

Abstract

Title:

Weight reduction of greco-roman wrestlers before championships

Objectives:

The main aim of this thesis is to summarize and compare methods of body weight reduction that are most commonly used by greco-roman wrestlers before championships. It will also analyze how these methods of weight reduction affect performance of the athletes.

Method:

To gather the information about the usage of particular methods of weight reduction this thesis uses a questionnaire survey. The questionnaire was filled by 20 wrestlers of different weight categories in greco-roman wrestling. All of them are professional athletes at the age of 20-35.

Results:

The results of the research show that reduction of weight of the professional wrestlers is strongly influenced by their individual personality. It is apparent especially in different approaches to weight reduction chosen by single wrestlers. The questionnaire implies that the most commonly used methods of weight reduction before championships are: wearing more layers of clothes in order to increase sweating, diet adjustments and reduction, and usage of pharmacological or nutritional supports.

Keywords:

Body-weight reduction, greco-roman wrestling, weight category