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ANALYSIS OF THE STUDY OF MODEL FEATURES OF HEIGHT AND WEIGHT INDICATORS OF HIGHLY QUALIFIED GIRLS IN THE SELECTION AND GUIDANCE OF GIRLS IN WOMEN'S WRESTLING

A. Yakupbaev

Doctor of Pedagogical Sciences (Phd) Professor

Department of "Theory and Methodology of Martial Arts"

Uzbek State University of Physical Culture and Sports Nukus Branch

e-mail: yakupbaevalisher8@gmail.com

Abstract

This article presents an analysis of the study of model characteristics of weight and height indicators of highly qualified female freestyle wrestlers in the process of selecting young female freestyle wrestlers and their correct orientation towards sports specialization. The main goal of the research is to analyze the anthropometric indicators of female freestyle wrestlers who have achieved high sports results, as well as to scientifically substantiate the process of selection and orientation of young athletes based on these indicators. During the study, specific model indicators characteristic of height, body weight, and weight categories of highly qualified female freestyle wrestlers were determined, and their interrelationships were analyzed. Also, based on the results obtained, practical recommendations were developed that serve the correct selection of young female wrestlers at the initial stage of training, the determination of a weight category corresponding to their morphological characteristics, and the improvement of sports results. The research results will contribute to the improvement of the process of selection, qualification, and orientation of young female freestyle wrestlers towards sports specialization.



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Keywords: Women's wrestling, sports qualification, weight category, height indicators, model characteristics, anthropometric indicators, sports specialization.

Introduction

In the world, large-scale scientific research is being conducted on the study of such features as the contribution of women's wrestling to the physical development of women, the full expression of sports ethics, the proof and further development of its effectiveness, and the scientific substantiation of the system of training girls in women's wrestling. In particular, when selecting girls for all types of sports, a selection system has been created based on the development of functional and physical training, technical-tactical actions, and physical qualities. Nevertheless, there is a need to conduct scientific and practical research aimed at studying and teaching women's wrestling, popularizing it on a global scale, selecting and orienting young athletes in this sport, methods for assessing physical performance, and forecasting the period of achieving high results in sports.

The main reforms in the field of physical culture and sports in our republic are aimed at popularizing this sphere - ensuring the constant engagement of the population in sports. In this regard, this direction of state policy is aimed at solving such tasks as "Scientific study and monitoring of the physical development and training, functional state, technical-tactical and psychological training of members of the national teams of Uzbekistan in sports and student-athletes of sports and educational institutions." Today, the process of selecting girls in women's wrestling, such as assessing the state of general and special physical fitness based on age and weight-height indicators, has not been fully covered by scientific research. The lack of mechanisms for the selection and orientation of girls in wrestling requires the development and implementation of comprehensive tests to identify gifted girls in wrestling. Based on the above information, it is considered relevant to conduct scientific research on involving children in regular sports, determining their inclination to wrestling, and selecting talented girls.



Purpose of the study:

Development of proposals and recommendations for improving the methodology of selection and orientation of female wrestlers at various stages of long-term training.

Research methods:

Scientific analysis of scientific and methodological literature, pedagogical experience, questionnaires, pedagogical observations, pedagogical tests, instrumental methods ("Vmen rap," "Spirometr spiro usb," "Special hanging doll wrestler") and mathematical statistical formulas and methods were used.

Results of the experiment and its discussion:

When determining the model characteristics of highly qualified female freestyle wrestlers, we determined the growth indicators of their height at different age periods. When selecting girls for women's wrestling, a computer program for predicting height was created using a table that predicts height growth in percentages depending on age, developed by V.B. Schwartz and S.V. Khrushchev. When determining the model characteristics of highly qualified female freestyle wrestlers, the lightest weight category was 57 kg, the average height of 16 highly qualified female freestyle wrestlers was 160 ± 5.3 cm, using the above methodology, it was determined that the height of 17 years old was 158.8 ± 5.9 cm, the height of 15-16 years old freestyle wrestlers in this weight category was 156.8 ± 6.4 cm, the height of 14 years old highly qualified freestyle wrestlers in this weight category was 153.2 ± 4.7 cm, when observing another age period, i.e., at the age of 13, the height was 141.2 ± 2.9 cm, the average height of freestyle wrestlers in this weight category at the age of 12 was 135.1 ± 1.7 cm, and at the age of 11, the height indicators were 129.9 ± 2.4 cm, at the age of 10, the height increased by 125.5 ± 3.3 cm. The weight-height index of this freestyle wrestler was 21.1 (see Table 1).

