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Overview of Literature Related Sports with Special Reference to Weight Lifting Game

Dr. P.L. Karad.
Director of Physical
Education and Sports Vaidyanath college,
Parli (V). Dist. Beed.

Abstract

Weight lifting is most popular game in the world. It is game of lift of the heaviest weight it is main part of Olymplic computations, weight. lifting has a lengthy history, for many Prehistoric tribes the traditional test of manhood was the lifting of a special rock that why a study of literature overview on sports specially weight. Lifting is important. and decided this direction of objectives of research Paper.

Keywords : Weight. Lifting, Sports.

Objectives of research paper.

1) To explain concept and rules of - weight lifting game
2) To overview literature on weight lifting game, and performance.
3) To explain. Physical fitness.

Research methodology

For the purr of this study used social science research methodology to study the res topic used scientifically analysis in this method i used. Secondary data. In this secondary data. used reference books, research articles news papers, Journals, Published and unpublished materials and also taken' Internet facilities use.

The researcher has taken revived on the literature on

Physical fitness related weight lifters performance and weight lifting game. as following

1) Sawant and Masale

Sawant and Masale, explained How can reduces and gained performance of weight lifters. They also studied men and women weightlifters of the national level category (55 men and 35 women) considering anthropometric variables such as height weight skin fold along with other physiological parameters such as heart rate blood pressure cardiovascular efficiency, etc. The study revealed significant changes in the values of various physiological variables. and some conclusion of weight lifting performances.

2) Mcguigan and Kane :

Mcguigan and Kane study present of weight lifters. They analyzed the reliability of elite Olympic weightlifters over a series of international weightlifting meets For this purpose investigators obtained official results of international competitions over an! month period from 1999 until the 2000 Olympic Games at the International Weight lifted Federation website. The measure of reliability was the typical within-athlete variation, derived as the coefficient of variation (CV) by 2-way analysis of variance of log-transformed weights lifted for the snatch, clean and jerk, and total. They also analyzed. total change in weight lifters and coach performances.

3) Collins : Collins explained in study of weight lifters. change of hysical fitness. He investigated plasma volume, metabolic and cardio respiratory response to various intensities of weightlifting To exercise the experiment 15 males of 18-23 years were studied to determine the relation of exercise intensity to plasma volume metabolic and cardio respiratory during weightlifting Percentage of VO2 max and HR was noticed if HR increased, relative metabolic strain increased less rapidly than reported for cycling are running. In short if PV decreases MH and CR variables increase in concern to weightlifting

4) Elwell - Elwell explain excursive and performance of weight lifters. He investigated that specificity of cardiovascular response to free weight resistance exercise in weightlifter and runners. 24 college males including 8 trained runners, 8 trained weightlifters and 8 non trained players were studied to determine if runners and weightlifters display cardiovascular specificity of training.

Grammar to analyzed the heaviest successful snatch and clean and jerk for five Gold medalists in weightlifting at the 1984 Olympic Gone from 16 mm film Gar trajectories all showed that as the barbell was felted from the platform it moved toward the athlete during the first pull, then way from the athlete and finally toward him again as it began to descend during the catch phase. Bar velocity profiles showed that most lifters decelerated the barbell at the end of the first pull while reorienting their body POS un for the second pull Calculated power outputs were large in magnitude and showed considerable similarities for selected phases of the Afts of a given athlete

Conclusions.

1) Technical points can extend muscles. power in weightlifting performances.
2) Weight lifting performances can extend I by perfect training,
3) The benefits of weight lifting exercises - improves muscle power and bone density
4) Strength training, can help increase metabolism by speeding up resting metallic rate:

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