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ANTHROPOMETRIC PROFILE MALE JUVENILE JUDOKAS FROM ASSOCIAÇÃO ESPORTIVA E CULTURAL LEÃO DE JUDÁ

Perfil antropométrico judocas jovens masculino da Associação Esportiva e Cultural Leão de Judá

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INTRODUCTION

The Judo is based in the Japanese martial art Jiu-Jitsu and founded with principles that benefit the physical and moral integrity of the practitioners (Martins, 1998). In this modality, the athletes are classified according to their age and categorized according to their body mass. So the athlete has a special emphasis, is required from him lightness of movements and for that, he must be composed by a low body fat percentage and a high lean mass percentage.

Because of it, is common that athletes try to minimize the fat mass and maximize the lean mass in their try to gain vantages in the combat (Thomas, 1989). This aspect seems to explain the high component of mesomorphia observed in Judo athletes (Araújo, Gomes, Novaes, 1978).

According to the World Health Organization, the Body Mass Index has been widely utilized for being a non-invasive method, low-cost and validated and recommended to the diagnosis of the nutritional status of many population groups. In 2007, the World Health Organization proposed a classification criteria of the nutritional status for children and adolescents between 5 to 19 years old, aiming to access and follow the children and adolescents of many countries.

The analysis of body composition through analyzers of bipolar bioimpedance that is a proceeding based in the conduction of an electric current through the superior members that causes no pain, low intensity, applied to the body by means of conductors surfaces, that are put in contact with skin. The impedance, represented by the values of reactance and resistance is low in the lean tissue, where are found mainly intracellular liquids and electrolytes and is high in the adipose tissue, where the electric current takes more time to cover the corporal surface.

Describe the body composition and classify the anthropometric profile of male juvenile judokas.

METHODS

It was evaluated 22 male gender individuals, with mean age in years of 14.22 ± 1,63t. All judokas, as their responsible, was informed of the proceeding adopted and the objective of the study. Therefore, the participants and their responsible read and signed a consent term informing about the proceedings according to what proposes the resolution 466/12.

The collects occurred in two days. For the collect of the data of body composition and body mass index (BMI), was utilized the bipolar

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bioimpedance through Omron® Model HBF-306.

For weighting of the athletes was utilized an anthropometric balance (Welmy, with 100g precision) e to access the height was used an inelastic measuring tape with subdivisions of 1mm in on face and fixed in the wall, with no baseboard.

The anthropometric evaluation of the juvenile was realized by the classification of the body mass index according to the cut points established by the World Health Organization according the index BMI/age for adolescents (OMS, 2007). The data will be presented in descriptive statistic: absolute and relative frequencies.

RESULTS

Table 1 - Anthropometric Profile of the juvenile athletes of Judo.

n=22	Minimum Value	Maximum Value	Mean	SD
Age (years)	11	16	14.22	± 1.63
Weight (kg)	28.1	114.5	58.61	± 14.67
Height (cm)	125	184	163.22	± 20.9

Table 2 - Anthropometric characterization of the male juvenile athletes of Judo.

n=22	Lean Mass (%)	Fat Mass (%)	BMI(kg/m²)
Mean	82.21	17.75	61.5
Minimum Value	61.5	4.4	95.6
Maximum Value	95.6	38.5	82.21
Standard Deviation	9.65	9.68	±9.65

Table 3 - Classification of the Anthropometric profile of the juvenile athletes of Judo.

n=22	Eutrophic	Overweight	Obese
Absolute Frequency	17	3	2
Relative Frequency	77.27%	13.64%	9.09%

The table 1 shows the sample characterization by weight, age and height. Which the age in years was 14.22 ± 1.63, the weight in kilograms was 58.61 ± 14.67 and the height in centimeters was 163.22 ± 20.9.

The results presented in the table 2, with values described in mean show the anthropometric profile of the juvenile judokas, where is seen that the lean mass prevails among them with 82.21%, while the fat mass was 17.75%. In the classification of this anthropometric profile based in the BMI of the athletes there is a prevail for eutrophics that represented 77.27% of all sample, while 13.64% are overweight and 9.09% was classified as obese.

CONCLUSION

From the results found in this study, is concluded that the classification of the anthropometric profile of male juvenile judokas from Associação Esportiva e Cultural Leão de Judá, in this group, there is a prevail for the eutrophic classification and that in the distribution of the body mass, there is a prevail of lean mass in relation to fat mass.

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