questionnaires were administered before the beginning of the games and the data was collected. The data analysis of data utilized ANOVA and Spearman correlation. They differed from each other (p< 0.05). There was a significant and reverse correlation between Athletic self-concept and performance (p< 0.05).
Key words: Elite athletic, self concept, wrestlers

#17
A STUDY OF CAUSES FOR THE FAILURE OF CADET AND JUNIOR MEDALISTS IRAN IN SENIOR WRESTLING: PERSPECTIVE OF COACHES
Abbas Khodayari 1, Mehdi Babaei Jafari1, Bahman Asgari 2, Ali Babaei Jafari1
Islamic Azad University, Karaj Branch, Karaj, Iran, 2Kharazmi University
khodayariabas@yahoo.com

PURPOSE: The purpose of this research is to study the causes for the failure of cadet and junior medalists from Iran to continue their success as they move to senior level wrestling from the perspective of coaches. METHODS: The research sample was selected randomly and is included 162 people from grade I and II active coaches of Iran. In this study a researcher-made questionnaire consisting of 35 questions in five subscales including facilities, management, physical fitness, sport injuries and psychological problems. The validity of questionnaire was approved by 7 experts of physical education, and in pilot study of 30 cases from wrestling experts, the reliability of the questionnaire by Cronbach's alpha was measured at 0.80. In order to evaluate and compare the descriptive data used from descriptive and inferential statistical (Friedman test) in SPSS software the significant level was established with p≤0.05. RESULTS: Results showed that the greatest impact contributing towards a failure of cadet and junior medalists in senior wrestling was attributed to facilities, management, sport injuries, physical fitness and psychological problems, in that order, respectively. CONCLUSIONS: It is recommended that wrestling federation officials prioritize their attention to these subscales in order to increase the success of the cadet and medalists in senior wrestling. Finally, as was seen in the findings, the main factor of 20 is related to the lack of success of the young teen wrestling medalists at world level in the category of adult age, 18 were related to the facilities and management of the environment. Sports injury, physical fitness and psychological issues remain viewed as having less impact, however, administrators and those involved in the organization of national wrestling should be focused on the facilities and management. It is also possible that if adequate attention is given to these two largest contributors, a lot of obstacles in the remaining three areas, training sports injury, physical fitness and psychological problems, can be dealt with and elevate the role of scientific specialists and trainers.Key words: training of sporting talent, cadet and junior wrestlers, barriers to wrestling development.

Table: Prioritization of research in terms of trainers

<table>
<thead>
<tr>
<th>Items</th>
<th>Component</th>
<th>Rating</th>
<th>Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>To neglect the financial status of the wrestlers in the age bracket of adults</td>
<td>Facilities</td>
<td>25/66</td>
<td>1</td>
</tr>
<tr>
<td>The lack of good paying cash bonuses to earn the championship titles in the category base</td>
<td>Facilities</td>
<td>24/67</td>
<td>2</td>
</tr>
<tr>
<td>There are differences in how the Wrestlers makers to medal in adolescents and young adults in May with other sport-specific, such as the field of football and volleyball</td>
<td>Facilities</td>
<td>24/43</td>
<td>3</td>
</tr>
<tr>
<td>Job mentality and the existence of problems regarding the lack of supply of the essentials of life in the future</td>
<td>Facilities</td>
<td>22/02</td>
<td>4</td>
</tr>
<tr>
<td>The lack of proper use of bodybuilding, nutrition professionals of psychology etc. On the basic category of the arrival of the team.</td>
<td>Facilities</td>
<td>20/56</td>
<td>5</td>
</tr>
<tr>
<td>The existence of specific relationships and apply your preference by adult instructors in the selection of members of the national team.</td>
<td>Management</td>
<td>20/49</td>
<td>6</td>
</tr>
<tr>
<td>Scientific advice and guidance of a loss of sports centers in the country for the category of age of adolescents and young people</td>
<td>Management</td>
<td>20/01</td>
<td>7</td>
</tr>
<tr>
<td>Not the real age (recent age) and young teen medal makers may Wrestlers</td>
<td>Management</td>
<td>19/71</td>
<td>8</td>
</tr>
<tr>
<td>The low weight of continuous, too basic and non-basic of category</td>
<td>Sports injury</td>
<td>19/16</td>
<td>9</td>
</tr>
<tr>
<td>Lack of a proper strategy for the education in the educational problems of adolescents and young adults in order to compensate for the hero</td>
<td>Facilities</td>
<td>18/38</td>
<td>10</td>
</tr>
<tr>
<td>The lack of holding joint field trips with the famous Wrestlers of the world countries</td>
<td>Management</td>
<td>18/37</td>
<td>11</td>
</tr>
<tr>
<td>The program did not administer the (strategic) on how to transfer the base class wrestlers to the adult national team</td>
<td>Management</td>
<td>17/73</td>
<td>12</td>
</tr>
<tr>
<td>Failure to hold the selected tournament in order to identify top talent and staying young and teen wrestlers may Medal from the adult national team</td>
<td>Management</td>
<td>17/69</td>
<td>13</td>
</tr>
<tr>
<td>Determination of basic category, and the lack of possibility to use it in the category of adults due to repeated doping tests</td>
<td>Management</td>
<td>17/63</td>
<td>14</td>
</tr>
<tr>
<td>Not reach the level of fitness and movement due to the lack of the use of technology</td>
<td>Preparation</td>
<td>17/45</td>
<td>15</td>
</tr>
<tr>
<td>Administrators were athletes champion</td>
<td>Management</td>
<td>17/28</td>
<td>16</td>
</tr>
<tr>
<td>The lack of evaluation (technical, physical, mental and Tactical) of the wrestling makers in different time after obtaining official Championship in the category of basic</td>
<td>Facilities</td>
<td>17/11</td>
<td>17</td>
</tr>
<tr>
<td>The lack of a proper reflection of official business in mass media</td>
<td>Management</td>
<td>16/83</td>
<td>18</td>
</tr>
<tr>
<td>The lack of proper use of medication and food supplements in other countries than permitted in the various</td>
<td>Facilities</td>
<td>16/68</td>
<td>19</td>
</tr>
</tbody>
</table>
age categories

The lack of appropriate internal and external organizing field trips during the period of the age of teens | Facilities | 16/64 | 20
The lack of proper and steady presence at international competitions in line with the growth and progress of the Wrestlers makers may place teenagers and young people | Preparation | 16/52 | 21
Failure to control the amount of pressure in training of adolescents and young adults category | Preparation | 16/35 | 22
The lack of coordination between the national teams of instructors and youth and adults in the country | Management | 16/22 | 23
Lack of harmony in the base teams and adults how to exercises | Management | 16/12 | 24
Failure to use advanced equipment and technical data for the development of the wrestlere | Facilities | 15/84 | 25
The proper exercise of an opponent in place of a loss of life, consuming the wrestling hero | Facilities | 15/64 | 26
Reduction of the rate of support for the family of the Wrestlers with increasing age athletes | Facilities | 14/71 | 27
Characterize the maturity and the surrounding issues of failure to control it by athletes and their families | Mental issues | 14/54 | 28
Improper use of the category of negative aspects of Fame and by athletes after obtaining the medal in the category of adolescents and young people | Mental issues | 14/16 | 29
The incidence of sports injuries in youth and adolescents failed | Sports injury | 14/15 | 30
The change in the age category adult educators how to approach towards the base of the team coaches | Management | 13/71 | 31
Difficult access to facilities and equipment health centers for treatment of sports disorders | Sports injury | 13/07 | 32
Saturate the internal motivation of athletes with regard to obtaining the medal in the category of basic | Mental issues | 12/92 | 33
The lack of identification and treatment of serious injuries in basic age category | Sports injury | 12/55 | 34

Table: Prioritization of the research component of the trainers

<table>
<thead>
<tr>
<th>Component</th>
<th>Rating average</th>
<th>Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facilities</td>
<td>4/64</td>
<td>First</td>
</tr>
<tr>
<td>Management</td>
<td>4/36</td>
<td>Second</td>
</tr>
<tr>
<td>Sports injury</td>
<td>2/75</td>
<td>Third</td>
</tr>
<tr>
<td>Fitness</td>
<td>1/77</td>
<td>Fourth</td>
</tr>
<tr>
<td>Mental issues</td>
<td>1/48</td>
<td>Fifth</td>
</tr>
</tbody>
</table>

#18

MOTIVATION FOR HIGH ACHIEVEMENTS AND GOAL ORIENTATION OF ELITE WRESTLERS

Iliya Iliev
National Sports Academy Vasil Levski, Sofia/Bulgaria
liioliev@abv.bg

ABSTRACT

The purpose of the study was to determine the displays and the main determinants of the goal orientation of freestyle wrestlers, and to determine their motivation for high achievements. The research included 30 athletes, all active freestyle wrestlers (17 juniors and 13 men). Their ages vary from 15 to 34 (average age – 22 years). The length of the athlete’s involvement in wrestling ranged from 4 to 24 years (9 years on average), and most were listed among the top three places in the national rankings. Most wrestlers were members of the national team, and they competed for six representative clubs. The research methods are complex and include: 1. Questionnaire for researching the status of the problem; 2. Task and Ego Orientation in Sport Questionnaire; 3. Athlete Interview. RESULTS:
The results analysis shows that half of the athletes (50%) recognize that hard work, the continuous and hard training, and working efficiency as the main factors for their development as wrestlers, and for achieving good shape. Those are, according to them, the main factors for developing also goal orientation towards building skills, such as constant, persistent pursuit and working for their own personal growth. Second is discipline as a volitional quality of the organization. It is the discipline that is important condition for the proper execution of the tasks, of the coach’s requirements, and for observing the sports regime. As an important volitional quality the discipline helps the good wrestler to become successful athlete (indicated by 23.33% of the researched subjects).
Third the athletes indicated that mental stability, motivation and patience (13.33%) as crucial for achieving success. Fourth, the wrestlers indicate the respect between the coach and the athletes, the good relations as a guarantee for their proper training in the process of their sports interaction and mutual understanding. Only one of the subjects indicated that proper financial compensation is the main factor for his sport participation. Also one of the subjects indicated that the natural and genetic specifics of the athlete are among the significant factors for the training.

KEY WORDS: Wrestling, motivation, goal orientation

#19

PRACTICAL MEDICAL GUIDE FOR WRESTLING COMPETITIONS

Szabolcs Molnár1,4, Gábor Rögler2, Tibor Barna2, Gábor Farkas2, Péter Bacsà3 and László Péten3
1Orthopaedic Surgeon, PhD
2Medical Director for Surgical Services, Saint John’s Hospital, Budapest, Hungary
3Semmelweis University, Budapest, Hungary
4Hungarian Wrestling Federation
szabolcs.molnardr@gmail.com
PURPOSE: Health regulations are strictly defined and described by the International Federation of Associated Wrestling Styles. There are well prepared medical instructors, doctors and health providers both for the FILA and for the National Federations. The major number of wrestlers takes part in competitions which are for youngsters or held by local authorities - but obviously accepted by their National Federations. The health support of these competitions are supervised by local medical doctors or Ambulatory Service. Every Country has its own regulation for sport competitions but we do not possess a general practical guide for Physicians or health care providers who are not familiar with wrestling. METHODS: We prepared a Practical Medical Guide for Wrestling Competitions in order to help those Physician or health care providers who are not familiar nor with the wrestling rules, neither with the wrestling injuries. We listed all the important aspects of the wrestlers, referees, trainers in relations with the medical responsibility and how to supply them.

