The physiological, anthropometric and fitness profile description in Iran men's national sitting volleyball team

Abstract

The aim of the present study was to characterize the physiological, anthropometric and fitness profile of Iran men's national sitting volleyball team. 14 invited players to national team's preparations camp for the Asian Games in Incheon Korea, with a mean age of 29.7 years, mean height 184.24 cm and weight 76.5 kg, were selected as statistic samples. The fitness (speed, strength, power and agility), physiological (heart rate and maximal oxygen peak) and anthropometric (height, sitting, arm's length, flexibility and body fat percentage) were measured. Descriptive statistics were used to describe the measured parameters.

The mean and standard deviation of aerobic fitness (6 minutes per m) 43.28 ± 21.7, Maximum heart rate of 190.71 ± 4.95, sitting height 97.78 ± 4.85 cm, the length of the fingers of your hands until the end of the Acromion process 86.81 ± 3.3 cm, forearm and hand length to the tip of the middle finger of the Olecranon process 48 ± 2.24 cm, arm's length from Olecranon process to Acromion process 9 34.36 ± 3.94 cm, the length of the wrist to the tip of the middle finger fold lower 21.57 ± 3.2 cm, fat percentage 17.66 ± 6.8, BMI 24.9 ± 3.96 kg per square meter, flexible 48.9 ± 5.47 cm, endurance (long session-number) 52.07 ± 7.06 -speed 3.95 ± 0.34 seconds, the (cap round-trip number) 11.64 ± 2.2, agility 14.73 ± 1.77 seconds observed ,respectively. The data presented in this study could be a model for the selection of talent and good players, determining strengths and weaknesses to assess athletes and planning to optimize the design of the optimal training, characteristics of the physiological

anthropometric explanation for fitness improve athletic performance and enhance the status of the national team is global levels.

Key words: **description**, **physiological profile, anthropometric profile, fitness profile, sitting volleyball**