

Study the percentage of achievement attained by the mass of weight lifters of both sexes for the common weight categories of world champions

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Abstract

The research aims to identify the difference in the quotient between male and female groups of similar weight groups according to the new amendment in the international weightlifting law for the categories of weight 55 and 81 kg in the percentage of achievement compared to the body mass of both sexes, while identifying some biomechanical variables such as height and deviations in addition to the total time To perform for both sexes, as well as to identify the causes of this difference between the two sexes, the world heroes who were photographed on the top three centers of the two categories 55 and 81 kg have been photographed. The research has come to know the percentages and the difference between males and females in addition to the reasons that lead to this difference were identified and the most important nature Body composition for both sexes anatomically and physiologically. The researcher recommended to continue studying the causes to reach broader scientific ranges.

Keywords: weightlifting, two sexes, Body composition

I. Introduction

1-1 Introduction of the research and its importance

Research continues on all the glimmering information that can be obtained through following the world championships and training for a number of champions in the sport of weightlifting Perhaps this research is one of the studies that are being studied scientifically by the big difference achieved by achievement between males and females, especially since there are similar categories and decorations between males and females. In the course of this study

1-2 Research problem

By informing researchers of most international tournaments, studies and research, they noticed a significant difference in the level of achievement between males and females of us, calling for focus on the same weight

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groups for both sexes and those who are subject to the same conditions and studying the percentage of achievement achieved for them and the most important reasons behind them

1-3 Research objectives

1-Identification of the percentage achieved by the achievement percentage of the body weight of the quadrilaterals for both sexes

2- Identification of some biomechanical variables the heights and deviations of the path of gravity

3- Identification of the most important causes behind the difference between the quadrants for both sexes

Fields

1-4-1 The human field: - world champions for the first three places.

1-4-2 Timeline: - 20-30/9/2019

1-4-3 Spatial domain: - world weightlifting tournament evening and men

II. Theoretical and previous studies

2-1 Theoretical studies

Weightlifting remains the sport of strength and courage throughout the ages as the game dates back to the beginning of human history because the person was practicing it automatically because he was forced to move and raise heavy stones and the Arabs called them lifting stones in order to build the body and test the strength if they call the stone Rabia and I miss the word quarter For stone and then I knew the art of the quarter and became called the quadruple that achieving achievement and breaking records is a phenomenon inherent in weightlifting Here we must distinguish between ‘ and this is what we notice through progressive improvement in achievement obtaining the first position and breaking the numbers that are not achieved the longest studies and planning long periods through which to reveal how to find ways to excel clearly what is obtaining the first position so any player who is superior to his opponent can achieve this. Weightlifting methods and plans trying to rush to the maximum achievement

III. Research methodology and field procedures

The researchers used the method Christ and his angels for the nature of the study so that the researcher chose the infectious method in choosing the world champions who won the first three positions for both sexes

The means, tools and devices used

1- Personal interviews.

2-Observation and analysis.

3-A great weightlifting program.

4- Camera. Calculator

Statistical means

researchers used the statistical bag of social sciences to extract research results

IV. The results are presented and discussed

	Clean rate	Clean jerk	snatg rate	snatgh	country	name	
	%301	166	%232	128	korea	Om yun chi	1
	%265	146	%218	120	kazkstan	Son lgr	2
	%267	147	%214	118	saudia	Alsleem m	3

Table 1 ratio shows the percentage of achievement in relation to body mass for weight 55

	Clean rate	Clean jerk	snatgh rate	snatgh	country	name	
	%255	207	%211	171	ghaina	LYN XIAUJUN	1
	%254	206	%211	171	ghaina	LI DAYIN	2
	%241	196	%201	167	colombia	RODLL SANTIGO	3

Table 2 ratio shows the percentage of achievement in relation to body mass for weight 81

	Clean rate	Clean jerk	snatg rate	snatgh	country	name	
	%234	129	%178	98	ghaina	LIAO Qiuyun	1
	%223	123	%180	99	ghaina	ZHANG Wanqiong	2
	%121	121	%169	93	philipine	DIAZ Hidilyn	3

Table 3 ratio shows the percentage of achievement in relation to body mass for weight 55women

	Clean rate	Clean jerk	snatg rate	snatgh	country	name	
	%175	142	%129	105	colombia	SOLIS YESSENIA	1
	%170	138	%133	108	espine	VALETIN LIDIA	2
	%171	139	%130	106	america	ARTHUR LXVETTE	3

difference	Rate clean women	Rate clean men	difference	Rate snatgh women	Rate snatgh men	name	
%84	%175	%255	%82	%129	%211	1st	1
%84	%170	%254	%78	%133	%211	2nd	2
%74	%171	%241	%76	%130	%206	3rd	3

**Table5 showing the difference between the kidnapping and the fire between men and women for
weight 55**

difference	Rate clean women	Rate clean men	difference	Rate snatgh women	Rate snatgh men	name	
%67	%234	%301	%54	%178	%232	1st	1
%42	%223	%265	%38	%180	%218	2nd	2
%146	%121	%267	%45	%169	%214	3rd	3