RESULTS: We defined the basic instructions for the medical examination before the weight in, the relation with the chief referee, how to behave in the mat, how to communicate with the referees, trainers and with the wrestlers. When and how to help, what kind of equipment is necessary, what is the purpose in different situations. We also listed the typical medical issues and injuries. We strictly emphasized the reasons and the ways to suspend the bout. CONCLUSION: A controversy exists between the strict FILA instruction, the practical knowledge of the well prepared physician of the International or National Federations and the performance of a general medical staff assisting at lesser competitions where the majority of the competitors take part. Further communication and discussion is warranted between all groups of wrestling medical providers.

#20
DESIGNING A SPECIFIC AGILITY TEST FOR FREE STYLE WRESTLING
Rasoul.Rezaei, Hamid Rajabi, Mohamad Reza Dehkhoda, Hadi Habibi
Tarbiat Moallem University
Rasoul.rezaei1364@gmail.com

The purpose of this study was to develop a reliable, valid and specific agility test for freestyle wrestling. 62 wrestlers participated in this research. 23 wrestlers from wrestling clubs in Tehran were used for a pilot study in designing the agility test. 29 wrestlers from a Tehran team were selected as Tehran group (TG). In this group 10 of them had won medals in the Asian championships, world championships, or had been invited to be on the Iran freestyle wrestling national team and were considered as the elite group (EG). Additionally, there were also 10 non-elite wrestlers forming the non-elite group (NG). These groups were used to study the validity and reliability of the specific agility test. Wrestlers were tested three times on a specific reactive agility test (RAT) and twice on pre-planned agility test (PPAT) and once on 4×9 meter shuttle run test. Data analyzed from the TG was used for reliability analysis. For obtaining validity, EG results were compared with NG. Statistical analyses revealed significant correlation between the 4×9 shuttle run and the PPAT, 0.75 and 0.70 respectively, between 2 times of PPAT (0.87) and between 2 series of RAT (intraclass correlation coefficient = 0.87). Statistical analyses also showed significant difference between the EG and the NG (p < 0.05) in RAT time means. According to the results, RAT was reliable and valid for freestyle wrestling, and as it called here, the TMUWAT (Tarbiat Moallem University Wrestling Agility Test) and would be suggested for free style wrestlers. Performance differences on the RAT were attributed to the differences in perceptual skills and/or reaction ability. Testing and training agility should therefore stress those dimensions of agility and not only PPAT.

Key Words: Agility Test, Validity, Reliability, Wrestling

#21
INVESTIGATION OF THE EFFECTS OF INTENSIVE TRAINING ON SELECTED BLOOD PARAMETERS IN YOUNG WRESTLERS
Yamaner F., Bayraktar T., Piskin I.E., Imamoglu O., Suicmez M.
1Hitit University-Schools of Physical Education and Sports (Corum, Turkey)
2Bulent Ecevit University-Faculty of Medicine (Zonguldak, Turkey)
3Ondokuz Mayis University-BESYO (Samsun, Turkey)
4Hitit University-Faculty of Science and Arts (Corum, Turkey)
yamaner@hotmail.com

PURPOSE: In this study for young wrestlers, we aimed to examine the effects of an intensive wrestling training program on blood parameters and serum leptin values. METHODS: The wrestlers trained 6 days a week for one and half hours. The diet was prepared according to the conditions of this training program. Blood collection was made when wrestler first entered the wrestling educational center on October 2011, and a second blood collection was made 8 months later in June 2011. In this 8 month period, athletes participated in competitions as wrestlers. Analysis of the data using SPSS statistical program in Windows, and the t-test was applied. RESULT: The wrestlers were found to have a mean age of 12.4 years at the pre-test, a mean height of 1.50 m and a mean body weight of 50.56 kg. The wrestler’s increases in height and weight were significant (p <0.05). A decrease was observed in the value of HDL-C, along with an increase in triglycerides, and both were statistically significant (p <0.05). Glucose values decreased, and creatinine and uric acid levels increased. These changes were statistically significant (p <0.001). The decrease in insulin values was statistically significant (p <0.05). Alkaline phosphatase and calcium levels were decreased significantly (p <0.001). Hematocrit values was found to decrease significantly (p <0.001). The decrease in the leptin hormone was statistically insignificant (p > 0.05). CONCLUSION: Some results of the intensive training program that were observed are opposite of what would be expected for HDL, triglycerides, creatinine, and uric acid. An inappropriate implementation of intensive training at this age of wrestlers, which included competition weight loss, irregular eating habits,
has produced the unexpected in blood values. In this study, we have identified some negative aspects of intensive training on children's growth and development.

#22
THE EFFECTS OF INTENSIVE TRAINING ON SELECTED BLOOD PARAMETERS IN YOUNG MALE WRESTLERS
Yamaner F.1, Imamoğlu O.2, Yamaner E.1
1Hitit University-Schools of Physical Education and Sports (Corum-Turkey),
2Ondokuz Mayıs University-BESYO (Samsun, Turkey),
yamaner@hotmail.com

PURPOSE: This study was carried out with the aim of determining the effects of intensive training on the blood parameters and leptin levels in young-age male wrestlers. METHODS: In total, 16 young-age wrestlers who were between 12 and 15 years old, participated voluntarily in this study. The healthy volunteers were trained at the Wrestling Training Centre (WTC). The mean value of wrestlers' age was 12.44±0.63 years, height was 147±0.11 cm and body weight was 40.38±2.95 kg. Throughout eight months, intensive training was applied to the wrestlers for a duration of 90 minutes daily for 6-days per week. The athletes were participated in wrestling competitions during this eight-month period. The daily dietary programs of the wrestlers were prepared according to the amount of calories expended in these trainings. The blood samples of the wrestlers were collected at the beginning of training camp (pre-test in October, 2010) and at the end of 8-month training camp (post-test in June, 2011). A paired samples t-Test was used to analyze the differences between the pre-test and post-test values for the subjects. The level of significance was set at p<0.05. RESULTS: After the 8-month intensive training programs, there were significant differences between the pre-test and the post-test average values of age, height and body weight of the young-age wrestlers (p<0.001). There were significant decreases in the mean values of HDL-C, insulin (p<0.05), glucose, calcium, hematocrit and alkaline phosphates levels (p<0.001) in the wrestlers. There were significant increases in the mean values of triglyceride (p<0.05), creatinine and uric acid levels (p<0.001) in the wrestlers. The mean value of the leptin hormone level of the wrestlers decreased, but it was statistically insignificant (p>0.05). CONCLUSION: At the end of 8-month intensive training period, the expected decreases in the levels of HDL, hemoglobin and hematocrit were not seen, and these values had increased. A similar pattern was observed for creatinine and uric acid levels which increased rather than decrease. Applications of high intensive training and weight loss for competition could produce these unexpected results in blood values of these young-age wrestlers. Therefore, it was concluded that this type of intensive training and competition may have a negative impact on the growth and development of young-age wrestlers.

#23
THE INVESTIGATION OF THE EFFECT ON SOME BLOOD VALUES AFTER INTENSIVE TRAINING IN 13-15 YEAR OLD WRESTLERS
Yamaner F.1, Gumus M.2, Bostanci M.O.3, Gumusdag H.1, Unlu C.1
1Hitit University-Schools of Physical Education and Sports (Corum-Turkey),
2Bulent Ecevit University-Faculty of Medicine (Zonguldak,Turkey),
3Hitit University-Medical Faculty (Corum-Turkey).
yamaner@hotmail.com

PURPOSE: This study investigated the effect of intensive training on some blood values in 13-15 year old wrestlers. METHODS: Wrestler and control group blood samples were taken (n=31) in June 2011. Analysis of the data was done with the Windows SPSS statistical program, utilizing the t-test. RESULT: There was no significant difference between wrestlers and a control group for age, height and body weight (p>0.05). Lower cholesterol and triglyceride levels found in the control group than the wrestlers (p<0.05). Wrestlers had LDL-C values that were higher than the control group, while their HDL-C values were lower. The wrestler's lower HDL-C values were not significant, while their LDL-C values were significantly higher (p<0.05) than the control group. There were significant difference between the wrestler and the control group for creatinine level differences p<0.001 and glucose values differences p<0.005. The wrestler’s cholesterol, triglycerides and LDL-C values were higher than the control group, and HDL-C values were lower. CONCLUSIONS: The reason for these unexpected levels, may be found in the training intensity, nutrition, and weight loss for competition. The wrestler’s age must be considered and the appropriate training, work and rest intervals, and nutrition should be better regulated.

#24
COMPARISON OF ANTHROPOMETRIC CHARACTERISTICS AND SQUAT SKILL RECORD IN TWO GROUPS OF ELITE MIDDLE WEIGHT GRECO-ROMAN AND FREESTYLE WRESTLERS
Najaf Kosari, Nader Farahpoor, Shahram Khanzadeh
Physical Education and Sport Sciences Department; Bu Ali Sina University, Hamedan, IRAN
Najaf.kosari@yahoo.com

Introduction: The aims of this study were to compare anthropometric characteristics and squat skill records in two groups of elite Greco-Roman and freestyle wrestlers. METHODS: A total of 14 male elite wrestlers (Including: 8 freestyle wrestlers and 6 Greco-Roman wrestlers) were recruited as the study sample. Anthropometric characteristics and squat skill records in the two groups were measured. MANOVA and Independent sample T test were used for statistical analysis. The α level was set at 0.05.
The purpose of this study was the development of a strategic plan for the Pahlevani Wrestling and Zurkhane Sports federation of Iran. Statistical population of this study includes 65 experts and elite practitioners of this sport. 60 questionnaires were returned correctly and were included in the study. Respondents were asked to list the strength, weaknesses, opportunities and benefits of this sport federation. After determining the significance frequency and rank of each mentioned factor and identifying the strategic status of the organization, the research team grouped the internal and external factors into 15 strategies (6 SO strategies, 5 WO strategies, 2 ST strategies and 2 WT strategies) and assigned them to action plans and vision, mission, key values and goals were determined. Pahlevani Wrestling and Zurkhane Sports federation of Iran was determined to be in SO strategic status. SO strategies should be utilized in the developmental activities that it undertook. Increasing the participation rate in Pahlevani wrestling through coordination with other organizations, improving public awareness and promotion of Pahlevani wrestling culture, interaction with active sport clubs in other sports, organizing federation competitions’ system by focusing on establishing leagues, improving the quality and quantity of Pahlevani wrestling clubs (Zurkhanees), by focusing on even distribution and easy availability, developing media and public relations toward the promotion of Pahlevani wrestling culture, helping the IZSF (International Zurkhane Sports Federation) in developing Pahlevani wrestling at basic levels, developing this sport in schools, colleges and universities, interaction with academic centers and implementation knowledge management systems, diversify federation income through creating marketing committee and driving private sector for investing in this sport, updating and standardization rules and facilities, utilization of strategic management, updating the information systems of the federation, developing and training required human resources including athletes, coaches, referees and volunteers in the sport, were main strategies that obtained in this study.

