

## **A Study of Some Selected Anthropometric and Physical Fitness Variables of Junior Free Style Wrestlers**

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**Abstract :** Aim: The aim of the study was to investigate the relationship between selected Anthropometric and physical fitness variables of Junior Free Style Wrestlers. Method: one hundred fifty (N = 150) male Junior Free Style Wrestlers were selected as subjects, and they were categorized into five groups according to their weight categories; each group was comprised of 30 wrestlers. Body Mass Index can be considered according to the World Health Organization. Body fat percentage was assessed by using Durnin and Womersley equation, and Bodyweight was checked with a weighing machine. Cardiovascular endurance was checked by the Havard Step test of junior freestyle wrestlers. Results: A statistically positive significant correlation was found between Body Weight and Body Mass Index, skinfold thickness, and Percentage Body Fat. Fitness index was observed as negatively significant relationship related with Body Weight, Percent Body Fat, and Body Mass Index. Conclusion: It is concluded that freestyle wrestling is a weight classified sport and physical fitness is the most important factor in freestyle wrestling; therefore, the correlation of the fitness index of the wrestlers with body composition is important. The results of the present study also demonstrated the effect of Age, Body Height, Body Weight, Body Mass Index, and percentage body fat of the aerobic fitness of junior freestyle wrestlers.

**Keywords :** aerobic fitness, anthropometry, fat percentage, free style wrestling, skinfold, strength

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