**Table6 showing the difference between the kidnapping and the fire between men and women for
weight 55**

	Time	clean	Time	snatgh	country	name	
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	clean		snatgh				
	9.40	166	3.1	128	korea	Om yun chi	1
	12.90	146	3.29	120	kazkstan	Son lgr	2
	9.59	147	5.25	118	saudia	Alsleem m	3

Table 7 shows the total lifting time for 55 men

	Time clean	clean	Time snatgh	snatgh	country	name	
	8.36	207	4.1	171	ghaina	LYN XIAUJUN	1
	12.61	206	3.96	171	ghaina	LI DAYIN	2
	9.50	196	6.04	167	colombia	RODLL SANTIGO	3

Table 8 shows the total lifting time for 81 men

	Time clean	clean	Time snatgh	snatgh	country	name	ت
	11.18	129	5.28	98	ghaina	LIAO Qiuyun	1
	8.25	123	4.14	99	ghaina	ZHANG Wanqiong	2
	11.15	121	4.56	93	philipine	DIAZ Hidilyn	3

Table 9 shows the total lifting time for 55 men

	Time clean	clean	Time snatgh	snatgh	country	name	
	8.48	142	3.44	105	colombia	SOLIS YESSSENIA	1
	10.35	138	4.00	108	espine	VALETIN LIDIA	2

	11.45	139	4.5	106	america	ARTHUR LXVETTE	3
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Table 10 shows the total lifting time for 81 women

81 men	81women	55 men	Women55	H
22.95	20.01	14.53	13.88	Pull1
60.13	58.23	56.12	52.31	Pull2
83.46	78.44	73.76	68.95	Phase fly
28.96	26.28	22.30	21.22	High snatch

Table 10 shows the witgh clean

81 men	81women	55 men	Women55	الانحرافاتD
5.33	3.44	4.23	2.71	Pull1
4.96	4.37	4.75	3.13	Pull2
6.11	4.65	5.73	3.97	Phase fly
5.47	3.86	5.06	1.92	High clean

Table 11 shows the dimnation

81 men	81women	55 men	Women55	high
89.71	84.66	84.75	83.54	Biggest devition of gravity towards the h1) (player
105.88	101.12	104.56	98.86	H2 ارتفاع النقل لقطع خط للجاذبية الارضية
133.12	136.89	133.47	131.19	H3 اعلى ارتفاع للنقل
127.16	124.11	122.32	119.53	H4 ارتفاع النقل في وضع القرفصاء
11.33	8.73	12.95	4.59	H5 مسافة سقوط النقل للتثبيت بالقرفصاء

Table 12 shows the dimnation

81 men	81women	55 men	Women55	divition
6.71	5.13	7.63	4.45	D1 اكبر انحراف باتجاه الرباع
4.42	3.11	3.55	2.35	D2 اكبر انحراف بعيدا عن الرباع
2.15-	2.44-	3.58-	2.33-	D3 انحراف الثقل لاعلى ارتفاع
3.15	3.11-	5.32-	1.4-	D4 انحراف الثقل في مرحلة السقوط

From the tables, we notice that there is a clear superiority of males over females in the weight of 55 kg, a rate of more than 70 percent, while in the weight of 81 kg the proportion was 65 percent. The reason for this is the nature of the man's body and muscular construction, in addition to the big difference between the estrogen hormone in a woman compared to the testosterone in a man who gives preference in many aspects, the most important of which is the muscle strength in addition to the strength of the respiratory system in a man who can burn a carbon ratio of up to 11 workers per hour as well. The males scored less time on the hijacking height. As for the height of the net, the females also recorded a smaller time with a slight difference, and this confirms that the speed and strength are directly proportional to the weightlifting.

If we find the time variable less in addition to the nature of the composition of the woman's body from the width of the pelvis and the tilt of the torso, which gives preference to women towards the speed variable and therefore the time factor in women will be greater and this is a result of the depth of deviation of gravity towards the fourth during the performance of the height of the kidnapping height requires the weight to reach the level of the transition. Any movement of the knees

The motor analysis of the performance of special skills is subject to basic determinants, which are variables that cause movement and give an error rate to determine the difference of measurements and that each movement has special requirements that are subject to the final form of performance. Pascal gravity accelerates to make the body in the appropriate position for the purpose of completing. The trunk of the torso has a profound impact on everything mentioned from the heavy. The second stage perfectly movement path, as this stage is characterized by an increase in the speed that is produced simultaneously from the result of the strength of many important muscle groups in the lift and ultimately reaching the optimal performance.

The variable height means preference in the path of gravity because it provides sufficient distance to take the appropriate position and gives the correct form of the path of gravity and is a guide of the full extension of all corners of the joints of the body, allowing the quadruple to fly and fall more stable and large height represents the strength factor, especially in the kidnapping.

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