**Key Words:** Strategic planning, Strategic planning in sport, SWOT analysis, Strategy, Pahlevani Wrestling and Zurkhane sports

**#26**

**COMPARISON OF LUMBAR AND HIP EXTENSOR MUSCLE FATIGABILITY IN WRESTLERS WITH AND WITHOUT CHRONIC LOW BACK PAIN**

Masoud Khorsandi Kolur1, AliAsghar Norasteh2, Bahman Mirzaei2

1University of Hormozgan, BandarAbbas, Iran  
2University of Gilan, Rasht, Iran

**PURPOSE:** The purpose of this study was the comparison of lumbar and hip extensor muscle fatigability in wrestlers with and without chronic low back pain during a modified Biering-Sørensen test. **METHODS:** 10 male wrestlers with chronic, non-specific, low back pain (mean age 23.6 yrs, height 175.2 cm, weight 73.7 kg and athletic experience 6.5 yrs) and 10 healthy male wrestlers (mean age 23.1 yrs, height 175.7 cm, weight 75.4 kg and athletic experience 8.0 yrs) were matched by age, weight, voluntary participated in this study. Endurance time and the median frequency (MF) was calculated from surface electromyography (EMG) of the upper lumbar erector spinae, lower lumbar erector spinae, gluteus maximus and biceps femoris while performing a modified Biering-Sørensen test. Data were analyzed with MegaWin software Version 2.5 and an independent sample t test was used for comparison of the two groups (p≤0.05). **RESULTS:** MF slope was significantly lower in wrestlers with chronic low back pain (CLBP) when compared to the healthy group. The healthy athletes showed more muscle fatigability than the CLBP group. Extensor muscle endurance time was significantly lower in CLBP group (105.80s) than healthy subject (1053.53s) while performing Biering-Sørensen test. **CONCLUSION:** Results of this study showed that athletes with chronic, non-specific low back pain have reduced muscle endurance in lumbar and hip extensor muscles, therefore, it should be considered in designing rehabilitation strategy by athletic trainer and coaches that might improve the neuromuscular system to actively adjust and reduce muscle fatigability in subjects with CLBP.

**#27**

**ORIENTAL MASSAGE AS A NATURAL AND EFFECTIVE METHOD OF RESTORATION IN YOUNG WRESTLERS**

Ph.D., Professor T.S.Usmahnohdjaev, Ph.D., Associate Professor Bakiev Z., Associate Professor N.Tastanov

Uzbek State Institute of Physical Education, Tashkent, Uzbekistan

armwrestling@mail.ru

**INTRODUCTION** In the “Canon of Medicine,” the great physician and philosopher Abu Ali Ibn Sina “Avicenna” (980-1037), who lived in the ancient city of Bukhara, writes about a variety of recommendations concerning the purity of the body, nutrition, water treatments and massages. In one part of his “Canon of Medicine”, he wrote: “It is necessary that the massage was reasonable in terms of quality and quantity;” and he advised to apply massage is not only to treat but also during exercise. Avicenna performed a great deal of work on the...
classification of massage. He divided it into strong - firming body weak - soothing, relaxing the body, contributing to long-lasting weight loss, moderate - contributing to the prosperity of the body, preparation - the previous exercise, rehabilitation, or calming, which is used after exercise. He introduced the term "preparation" and "recovery" massage which continues into the present.

In view of the above, we have attempted to try oriental massage, which is characterized by excellent modern European technique receptions. Very little is described in the current literature, and this massage, in the light of present day science, deserves serious consideration. What eastern massage techniques are preserved to the present day eastern massage, and what are its features distinguish it from other forms?

Along with the well-known types of massage, one increasingly finds its use among athletes (especially in different types of fighters, wrestlers, boxers, etc.). Oriental massage is based on several principles, most of the techniques it is made against the flow of venous blood. Massaging is not only performed by the fingers and palm of the massage therapist, but a number of techniques use other parts of the body to provide the massage - head, forearm, elbow, legs, feet, etc. The main methods are stroking, rubbing, and kneading, stretching and light "twisting" of joints of the upper and lower extremities. Some techniques of the varieties of oriental massage are shown in the following pictures (pic.1,2,3)

Pic.1
Specific methods - rubbing the thighs and buttocks with elbow of massagist

Pic.2
Specific methods of oriental massage. Active and passive movements of the spine.

Pic.3
Specific methods. The pressure with hands and soles of the feet to the hips and back.

**Aim of investigation.** In order to find out what impact oriental massage has on the human body in general and in particular, mainly for athletes, we first performed physiological and pedagogical research on people aged 19-68 untrained and trained athletes - wrestlers age 11-17 years (63 people). The survey was conducted before and after a massage, measuring a number of functions: heart rate, blood pressure myotonometry strength of the muscle groups, skin temperature, and body weight change. The trained wrestlers were measured in a similar manner, but with the advantage of power performance and tone different muscle groups by the method of A.Korobkova and G.Chernyaeva, Myotonometry on F.M.Ulfyandu and muscle performance by dynamometer.

The positive effect of massage, according to the mathematically processed and statistically significant indicators demonstrated a more rapid recovery of the functions of the body, in untrained and in trained. Heart rate was increased after a massage by 7.8 beats per minute (+8.9%). There was a marked reduction in both the maximum (15.2 mmHg) and minimum (9 mmHg) blood pressure. These changes occurred only in the group of elderly people aged 61 and above. In the other groups, no significant changes were observed. The most typical indicators have been identified in terms of body weight. After one session of oriental massage was observed to drop weight is approximately the same in all age groups and in average per person of 0.9 kg.

Muscle tone indices were as follows: biceps tone was 0.45 before massage, and after the massage was reduced to 0.35, the coefficient of the quadriceps femoral muscle reaction to massage was similar, going from 0.65, to -0.61 after the massage. Skin temperature was measured before and after the massage, at 11 points in the body. The results showed that after a session of oriental massage the skin temperature increased in the range of 1.3 to 21 °C. The research results obtained from wrestlers showed that the use of oriental massage promoted:

- Increase of muscle strength in young athletes in all age groups, the magnitude of which has not only achieved a baseline, but to exceed them;
- Restoration of normal muscle tone, as evidenced by changes in amplitude (range) between the tone of tension and tone of relaxation, which is increased by increasing the voltage and lowering the tone of relaxation;
- Increase in skin temperature to the original level in almost all areas of the body;
- An increase in muscle performance (performance running time).

**CONCLUSIONS**

Thus, on the basis set out the materials we can note that oriental massage is a thousand-year national experience, and is valuable as a prophylactic treatment can be used in practice to decrease fatigue, improve performance, and especially for combat sports athletes in order to regulate the weight categories.

**REFERENCES**

4. Estrader - Massage, its history, technique physiological and therapeutic effects. SPB 1895.
5. Yunusov AY - Some regulation of water-sharing target under different temperature conditions. The problems of human and animal physiology in a hot climate. Tashkent 1965. From 6-16

---

**International Journal of Wrestling Science 2013; Vol 3 Issue 2**

121

#28
THE NATURE AND CORE VALUES OF A SPORT ORGANIZATION (A CASE STUDY OF CHINESE TAIPEI WRESTLING ASSOCIATION)
Lin, I-WEN1, Lin, Yu-Tien2, Shieh, Li-Chuan3
1National Taiwan Sport University
2Taipei Chchengshih University of Science and Technology
3Taipei Physical Education College
bauiwen@nanshanlife.com.tw

PURPOSE: This case study presents an example of the nature and core value which is important for a sport organization to gain sustainability. METHODS: Analysis of information collected from the website of Chinese Taipei Wrestling Association (CTWA) and interviewed with some stakeholders. RESULTS: 1) It was found that staffs and stakeholders don’t know much about the history of CTWA. 2) The plight of CTWA, at present, is that the expenditure being much more than income annually. It depends on the donation from wrestling lovers and the government. CONCLUSION: As a non-profit and non-government sport organization, CTWA works independently and solely in Taiwan. It not only needs to be strongly supported to develop wrestling activities, but promotion of the spirit and art of wrestling to the public must increase in order to grow the wrestling populations in Taiwan. 3) Good governance of a sport organization should have an integrated personnel, be transparent, have steady finances and use strategic marketing. SUGGESTION: It was suggested that 1) CTWA enrich the contents of its website. The contents may include the history, processes and the reasons why CTWA was founded. 2) The nature and the core value of CTWA should be comprehended and identified by stakeholders and the public. 3) Promote wrestling activities and provide international wrestling information to the public and get sponsors. This information may assist the governance body of sport organizations to improve and last for good.

The Chinese Taipei Wrestling Association was established in 1993 by Mr. Huang, Gern-Man, (former wrestler, nick named “Lion King”) as a non-governmental and non-profit national sport organization; under the “Civic Organization Law During Communist Rebellion Period” 10 February, 1942 (revised 15 June, 2011). With the collaboration of Chinese Taipei Olympic Committee and Sport Committee, CTWA has been developing a sport organization under the authority of Ministry of Education, Department of Physical Education and following the law of Sport Industry Development Act. CTWA is recognized by the Asian Council of Associated Wrestling which is affiliated with FILA, the International Federation of Associated Wrestling Styles. With 20 years of history, CTWA has prosperously developed from few members to 17 affiliated regional associations with grassroots level of primary school team members to the high end level of sport universities. Since the time it established, CTWA has been operating solely in Taiwan and with the right to enter wrestlers to take part in competitions, such as Asian cadet, youth, and senior Championships as well as senior world championships.

◆ Organizational Context of CTWA

Being an independent sport organization, CTWA is associated to the following domestic and international sport organizations:

Domestic:
- Chinese Taipei Olympic Committee (CTOC)
- Republic of China Sports Federation (ROCSF)
- Department of Physical Education, Ministry of Education

International:
- Asian Council of Associated Wrestling (AAWC)
- The International Federation of Associated Wrestling Styles (FILA)

CTWA is responsible for the development of wrestling within the country with the cooperation of Department of Physical Education in order to promote wrestling through school education system from grassroots level and the general public to high end athletes; with the collaboration of CTOC to enter wrestlers to participate in international games.