The next weight category was the middle lightweight category 61 (kg), and when studying 19 highly qualified female freestyle wrestlers in this weight category, it was found that their total height was as follows. In particular, the overall



average height was 165 ± 2.9 cm, at the age of 17 years the height was 163.8 ± 3.6 cm, and at the age of 15-16 years the height of highly qualified female freestyle wrestlers in this weight was 161.7 ± 4.5 cm, at the age of 14 years the height was 158.1 ± 5.1 cm, at the age of 13 years the height of freestyle wrestlers in this category was 145.6 ± 5.8 cm, at the age of 12 years the height was 139.3 ± 3.6 cm, at the age of 11 years the height was 134 ± 3.1 cm, and at the age of 10 years the height was 129.5 ± 4.2 cm. The weight-height index of this wrestler was 23.1. Another lightweight weight category is 65 kg, the weight of which is the height of 26 highly qualified freestyle wrestlers was studied and analyzed. according to the results of the study, the total average height was 170 ± 3.5 cm, and at the age of 17, the height increased by 168.8 ± 4.1 cm

Table 1 Model characteristics of weight and height indicators of highly qualified female freestyle wrestlers (n=128).

№	Weight category	18 young	17 young	16-15 young	14 young	13 young	12 young	11 young	10 young
1	50 kg	155±5	153±5	151±6	148±5	137±3	131±2	126±2	122±3
2	53 kg	157±5	155±5	153±6	150±5	139±3	133±2	128±2	124±3
3	55 kg	159±5	157±5	155±6	152±5	140±3	134±2	129±2	125±3
4	57 kg	161±5	159±6	157±6	154±5	142±3	136±2	131±2	127±3
5	59 kg	163±5	161±6	159±6	156±5	144±3	138±2	133±2	129±3
6	62 kg	166±4	164±5	162±5	159±5	147±3	141±3	136±3	132±3
7	65 kg	169±4	167±5	165±5	162±5	150±3	144±3	139±3	134±3
8	68 kg	171±4	169±5	167±5	164±5	152±3	146±3	141±3	136±3
9	72 kg	174±4	172±5	170±5	167±5	154±3	148±3	143±3	138±3
10	76 kg	176±4	174±5	172±5	169±5	156±3	150±3	145±3	140±3

It was established that the height of highly qualified female freestyle wrestlers in this weight category at the age of 15-16 years was 166.6 ± 5.2 cm. It was established that at 14 years of age, the height of female freestyle wrestlers in this weight category increased by 162.8 ± 4.3 cm, at 13 years of age, the height of



highly qualified female freestyle wrestlers in this weight category increased by 150.1 ± 2.4 cm, at 12 years of age, the height was 143.6 ± 4.5 cm, at 11 years of age, the height was 138 ± 2.2 cm, and at 10 years of age, the height was 133.4 ± 3.8 cm. The weight-height index of this wrestler was 21.2. The next welterweight category is 70 kg. The total height of 21 highly qualified female freestyle wrestlers in this weight category was studied and analyzed. The height of highly qualified female freestyle wrestlers in this weight category was 172 ± 4.6 cm, and at the age of 17, the total height of highly qualified female freestyle wrestlers reached 170.7 ± 5.2 cm. At 15-16 years of age, height was 168.6 ± 6.1 cm. At the age of 14, the height of highly qualified female freestyle wrestlers was 164.9 ± 7.2 cm. At the age of 13, the height indicators of highly qualified female freestyle wrestlers in this weight category were 151.8 ± 2.7 cm. At the age of 12 years, height was 145.2 ± 5.1 cm, and at the age of 11 years, height increased by 139.6 ± 4.3 cm. By the age of 10, height increased by 135 ± 2.9 cm. The weight-height index of these girls was 26.7 (see Figure 2.).

