

WEIGHT-HEIGHT RELATIONS AS AN IMPORTANT FACTOR OF SUCCESS IN RACE WALKING

Abstract

Race walking is a sports discipline requiring from the athlete, a race walker, a possession of certain anthropometric characteristics which apart from optimally administered training sessions exert some influence on the achievement of the top results in this sport. Serbia has a relatively small number of athletes who go in for and compete in race walking, a sport supposed to animate and appeal a great number of competitors because it is meant not only to have a competitive part but also a recreational one as well. The aim of this research is to present some weight – height relations of the race walkers who had achieved top results at the world championships. These results would prove useful for the coaches and sports experts in their selection of the children for race walking. The research encompassed 55 elite race walkers. The obtained results point to the fact that the average body height is 176, 51 +- 5, 52 cm, and body mass is 64, 85 +- 5, 02 kg. According to the average values of the body mass index (20, 80 +- 1, 07 kg/m²) race walkers belong to the group of lower limit values of the normally nutrition persons. These athletes have on average smaller body mass for 5 kg compared to the ideal body mass calculated by the Lorenz formula.

Key words: *race walking, weight, height, body mass*