◆ Nature of CTWA

There are three elements by which a sport organization can be characterized: people; rules, tasks, roles and responsibilities; goals and purposes.

People
Those people who affiliated with CTWA are a combination of members, paid staffs, volunteers (who are the former officers, players, coaches and referees with expertise about wrestling, and had done a great deal of contribution to wrestling field and society) at high ranking of governance positions. Such as president and deputy presidents, consultants of referee committee and other committees. The General Assembly is the highest decision-making unit in general; the members of the Executive Board and the president take the responsibilities for the governance and the development of CTWA. As for the two paid staffs in house, they have clear roles to do their duties. One of them is the administration staff, responsible for the daily and normal affairs related to stakeholders’ that exclusive the core range. The other one, treasurer, takes the responsibilities of finance and financial report. There are some committees related to technical affairs, disciplines, referees, development as well as rules and regulations. The members to these committees are responsible for those affairs connected to each individual expertise, are recommended by the general members and elected by the board members. Athletes, coaches, audiences and fans are important stakeholders to CTWA. However, the wrestlers are under the conducts of their coaches; CTWA has no direct access to them, unless their information of needs and expectations is being passed through their coaches. This means that it is difficult for CTWA to understand what wrestlers really need.

Rules and tasks, roles and responsibilities
Associated with AAWC and FILA, CTWA has the right to enter wrestlers to take part in competitions, such as regional and international tournaments and championships in Asia and other foreign places, and Commonwealth Games in the country. Another important task of CTWA is to be an impetus to raise the technic and skill level of wrestling in Taiwan.

---

15 http://pub.mlc.edu.tw/index.jsp?unitid=002730

Official Journal of the International Network of Wrestling Researchers (INWR)
One of the most important tasks of CTWA right now is to:

- Advocate and promote activities of “Reinstatement of Wrestling in 2020 Olympics” and “Together We Will Succeed!” in Taiwan. And then,
- Host national and international wrestling competitions.
- Upgrade the level of the technic and skills of wrestling.
- Make recommendations and qualification evaluations and accreditations of the representative teams to the international competitions to meet the qualification for entering competitions.
- Organize and train the national teams to participate in the international competitions.
- Improve commonwealth of civilians by playing wrestling. Wrestling for all.
- Implement and upgrade the wrestling facilities and equipment.

The roles and responsibilities of CTWA are:

- Collaborate with AAWC and FILA to save wrestling in the Olympics for good.
- Being an impetus of wrestling activities.
- Collaborate with Department of Physical Education, the Ministry of Education to train and improve coaches, referees and players under the government’s acts along with relative rules.
- Collaborate with school programs to develop wrestling through grassroots sport activities.
- Collaborate with CTOC in representing Taiwan to international competitions, congress and conferences and academic work.

**Goals and purposes**

- To be an independent sport organization and operate independently from political pressures, ethnic discrimination and of any other kind. Let sport be sport.
- Increase the international exchange of expertise, technic and unique wrestling culture by hosting international events, symposiums, congresses and conventions.
- Develop and promote female wrestling to be one of the national sport activities.
- Elevate sportsmanship, such as play true and anti-doping, peace and excellence which connected with the spirit of FILA and Olympism.

CTWA must further collaborate with AAWC and FILA to develop and promote the wrestling movement through wrestling activities as well as educational systems and programs to reinstate wrestling in the 2020 Olympics and for good. Do not let others extinguish the hopes of the young wrestlers who take 2020 Olympic Games for their first wrestling stage.

The programs to reach these objectives are various as follow:

- Hosting programs, seminars and courses concerning referees, coaches and players.
- Selecting qualified athletes and coaches, referees and administration staffs to attend the international seminars, symposiums or train tours overseas.
- Developing Olympism, sportsmanship and wrestling grassroots education, including women’s, through school system and games.
- Sending delegations to attend sessions, conferences and congress hold by international wrestling organizations.

**The personnel structure and governance of CTWA**

The personnel structure of CTWA has evolved since the year it was established in 1993 into the scale of nowadays. The present structure is adequate due to the contribution of some part-time personnel and volunteers. An office is maintained by the 2 paid staffs, the administration staff and the treasurer are on a full-time basis.

The General Assembly of CTWA meets annually in November in which the strategic decision-making body lies. The Executive Board comprises 35 members elected by the General Assembly; one of the 35 executive members is elected as the president and 4 as deputy presidents by the board members. The Executive Board members meet once a month to discuss and make recommendations and strategic decisions. They meet non-periodically in case of urgency and necessity. With the authorities that the General Assembly bestowed, the Executive Board has duties and obligations to report what CTWA has done in the previously year to the General Assembly. The 11 superintendents are responsible for the inspection and correction of the operation of the organization. When referees, coaches and players encounter some problems about technic, discipline about violation or something good and excellent done by these relating people required encouragement and award, which will be send to the committees to deal with. In addition, the Executive Board is inquired inspections from the Superintendents to prevent from any corruption or illegalities.

The programs of CTWA have evolved smoothly over the years. Staffs are responsible for each of the programs understand clearly and are able to operate these programs efficiently.

Monthly financial report, including receipts, payments account, bills of utilities and rental payment and salary of employees, is presented to the Executive Board monthly meeting. So does the Annual financial report present to the General Assembly once a year. The financial administration operation is under the relating taxes laws and regulations of the country. In the meanwhile, the annual balance sheet, income and expenditure, payment and receipts for each calendar year need to be audited by an approved financial firm which is certified by the government.

As for other stakeholders, CTWA focuses on referees, coaches, players and public sector. To those who are not at the core areas of CTWA, such as spectators and sponsors have no direct influence or suggestion to the organization. However, CTWA cooperates with short-term sponsors for some specific and big events instead of long-term ones. Therefore, CTWA cannot make both ends meet from time to time.

**Website Information Management and Information Technologies**

The website provides information for teams and coaches and referees to participate in courses, seminar, training programs, and qualification certificated provided by CTWA. Also, CTWA offers information about domestic credits and yearly calendar with major vents for the public to follow up. The information about competitions and programs and relating activities are revealed on the website, too. The website doesn’t provide information about CTWA history, vision, and mission; the minutes of annual report; the personnel structure and their duties of the positions. CTWA neither makes good use of the website to make connections with the stakeholders outside the core areas, nor provides links to other sport organizations or public sectors, which keeps the general public from browsing other information. Thus, the website of CTWA is deficient in connection with the non-central stakeholders.

**The Plights That CTWA Encounter**

- The shortage of elite athletes and coaches. Some wrestlers are forced to retire from training due to family poverty.
- The shortage of budgets to subside those wrestlers who are in need.
- The shortage of international sport affairs administrators and staffs good at English.
To improve these situations, CTWA is suggested be in search of sponsors actively to help the elite wrestlers in poverty. Re-examine methods by which how budgets distributed and reform the ways to achieve a better situation. To avoid the above situations, CTWA should cooperate with college and university students majoring in sport management or sport industry governance as volunteers to assist the daily affairs that concerning English and international sport affairs. On the one hand, CTWA has more voluntary force to assist the international affairs without paying more salaries; on the other hand, students get the opportunities for internship before they graduate.

**Conclusion**

This case study demonstrate that how an sport organization can be examined and considered by its operation environment, personnel structure, core value including vision and mission, roles and responsibilities, rules and tasks, goals and purposes. Yet, CTWA has some defects need to be corrected, mended and improved. Take the financial aspect for example, though it gains subsidy from the public sector every year that does not mean the sport organization need not to raise its own capital to run smoothly in order to prevent from running out of budgets. In terms of the website on which provides the information about domestic competitions. It lacks of the latest information about international wrestling activities. How could CTWA increase the wrestling populations if spectators who are interested in wrestling activities via Internet to follow up?

Last but not least, the good governance of a sport organization should in line with integrated personnel, transparent, and steady finance as well as strategic marketing. CTWA, as a national solely wrestling sport organization is in need of not only the improvement of its website information system but also its way of financial operating regards to budgets making. To wrap up, in order to improve and achieve the goals and purposes that have mentioned above, strategic marketing and strategic governance are imperative works for the Executive Board members to do immediately. Thus, CTWA will be sustainable for another twenty years and beyond.

## 29

### REVIEWS AND COMPARISONS PHYSIOLOGICAL AND PERFORMANCE RESPONSES OF WRESTLERS TO RAPID AND GRADUAL WEIGHT LOSS METHODS

Mahmoud Delphan¹, Amir Rashidlamir²

¹Tarbiat Modares University, Tehran, Iran
²Ferdowsi University of Mashhad, Mashhad, Iran

*Sport.Mahmoud @ gmail.com*

**PURPOSE:** Weight maintenance is much more essential for better performance and more desirable results in sport matches such as wrestling, weightlifting and judo. Failures in weight management have led to vast research on the mechanisms which are involved in this phenomenon. Weight control and the type of weight loss methods used to reach the ideal weight, are important factors in wrestling, and these methods have also a great impact on the competitive performance of wrestlers and their sport lifespan. According to several reports about rapid weight loss, it has been found that despite the repeated warnings from medical and sports organizations and the well documented destructive effects of rapid weight loss methods on physiological organs of the body, there is a high prevalence of use among wrestlers, including high school, collegiate and international style wrestlers. These rapid methods result in weight loss by 3 to 6 percent, in the interval time of 24 to 72 hours before the competition, in order to reach their weight class limit. It has also reported that 3% to 20% of weight loss can happen in pre-seasons of last days or the day before weigh in. There have been deaths due to the utilization of these methods. Hence, the aim of this study was to review of evidence which has been carried out in the field of weight loss methods, including rapid weight loss, traditional and gradual methods and document the effects on the performance and physiological variables in wrestlers. Hence, we compared these methods and provided the best method based on current scientific evidence.

**METHODS:** Numerous studies have been conducted on the problem of weight loss in athletes. These studies have been conducted in different methods, including: poor diet (severe and gradual food restriction), changes in eating habits of athletes, dehydration from intense exercise, limiting drinking water, impermeable clothing, warm environment (saunas, steam room), diuretic pills and vomiting. Hence, several studies have demonstrated that functional and physiological variables of wrestlers were destroyed by rapid weight loss methods. Among these methods, the only method of weight loss which has been promising to solve this dilemma is gradual weight loss (twelve-day). It has been shown that this method had no adverse effects on the body's performance and physiological variables of elite wrestlers compared to those who used rapid weight loss methods, respectively. Then, subsequent studies used this method (twelve-day) plus aerobic exercise on overweight and obese individuals and confirmed their findings. Furthermore, recently, it has shown that twelve-day weight loss method which was performed by elite wrestlers, it also had no significant effect on AgRP levels (a powerful orexigenic peptide which is secreted by the arcuate nucleus of the hypothalamus, and plays an important role in weight control). This method also decreased body fat percentage and body weight, whereas rapid weight loss led to decreased body weight, increased AgRP levels and unchanged body fat percentage. Accordingly, it should be acknowledged that the twelve-day method is more effective and the best method observed at the present time. **FINDINGS:** We found that traditional methods alone or together have deleterious effects on cardiovascular function, electrical activity, thermal regulation, renal function, electrolyte balance, body composition, muscular strength and endurance, aerobic performance, vigor, short-term memory and cognitive-perceptual. These methods also increase energy disorders and increases brain neuropeptide of AgRP which involved in appetite, energy balance and weight management. The method of gradual weight loss (twelve-day) did not cause a reduction of muscular strength and endurance, but also it improves body fat percentage and leads to stability of resting plasma IL-6 and brain neuropeptide of AgRP levels. **CONCLUSION:** Many studies of weight loss have shown the negative effects of rapid weight loss and traditional protocols on physiological function and athletic performance of wrestlers. Hence, utilize these methods will lead to decline of sport’s lifetime and health of wrestlers and will encounter them with serious risks. Among these, the twelve-day weight loss program which is done before the competition, may be a suitable method to replace the traditional methods. Hence, this article attempted to review the scientific evidence of weight loss methods in wrestling, highlighting the risks which are caused by rapid weight loss, and also suggested the best weight loss methods considering scientific evidence to coaches and athletes.
#30
**ANALYSIS OF WRESTLING COMPETITION AT THE WORLD UNIVERSITY GAMES-KAZAN, 2013**

Milorad Dokmanac¹, Dragan Doder²

¹ Faculty of Sport and Tourism, Novi Sad, Serbia
² Provincial Institute of Sports of the Autonomous Province of Vojvodina, Serbia
dokmanac@ilia-wrestling.com

**PURPOSE:** This work is intended to contribute to the arguments for the inclusion of wrestling in the regular program of the World University Games. **METHODS:** Descriptive data was collected relating to the wrestling participants of World University Games 2013 and their sports results. **RESULTS:** The data collected described the prior achievements of all wrestling participants, as well as their results in the current competition. **CONCLUSIONS:** The main conclusion is that the wrestling program at the University Games was of a very high quality. Evidence for this is that 50% of the wrestlers entered have been medalists at the highest level official international competitions: Olympic Games, World Championships, and Continental championships in either the senior, juniors or cadets level. It is important to point out that out of the 90 senior medal winners at the Olympic Games, World and the Continental Championships who participated in the University Games 2013, a total of 48 of these athletes (53.33%) remained without a medal. Based on these valuable data, it is hoped that the Executive Committee of FISU take action involving wrestling and add the sport to the official program of the University Games. Adding to this information, is the fact that FILA has already organized 10 Student world championships.

#31
**EFFECT OF AGING ON THE MENTAL SKILLS OF VETERAN FREE STYLE WRESTLERS**

Alireza Rhmatia
alirezarahmati_sport@yahoo.com

The aim of this project is to investigate the effect of aging on the mental skills of free-style veteran wrestlers. From 400 wrestlers participating in the veterans national championships held in 2009, 77 wrestlers were randomly selected from five age categories: (35-40), (40-45), (45-50), (50-55), and (55-). They completed the Ottawa Mental Skills Assessment Test (OMSAT3). This questionnaire was created by Durand Bush and Salmela in 1995 and the Persian version was validated by Sanati Monfared in 2006. This questionnaire consists of 48 questions which assesses both basic psychological skills (purpose, selection of confidence, commitment), bodily mind (response to stress, fear, control, relaxation, refreshment) and cognitive skills (concentration, re-concentration, visualization, mental exercises, match planning). The mental skills of free-style veteran wrestlers at various ages were at an optimal level. Results of Multivariate Analysis Of Variance (MANOVA) did not demonstrate any significant difference between in the basic psychological skills, cognitive, and psychological skills of wrestlers (p>0.05) within various ages. Therefore, the aging process does not have a significant impact on the mental skills of free style wrestlers.

#32
**FACTORS AFFECTING THE SUCCESS OF THE IRANIAN NATIONAL GRECO ROMAN WRESTLING TEAM AT THE LONDON OLYMPIC GAMES**

Janani Hamid, Fallah Ziarani Fariba
f_fallahz@yahoo.com

**Purpose:** the purpose of this research was to identify the effective factors associated with the success of iranian national Greco Roman team in Olympic competition in London 2012. Wrestling draws a great amount of attention from millions of people in Iran. What were the factors that led to the achievement of the Iranian greco roman wrestling team in winning 3 gold medals. This research studies and compares the factors which contributed to the success success of this team. **Methodology:** the method for this research is a comparative description of the perceptions of the greco roman team and trainers (5 coaches and 6 athletes) of the 2012 Olympic team. These 11 subjects completed a questionnaire developed earlier that includes four effective factors. The validity has been established by way of analysis of experts in wrestling and the validity was established with a Cronbach’s Alpha test (α = 0.91). The means of the questionnaire research that was constructed by the researcher included 4 effective factors (physical fitness - mental – facilities - management) Analysis of the data distribution was performed through the use of a Kolmogorov-Smirnov test which indicated that the data distribution was normal, and therefore a t test was subsequently used in the analysis (p<0.05). **Findings:** All four factors were deemed as effective by this group the success of Iranian national gerco roman team benefited from suitable levels of factors related to physical fitness, mental, facilities, and management, indicating that these factors had a role in the success of the team. **Conclusion:** all factors contributed to the success of Iranian national gerco roman team in the Olympic Greco roman wrestling competition in London 2012. **Key words:** success- gerco roman- olympic 2012 London

#33
**EFFECTS OF SHORT-TERM CREATINE MONOHYDRATE SUPPLEMENTATION ON A SINGLE BOUT OF RESISTANCE EXERCISE INDUCED CELLULAR DAMAGE IN MALE WRESTLERS**

Ramin Amirsasan¹, Ali Zarghami Khameneh¹, Akbar Moein²

¹University of Tabriz, Tabriz, Iran
²Islamic Azad University, Tabriz, Iran
amirsasan_ramin@yahoo.com

**Abstract:** The main purpose of this study was to examine the effects of short-term creatine monohydrate supplementation on muscle damage associated with resistance exercise. This randomized, double-blind, placebo-controlled, cross-over study was conducted over a period of seven days. Participants were divided into a treatment group and a control group. The treatment group ingested 2.5 g/kg bodyweight of creatine monohydrate daily, while the control group ingested an isocaloric dose of a corn starch placebo. The experimental bout of resistance exercise involved 10 sets of 10 repetitions on the leg press at 70% of a one-repetition maximum (1RM). The primary outcome measure was serum myoglobin concentration. Serum myoglobin concentration was significantly higher in the placebo group compared to the creatine group (269 vs. 147 ng/mL, respectively). The results of this study suggest that short-term creatine monohydrate supplementation may be beneficial in reducing muscle damage associated with resistance exercise.
**PURPOSE:** The purpose of this study was conducted to identify the effect of short-term creatine(Cr) supplementation and a session of resistance exercise on total serum cellular damage indices changes (Creatine Kinase & Lactate Dehydrogenase) in male wrestlers. **METHODS:** Eighteen collegiate young male wrestlers in a quasi-experimental, randomized and double-blind designs were allocated equally into supplement and placebo groups. After six consecutive days of supplementation (0.3 g.kg.day Cr or dextrose), all subjects participated in a single session of a circuit resistance exercise protocol (with 80% 1-RM in 3 sets with 6 repetition) of six stations. Changes in cellular damage indices were determined in three stages (before and after the supplement stage, and 24 hours after the exercise protocol). The normal data were expressed as mean (±SD) and analysis of variance (ANOVA) with Bonferroni and independent t test at α≤0.05. **RESULTS:** The results show that the creatine loading has only a significant effect on the basal total serum CK (P<0.05). Moreover, the total serum CK and LDH in both groups (supplement & placebo) were significantly increased 24 hours after the resistance exercise (P<0.05). However, the change range of the cellular damage indices 24 hours in supplement group was insignificantly lower than in placebo group (P>0.05). **CONCLUSION:** From the levels total serum Creatine Kinase there was no effect of creatine on 24 hours indicators of cellular damage in male wrestler after the resistance exercise. 

**KEYWORDS:** Creatine monohydrate, Resistance exercise, Creatine Kinase, Lactate Dehydrogenase.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Creatine (n=9)</th>
<th>Placebo (n=9)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>21.22 ± 1.48</td>
<td>21.00 ± 0.70</td>
</tr>
<tr>
<td>Weight (kg)</td>
<td>65.56 ± 2.35</td>
<td>65.89 ± 1.53</td>
</tr>
<tr>
<td>Height (cm)</td>
<td>173.56 ± 2.18</td>
<td>172.67 ± 2.34</td>
</tr>
<tr>
<td>BMI (kg/m²)</td>
<td>21.79 ± 0.67</td>
<td>22.13 ± 0.73</td>
</tr>
<tr>
<td>Body fat (%)</td>
<td>12.33 ± 2.00</td>
<td>13.00 ± 1.73</td>
</tr>
<tr>
<td>1-RM bench press (kg)</td>
<td>98.23 ± 6.19</td>
<td>99.41 ± 5.38</td>
</tr>
<tr>
<td>1-RM leg press (kg)</td>
<td>238.60 ± 7.05</td>
<td>239.10 ± 8.68</td>
</tr>
</tbody>
</table>

**Table 2. Changes of serum enzymes activity in the placebo and creatine groups following supplementation**

<table>
<thead>
<tr>
<th>Groups</th>
<th>Stages</th>
<th>CK activities (IU/L)</th>
<th>LDH activities (IU/L)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creatine group</td>
<td>Before Supplementation</td>
<td>129.11 ± 22.34</td>
<td>284.44 ± 29.90</td>
</tr>
<tr>
<td></td>
<td>After Supplementation</td>
<td>141.67 ± 23.88 †</td>
<td>290.00 ± 25.51</td>
</tr>
<tr>
<td></td>
<td>24 hours After Exercise</td>
<td>243.67 ± 17.97 †</td>
<td>403.70 ± 32.20 †</td>
</tr>
<tr>
<td>Placebo group</td>
<td>Before Supplementation</td>
<td>133.56 ± 14.85</td>
<td>308.11 ± 22.78</td>
</tr>
<tr>
<td></td>
<td>After Supplementation</td>
<td>137.22 ± 8.64</td>
<td>304.10 ± 21.16</td>
</tr>
<tr>
<td></td>
<td>24 hours After Exercise</td>
<td>254.89 ± 33.14 †</td>
<td>413.22 ± 26.78 †</td>
</tr>
</tbody>
</table>

† indicated the significant indicators is the study.

**#34**
THE EFFECT OF A SPORT PROMOTION MIX ON REVENUE OF THE IRAN WRESTLING FEDERATION
Mehrdad Alipour, Farnaz Panahizadeh
Islamic Azad University, Zanjan Branch
farnaz_2540@yahoo.com

**Purpose:** The aim of this paper is to examine the effect of a sport promotion mix (Public Relations, Sales Promotion, Sponsorship, Advertising, and Personal Selling) on the revenue of the Iran Wrestling Federation. **Methods:** In this applied research the statistical sample selected by non – random technique among the population of research, that is the coaches, administrators and experts of the Iran Wrestling Federation. Data was collected through a self–administered questionnaire. Data was analyzed through descriptive and inferential statistics: one sample t test, ANOVA, post hoc analysis of Duncan and Tukey. **Findings:** The results show that there is significant relation between the use of promotional tools and revenue of Iran Wrestling Federation. This is the main hypothesis of the research, which is confirmed. Regarding the identification of the most effective tools, the results show that the Personal Selling tool is the most effective, followed in rank by Public Relations and Sponsorship, the third ranked tool is Sales Promotion and the last tool is Advertising. **Conclusion:** The Wrestling Federation of Iran can use promotional tools to earn and increase its financial support and should emphasize the use of the Personal Selling approach. **KEYWORDS:** Sport Marketing, Sport promotion mix, revenue, PublicRelation, sales promotion, Sponsorship, advertising, personal selling

**#35**
THE INVESTIGATION OF THE COMPONENTS OF TEAM IDENTITY AND NATIONAL IDENTITY IN FANS OF IRAN NATIONAL WRESTLING TEAMS
Behnam Naghipour Givi1, Hasan. Asadi2, Majed Jalal Farahani3
1 M.Sc in sport Management, University of Tehran, Tehran, Iran, 2 Department of Sport Management, University of Tehran, 3 Department of Sport Management, University of Tehran, Tehran, Iran
Behnam.naghipour@gmail.com

**Purpose:** The aim of the present study was to investigate team identity and national identity of fans of Iran’s national teams of wrestling. **Methods:** For this purpose, 161 male students of University of Tehran (Fans of Iran National Wrestling Teams) voluntarily participated in this study. The subjects were asked to fill out team identity and national identity using Bob Hier's
questionnaires which has been confirmed in several validity studies; including Bogdanov\textsuperscript{16}; 2011. The reliability of the study was analyzed via a sample with 30 persons; hence, a reliability was calculated ($\alpha=0.88$). To analyze the data, Friedman test and independent T-Test and analysis-confirmed were used using SPSS V.20 and Amos V.20. **RESULTS:** The results demonstrated that attachment and integration in wrestling fans achieved the highest scores in the following components of team identity respectively: general evaluation, attachment and integration, and awareness while their highest scores were allocated to the following components of national identity respectively: attachment and integration, awareness and general evaluation.

Results of confirmatory factor analysis and Cronbach’s alpha calculated for each of the components

<table>
<thead>
<tr>
<th>Dimensions of identity</th>
<th>Statistical tests</th>
<th>CFA</th>
<th>Cronbach alpha</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>team identity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Evaluation</td>
<td>0/52</td>
<td>0/84</td>
<td></td>
</tr>
<tr>
<td>Personal Evaluation</td>
<td>0/67</td>
<td>0/84</td>
<td></td>
</tr>
<tr>
<td>Interconnection</td>
<td>0/74</td>
<td>0/68</td>
<td></td>
</tr>
<tr>
<td>Sense of interdependence</td>
<td>0/64</td>
<td>0/68</td>
<td></td>
</tr>
<tr>
<td>Involvement</td>
<td>0/69</td>
<td>0/82</td>
<td></td>
</tr>
<tr>
<td>Awareness</td>
<td>0/60</td>
<td>0/79</td>
<td></td>
</tr>
<tr>
<td><strong>National identity</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Evaluation</td>
<td>0/55</td>
<td>0/92</td>
<td></td>
</tr>
<tr>
<td>Personal Evaluation</td>
<td>0/55</td>
<td>0/84</td>
<td></td>
</tr>
<tr>
<td>Interconnection</td>
<td>0/55</td>
<td>0/74</td>
<td></td>
</tr>
<tr>
<td>Sense of interdependence</td>
<td>0/69</td>
<td>0/79</td>
<td></td>
</tr>
<tr>
<td>Involvement</td>
<td>0/71</td>
<td>0/79</td>
<td></td>
</tr>
<tr>
<td>Awareness</td>
<td>0/53</td>
<td>0/83</td>
<td></td>
</tr>
</tbody>
</table>

Mean and standard deviation scores of fans and team identity component and National identity

<table>
<thead>
<tr>
<th>Dimensions of identity</th>
<th>National identity</th>
<th>Team Identity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Components</td>
<td>Mean  SD</td>
<td>Mean  SD</td>
</tr>
<tr>
<td>Public Evaluation</td>
<td>3/01  1/8</td>
<td>3/53  0/96</td>
</tr>
<tr>
<td>Personal Evaluation</td>
<td>3/56  1/08</td>
<td>3/40  1/12</td>
</tr>
<tr>
<td>Interconnection</td>
<td>3/33  0/95</td>
<td>2/60  0/95</td>
</tr>
<tr>
<td>Sense of interdependence</td>
<td>3/40</td>
<td>0/97  3/21  1/12</td>
</tr>
<tr>
<td>Involvement</td>
<td>3/07  0/95</td>
<td>2/33  1/02</td>
</tr>
<tr>
<td>Awareness</td>
<td>3/72  0/87</td>
<td>3/05  1/00</td>
</tr>
</tbody>
</table>

Results of Friedman test for national teams in Fans wrestling

<table>
<thead>
<tr>
<th>Variables</th>
<th>Components</th>
<th>Fans wrestling</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean Rank</td>
<td></td>
</tr>
<tr>
<td><strong>team identity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Evaluation</td>
<td>4/94 1</td>
<td></td>
</tr>
<tr>
<td>Personal Evaluation</td>
<td>2/68 5</td>
<td></td>
</tr>
<tr>
<td>Interconnection</td>
<td>4/85 2</td>
<td></td>
</tr>
<tr>
<td>Sense of interdependence</td>
<td>1/41 6</td>
<td></td>
</tr>
<tr>
<td>Involvement</td>
<td>2/94 4</td>
<td></td>
</tr>
<tr>
<td>Awareness</td>
<td>4/17 3</td>
<td></td>
</tr>
<tr>
<td><strong>National identity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Evaluation</td>
<td>3/46 3</td>
<td></td>
</tr>
<tr>
<td>Personal Evaluation</td>
<td>2/01 5</td>
<td></td>
</tr>
<tr>
<td>Interconnection</td>
<td>5/60 1</td>
<td></td>
</tr>
<tr>
<td>Sense of interdependence</td>
<td>1/93 6</td>
<td></td>
</tr>
<tr>
<td>Involvement</td>
<td>3/42 2</td>
<td></td>
</tr>
<tr>
<td>Awareness</td>
<td>4/58 4</td>
<td></td>
</tr>
</tbody>
</table>

**Keywords:** Team Identity, National Identity, Fans, Wrestling
#36
THE STUDY OF THE RELATION BETWEEN GOAL-ORIENTATION AND SPORT ETHIC IN THE IRANIAN YOUNG ELITE WRESTLERS
Behnam Naghipour Givi1, Bahman Mirzaei2, Majid Javid1, Armin Faal1
1University of Tehran, Tehran, Iran
2Islamic Azad University, Guilan, Iran
Behnam.naghipour@gmail.com

PURPOSE: The main aim of the present study is the analysis of the impact of goal-orientation on the sport ethic of young wrestlers of national teams of Iran. METHODS: This study is functional and in term of methodology is descriptive. Data gathering was based on fieldwork and the scale used was a questionnaire. The sample was all 24 wrestlers from a junior national team (the age of 18-20) that were present at the wrestling house of Tehran. The scale of sport ethic’s questionnaire was the MSOS and the goal-orientation’s questionnaire was TEOSQ. In order to collect data and test the research questions, the questionnaire scale called the multidimensional character Sport (MSOS), which was first proposed in 1994 by Valind and colleagues was used. It uses a five values Likert scale (not at all inconsistent with my behavior, my behavior is consistent with the very low, relatively consistent with my behavior, my behavior is consistent with a very large, it is consistent with my behavior) with 25 closed questions. The questionnaire and its reliability has been established (Cronbach alpha=0.82) obtained by Saye (2007). To analyze the data, Friedman’s K-S test, T test of the correlation of Pierson and confirmative factor analysis were used by using SPSS V.20 and Amos V.20. RESULTS: based on the results of Friedman test, the ranking of the components of sport ethic of young wrestlers respectively are: 1. Loyalty to the sport, 2. Respect to disciplines and authorities, 3. Respect to the social behaviors, 4. Respect to the competitor, 5. the lack of negative approach in direction of sport performance. In addition, the Pierson Test showed that the goal-orientation has a significant impact (α = 0.05) on the levels of sport ethic in the young wrestlers of national team of Iran.
Keywords: Sport ethic, wrestling, goal-orientation, wrestler

#37
SURVEY OF STRENGTH AND CONDITIONING PRACTICES OF MAZANDARAN PROVICE (IRAN) WRESTLING COACHES
Seyed Meisam Sadati1, Bahman Mirzaei, (PhD) 2, Zahra Hojati (PhD) 3
1Research and Science Branch, Islamic Azad University, Guilan, Iran
2University of Guilan
3Islamic Azad University, Rasht Branch, Rasht, Iran

This study describes the results of a survey of the practices of Mazandaran province wrestling coaches (n= 120). Data were collected through a standard questionnaire. This study examines: the coaches background information, physical fitness testing, flexibility development, speed development, plyometrics, aerobic capacity development, strength/power development. Results showed that wrestling coaches in the province of Mazandaran, used strength (85%), speed (80%), flexibility (63%), agility (47%), and aerobic training (75%) in general and specific preparation phases. All coaches measured fitness factors of their athletes. The wrestling coaches (100%) used speed exercises for speed development, plyometric exercises (100%) for muscle power, stretching before and after practice (90%) and static stretching (84%) in their training programs. Most of the coaches (85%) used special exercise weightlifting (the snatch, the clean and jerk) in resistance training, 75% of the wrestling coaches used aerobic training for development of aerobic capacity. The survey serves as a review and a source of applied information for other wrestling coaches.

Keyword: methods of training, physical fitness, wrestling coaches, fitness tests

#38
APPLICATION OF THE SPORT SPECIFIC MOTOR COORDINATION DEVELOPMENT (SPOSPMCD) ON YOUNG WRESTLERS
Ioannis Barbas1, Antonis Kambas1, Athanasios Chatzinikolaou1, Dimitrios Draganidis1, Fotini Venetsanou2, Dimitra Giannakidou1, Ioannis Fatouros3
1Democritus University of Thrace, Department of Physical Education and Sport Science, 2 National & Kapodestrian University of Athens, Greece
imparmpa@phyed.duth.gr

Motor Coordination (MC) is a main factor of early human development (Zimmermann et al. 2002; Kirino & Azumane, 2004) and the training of MC has a positive impact on the development of children’s muscle tissue and neural network (Lyakh & Sadowski, 2006). Most of the known MC intervention studies have been limited to the effects of MC training to rehabilitation (Yokohata, 2002; Caraugh, 2004). On the other hand, the importance of MC for sport performance is well recognized by trainers and researchers. Nevertheless, there is still limited research information on the effect of sport specialized MC training on children’s motor coordination development. The aim of this study is to present a sport specific MC program (SpoSpeMCP) for wrestling (Kambas, Barbas, Venetsanou, 2013) and to check its effectiveness on the MC performance of preschool children. A sample of 40 children between 5-6 years were divided in experimental (EG: n=18) and control group (CG: n=22). Children’s MC was evaluated with a specialized instrument for the assessment of body coordination, the KTK (Kiphard & Schilling, 2006). The MC program followed by the EG was carried out four times/week/60min. and was based at Hirtz’s (1985) concept of coordination variables (space and time orientation, kinesthetical differentiation, response ability, rhythmic ability and static & dynamic balance). Children of the CG followed a typical program for introduction in wrestling. Results showed that
both groups (EG & CG) significantly improved their MC (p<.05) but the improvement on EG was greater (p<.001). Results strengthen the idea of a SpoSpeMCD with training concepts and contents based on Hirtz’s coordination variables. However, there is a need for retesting the idea with a greater sample size in a longitudinal design.

#39
EFFECTS OF TRAINING CAMPS ON LIFE SKILLS ACQUISITION AMONG CADET- AND JUNIOR-AGE JAPANESE INTERNATIONAL WRESTLERS
Sheshito Shimizu1, Kohei Shimamoto2, Takeshi Kukidome3, Takashi Kawano1, Hironobu Tsuchiya4
1Japan Wrestling Federation, 2Graduate School of Education, Hyogo University of Teacher Education
3Sensyu University, 4Osaka University of Health and Sport Sciences

PURPOSE: We examined the effects of training camp participation on the acquisition of life skills (LS) among cadet- and junior-age Japanese international wrestlers. A previous study showed that LS levels have a positive effect on competition performance, as well as the realization of employment goals (Shimizu & Shimamoto, 2012a, 2012b). In order to establish a solid grounding in athletics, these camps conducted not only strength training, morphometrics, and fitness measurements but also classroom education (such as Olympic education), which had previously been ignored.

METHODS: The subjects of the present study were 31 cadet- (15–17) and 18 junior-age (17–20) Japanese international wrestlers. A LS survey was administered before and after a three-day training camp; LS acquisition levels before and after the camp were compared. The survey used was the Appraisal Scale of Required Life Skills for College Student Athletes (Shimamoto et al., 2013), which assesses LS necessary for athletes on the basis of 10 different aspects (setting goals, thinking carefully, communicating, etc.).

RESULTS: Analyses of chronological changes in all skills showed a significant improvement in “thinking carefully,” “appreciating others,” and “always making one’s best efforts” in both age groups. Cadets also showed an improvement in “taking responsibility for one’s own behavior” and “maintaining physical health and well-being,” while juniors also showed improvement in “communicating.”

CONCLUSIONS: These changes were inferred to reflect the acquisition of LS by adapting to the highly competitive environment of international wrestler training camps and in attending classroom education lectures. The results of the present study suggested that training camps that include a classroom education program are important for acquiring LS.

#40
CASE STUDIES OF WEIGHT CYCLING AND MENSTRUATION IN FEMALE JAPANESE WRESTLERS
Shuju Matsunaga1, Sheshito Shimizu1, Katsuji Aizawa2, Mitsuru Satoh3, Takahiro Wada4, Kenichi Yumoto5, Takeshi Kukidome2
1Japan Wrestling Federation, 2Senshu University, 3Kokushikan University, 4Nippon Sport Science University

PURPOSE: Wrestling is a sport that requires highly frequent and high-intensity training in order to achieve victory. In addition, because wrestling is divided by weight class, many wrestlers practice weight control (reduction) in order to compete in an advantageous weight class. Female athletes face the problem of exercise-induced amenorrhea, in which highly frequent and high-intensity training results in abnormalities in menstruation and reproductive and physiological function. However, the relationship between rapid weight reduction throughout the competition season and menstruation in female wrestlers has not yet been demonstrated. Therefore, the present study continuously monitored body weight changes in female Japanese wrestlers throughout the competition season in order to grasp the actual state of their weight reduction and demonstrate its relationship with menstruation.

METHODS: The subjects of the present study were five female wrestlers with high game level who have achieved high rankings in major domestic and international tournaments. The study covered the 2011 season, which is a period of 265 days. We conducted a factual survey on weight reduction and surveys related to body weight, body composition, and menstruation.

RESULTS: Analyses of surveys related to body composition and menstruation showed that, during the season, the subjects went through four to five weight cycles, in which their body weight increased and decreased rapidly before and after matches. The subjects menstruated an average of 11 times per year, with one subject reporting an abnormal menstrual cycle. In addition, the subjects with normal menstruation showed a 5.8% relative reduction in body weight, whereas the subject with abnormal menstruation showed a relative reduction of 11.1%.

CONCLUSIONS: Female Japanese wrestlers were observed to practice weight cycling throughout the competition season. Furthermore, a case study of the subject with an abnormal menstruation cycle suggested that repeated excessive weight reduction may affect the menstrual cycle.
### #41
**SPORT SPECIFIC REHABILITATION OF WRESTLERS FOLLOWING AN ACL INJURY**

Rögler Gábor¹, Molnár Szabolcs Lajos², Berkes István¹, Barna Tibor¹, Farkas Gábor¹, Gál Vera³

¹ Semmelweis University, Budapest, Hungary  
² Saint John's Hospital, Budapest, Hungary  
³ University of Szeged, Szeged, Hungary

szabolcs.molnadr@gmail.com

**PURPOSE:** Wrestling is an acyclic sport, which requires special technical, tactical, conditional and coordination skills. Improper physical conditioning or inadequate concentration can lead to injury. Of the injuries requiring surgical intervention among wrestlers, the ACL tear is extremely important because of its high occurrence rate, consequences and treatment needs. Our aim was to elaborate a rehabilitation program for wrestlers which also can serve as a protocol after proper studies.

**METHODS:** In our study we present a rehabilitation program that facilitates the return of injured wrestlers to competitive sport following an ACL surgery. This program was created based on our own experiences along with existing medical guidelines. Our study also addresses existing gaps in related medical literature of this field. **RESULTS:** We created a program which helps to provide a stable, loadable, asymptomatic joint. This protocol also serves as an injury prevention of getting injured. This program contains the elements of basic endurance sports and also includes wrestling specific exercises which prepares the knee for dangerous movements. **CONCLUSION:** Wrestling is an acyclic sport, which requires special technical, tactical, conditional and coordination skills. The importance of the knee injuries in our sport is showed by the fact, that 65% of these injuries need surgical procedure. On the other hand ACL tear is about 9, 1% of all knee trauma. The basic sports (cycling, swimming, running) are sufficient to improve the general endurance. The so-called “sport specific” exercises are applicable after the end of general rehabilitation, but before return to train.

### #42
**ANXIETY AND PERFECTIONISM IN HIGH SCHOOL WRESTLERS**

Gene Zannetti

Master's Thesis, Springfield College, MA, USA  
wrestlingmindset@gmail.com

Levels of anxiety can influence athletes in performance settings. Cognitive anxiety is the internal response of an individual to increased anxiety characterized by worry, negative self-evaluation, and negative expectations about performance. Cognitive anxiety has been shown to be related to the performance of an athlete. Perfectionism is a tendency characterized by perfectionistic personality traits and cognitive preoccupation with perfectionistic outcomes. Anxiety and perfectionism are positively correlated with one another and are associated with diminished performances. The study was designed to explore the relationship between perfectionism and anxiety, in high school wrestlers (N = 120). The subjects were 120 high school wrestlers participating in a summer wrestling tournament. Anxiety was measured by the CSAI-2R. (from: Cox, R. H., Martens, M. P., & Russell. (2003). Measuring anxiety in athletics: the revised competitive state anxiety inventory-2) Subscales of Anxiety on the CSAI-2R include State Cognitive Anxiety, State Somatic Anxiety, and State Self-Confidence. The Frost Multi-Dimensional Perfectionism Scale (FMPs; Frost, Marten, Lahart, & Rosenblate, 1990) delineates perfectionism into six different subscales in which one can strive for perfection: Personal Standards, Organization, Concern Over Mistakes, Doubts About Actions, Parental Criticism, and Parental Expectations. Wrestlers completed the instruments one hour prior to competition in a tournament. Significant (p < .05) positive linear relationships were found between correlations of State Somatic Anxiety and Concern Over Mistakes (r = .32), Parental Criticism (r = .22), and Doubts About Actions (r = .29). State Cognitive Anxiety was positively related with Concern Over Mistakes, Doubt About Actions, Parental Criticism, Parental Expectations, and Personal Standards. State Self-Confidence was positively related with Personal Standards and Organization. The relationship between State Cognitive Anxiety and Concern Over Mistakes was particularly strong as over 25% of the variance was accounted for exclusively by the two variables.

**Pearson Product-Moment Correlation Coefficients for subscales on Anxiety with the subscales of Perfectionism.**

<table>
<thead>
<tr>
<th>Variables</th>
<th>State Somatic Anxiety</th>
<th>State Cognitive Anxiety</th>
<th>State Self-Confidence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>r</td>
<td>r²</td>
<td>p</td>
</tr>
<tr>
<td>Concern Over Mistakes</td>
<td>.32</td>
<td>.10</td>
<td>&lt; .00</td>
</tr>
<tr>
<td>Personal Standards</td>
<td>.13</td>
<td>.02</td>
<td>&gt; .05</td>
</tr>
<tr>
<td>Parental Expectations</td>
<td>.18</td>
<td>.03</td>
<td>&gt; .05</td>
</tr>
<tr>
<td>Parental Criticism</td>
<td>.22</td>
<td>.05</td>
<td>&lt; .05</td>
</tr>
<tr>
<td>Doubts About Actions</td>
<td>.29</td>
<td>.08</td>
<td>&lt; .05</td>
</tr>
<tr>
<td>Organization</td>
<td>.10</td>
<td>.01</td>
<td>&gt; .05</td>
</tr>
</tbody>
</table>
EFFECT OF CONCURRENT TRAINING ON BLOOD TESTOSTERONE/CORTISOL RATIO AND MUSCULAR FITNESS IN MALE WRESTLERS

Seyed Javad Mirghani¹, Mohammad Ali Azarbayjani², Sajad Arshadi³

¹M.Sc., Aliabad Katoul Branch, Islamic Azad University, Aliabad Katoul, Iran
²Associate Professor, Department Exercise Physiology, Islamic Azad university central Tehran. Tehran, Iran
³Assistant professor, Department of Physical Education, Islamic Azad University South Tehran Branch, Faculty of Physical Education & Exercise, Iran

seyedgavadmirghani@yahoo.com

This study aims to examine the effect of concurrent training on blood testosterone/cortisol ratio and muscular fitness in male wrestlers. 24 wrestlers ranged from 19 to 22 were selected voluntarily, randomly and systematically, and were grouped into endurance training (ET, N=8), strength training (ST, N=8), and concurrent training (CT, N=8). These groups performed their training program three times a week. Data analysis has been done through intra-group variance procedure with repetitive measurements. To compare the degree of development in muscular fitness, the t test has been used to compare pre-test to post-test. Level of significance was considered to be (P>0.05). Density of serum hormone was been measured in three stages and collected at 8 a.m. The findings indicated that testosterone/cortisol ratio decreased by 125.80% in the endurance group (p=0.00), 78.12% in concurrent group (p=0.04). Strength group showed a significant rise in all movements, endurance group showed a significant decrease in bench press, lateral pull down and shoulder. The concurrent group showed a significant increase in all movements except squat (p< 0.05). There was no significant difference in comparison of muscular fitness among these three groups in bench press (p=0.000), lateral pull down (p=0.00), and shoulder (p=0.00). Conclusion: concurrent training can cause a catabolic condition in a rising trend to decrease which has been obtained from performing endurance movements. Likewise, it is one of the factors that can prevent a decrease in muscular strength which has been obtained from endurance training in wrestlers.

Key words: concurrent training, male wrestlers, testosterone/cortisol ratio, muscular fitness.

Figure 1: Testosterone A significant difference between (TT) pre-test and post-test in endurance and concurrent groups (P=0.01).

Figure 2: Cortisol A significant difference between pre-test and post-test in endurance and concurrent groups (P=0.01).

Figure 3: Testosterone to cortisol ratio. Significant difference between pre-test and post-test in endurance and concurrent groups (P=0.01).
#44
DYNAMIC POSTURAL CONTROL OF IRANIAN ANCIENT SPORT “ZORKHANEH WRESTLERS” COMPARED TO GYMNASTS AND GENERAL SPORT TRAINERS
Nader Farahpour¹; Yasin Hoseini²; Farzad Nazem³; Reza Sabounchi⁴
¹Full Professor, Bu Ali Sina University, Iran
²PhD student, Bu Ali Sina University, Iran
³Associate Professor, Bu Ali Sina University, Iran
⁴Assistant professor, Islamic Azad University, Brojerd branch, Iran
naderfarahpour1@gmail.com

Dynamic balance performance is an essential neuromuscular skill in wrestling sport. In attack or in defensive conditions postural perturbation is imposed on the athlete. Therefore, the ability to recover optimum posture has important role in successful technical maneuver. Lack of optimum balance performance may lead the athletes to different injuries and game loses. Zorkhaneh sport with more than 2000 years of history is involved with wrestling techniques. The objective of this study was to compare balance performance of Zorkhaneh wrestlers, gymnasts, common sport trainers and sedentary individuals in a dynamic sudden postural perturbation test.

Methods: Fourteen zorkhaneh wrestlers, 14 common sports trainer, 10 gymnasts, and 14 sedentary individuals with similar age, height and mass (age: 28.2 yrs ±7.9 yrs, height: 176.3 cm±6.2 cm, mass: 77.1 kg± 14.3 kg) were studied. A motion analysis system with 3 Falcon cameras (Fig 1) was used to track the markers’ image during the test. Then the data were processed and the marker’s positions and the joints motions were calculated. In order to identify head, trunk, hip, thigh, leg and foot, two spherical reflective markers were put on each segment. Subject stood on a 4 weal cart in up-right standing posture. Then the cart was accelerated to forward and backward directions using an accelerator mechanism. Using K-means algorithm, the motion pattern were classified. MANOVA technique was used for statistical analysis. Significant level of p≤0.05 was considered for all statistical analysis.

Results: In forward acceleration with eyes open, the dorsiflexion, trunk flexion and head flexion were similar between groups. But, Knee flexion of zorkhaneh wrestlers (17.2°± 8.4°) and gymnasts (15.1°±6.5°) were significantly (p=0.001) smaller than that in general sport athletes (27.4°±9.3°), control subjects (32.7°±14.3°) implying a better balance performance in these groups than the other groups. Also, the number of steps needed to maintain balance after the perturbation, was significantly smaller in gymnasts and zorkhaneh wrestlers compared to other groups. Forward acceleration resulted in a greater perturbation in knee joint than the backward perturbation.

Conclusion: Gymnasts and zorkhaneh wrestlers had a similar balance recovery. Postural control in gymnasts and zorkhane athletes were better than in common sport and control groups. This study suggests that zorkhane sport can perfectly improve the dynamic balance performance in athletes and its balance components may be beneficial for standard wrestlers.

Keywords: Zorkhaneh wrestlers, dynamic balance, perturbation

Fig 1: The camera setup and the subject standing on the cart
WRESTLERS’ PATTERN OF PERCEIVING PROFESSIONAL SKILLS OF THEIR COACHES
Mahmut Açak
nõñü University Physical Education Department, Malatya/Turkey
m.acak@hotmail.com

SUMMARY: Purpose of this research is to determine pattern of wrestlers perceiving professional skills of their coaches, and to identify positive and negative behaviors of coaches. Workgroup of the study consists of 69 voluntary athletes who are between ages 16 and 34 and wrestling regularly in different provinces. Data is collected by having face-to-face interviews. Results of this research reveal that early aged athletes are evaluating their coaches more positively. Statistically significant difference is determined in athletes determining their coaches in technical development, competition and social sub-dimensions according to the variable of sporting age. More negative evaluations are seen as the sporting age increases in the technical and competition dimensions. It is determined that students receiving education in a university evaluates their coaches more negatively. Athletes participating in the study have stated that they are pleased with their coaches in many ways. However, it is determined that there is no long-term written program on subjects of enhancement by special exercises in order to develop the correct technique and that coaches are not qualified enough in analyzing the competitors. RESULT AND DISCUSSION

In this study, opinions of wrestlers about their style of perceiving professional skills of the coaches are examined. With this purpose, scale filled out by the athletes and results of interviews made after filling out the scale are evaluated together. 72.5% of the participants being at age 21 and above gave confidence that the replies given to the questions are given with their own free will without any prejudice, thus the replies are correct. It is determined that 42.1% and 47.8% of the participants are receiving education respectively in high school and university, thus athletes with whom interviews are made are educated. However, it is established that students studying in the university are evaluating their coaches more negatively. Thus, 81% of the athletes interviewed having at least 7 years of sports background is an indication that they have the breadthness of carrying out an evaluation. In the evaluation of coaches by the athletes participating in the study in terms of technical development; no problem is detected on the subjects of displaying the techniques, correction of faults and giving opportunity and time for the formation of a style specific to the athlete. However, coaches are found inefficient in enhancing with specific exercises in order to develop the correct technique and teaching the tactic of the technique. Thomas and Lee (1991) have stated that a relation based on trust should be established between coach and athlete and they should give opportunity to each other for the improvement of their creativeness and their development [12]. United Kingdom Coaching Strategy Association (2002) has defined the coach as informative, assessor, advisor, researcher, instructor, supervisor, organizer, assistive and motivator; and specified some of the skills that he/she should have to fulfill these roles like this: He/she should comprehend learning process and training principles well, be able to detect skills of the young generation, plan training programs satisfying requirements of each athlete, and should lend assistance to athletes to acquire new skills [13]. Also American National Youth Sports Coaches Association (2003) have indicated in their code of conduct that a coach should improve himself/herself continuously having the infrastructure of instruction and evaluating the techniques related with his/her branch [14]. As a result of statistical analysis, it is seen that athletes at a younger age are evaluating their coaches more positively in comparison to other age groups. This situation is detected as athletes at younger ages do not have the required experience to make comparison between coaches. When athletes evaluated their coaches in terms of physique and condition, they declared that such exercises are made when there is short time to matches. They especially stated that there is no long-term written program and no program is applied regularly. Preparing training program is one of the main purposes of sports organizations in some countries. For example, United States National Olympic Committee expresses that a coach should prepare efficient and required training programs [15]. Replies of the athletes to questions related with their evaluations of coaches in terms of preparing for competitions and during competitions had some contradictions within itself. It is observed that athletes have made evaluations on a coarse basis, and they weren’t very considerate. They are stating that simple analyses, such as making shaking up from right side, no beating play from above, are made when evaluating their competitors as long as it is not detailed. They are stating that tactics given during the match are not heard much and they are not comprehensible. Açak and Açak (2001) are expressing that short instructions should be given in a short time during competitions. For example, instructions like “perform the technique quicker” or “raise your head” can be given; instructions other than these confuse the athletes [16]. As a result of statistical analysis revealed it draws attention that coach evaluations are more negative in the technical development and competition dimensions as the sporting age increases. Açak and Açak (2001) states that coach should plan tactic exercises before the competition and should work coordinately with the athletes. First of all athlete should believe and rely on his/her coach. However, this is not so possible today. It is observed that top-level athletes place more importance to the tactic understanding of persons to whom they rely on most. Coaches carrying on duty in national teams have expressed that they are planning tactic exercises in general, however they leave the decision of competition tactic to the athlete [16].

It is determined that the attribute of the wrestlers’ coaches that is the most influential on the athletes is their social aspects. Most of the athletes participating in the study have expressed that they are pleased with social aspects of the coaches who are training them. However, they expressed that none of the coaches celebrated their birthday and few gave presents to their athletes because of their success. In the evaluations of coaches by wrestlers in terms of their social aspects, it is determined that the attribute of coaches of wrestling that is the most influential on the athletes is their social aspects. Big portion of the athletes participating in the study has expressed that they are happy about social aspects of their coaches. However, they expressed that none of the coaches celebrated their birthday and few gave presents to their athletes because of their success. Wampbell and Jones (1994) indicate that awarding the athletes is the most efficient factor among the motivating factors. Coaches should be careful about the punishments and rewards they shall give. They expressed that rewards and punishments given wrongly may influence performances of the athletes in a negative way [17]. It is considered that participant athletes wrestle crudely, they do not go into detail, they are far from certain terms and they perceive wrestling different from socialization or being social. Thus this consideration is seen as the obstacle that prevents them to make detailed evaluations. As a result, it is obvious that coaches do not have professional skills to train athletes who shall be champions in world and Olympic Games and to make long-term athlete training plans. It is important to test professional skills of all wrestling coaches and to correct the imperfections by means of a continuous training. Also authorizing the coaches according to their knowledge and skills is another important subject.

Key Words: Wrestling, Coaching Skills, Coach Athlete Relationship.