In addition, the average weight category is 74 kg, and the height of highly qualified freestyle wrestlers in this weight category was studied and analyzed. Their total average height was 174 ± 5.5 cm, and at 17 years of age their height increased by 172.7 ± 4.8 cm, and in this weight category of highly qualified female freestyle wrestlers at 15-16 years of age it was 170.5 ± 4.4 cm, and at 14 years of age it was 166.6 ± 4.9 cm, and at 13 years of age their height increased by 153.6 ± 2.5 cm. By the age of 12, height was 149.9 ± 2.3 cm, by the age of 11, height was 141.3 ± 3.2 cm, by the age of 10, height increased by 136.5 ± 2.1 cm. The weight-height index of this wrestler was 24.5. In addition, another weight category is the heavyweight category - 97 kg, and the height of 11 highly qualified female freestyle wrestlers in this weight category was studied and analyzed (see Figure 3).

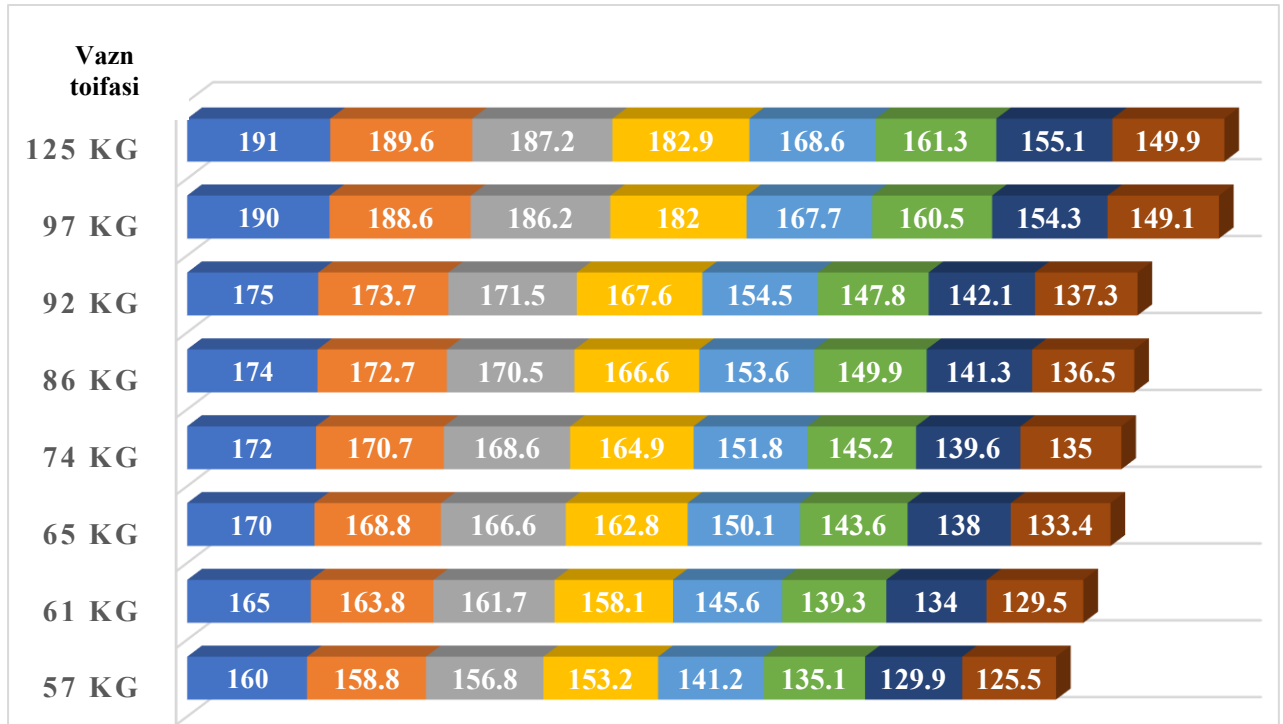


Figure 2. Model characteristics of weight and height indicators of highly qualified female freestyle wrestlers



Figure 3. Analysis of the study of model characteristics by body measurements of highly qualified female freestyle wrestlers



The next light heavyweight category is 86 kg. The height of 14 highly qualified female freestyle wrestlers in this weight category was studied and analyzed, their total average height was reflected as follows. In particular, the height was 175 ± 3.3 cm, at the age of 17 years, the height of highly qualified freestyle wrestlers in this age category was 173.7 ± 4.5 cm, at the age of 15-16 years, the height of highly qualified freestyle wrestlers in this weight category was 171.5 ± 2.8 cm. At 14 years of age, the height of female freestyle wrestlers in this weight category was 167.6 ± 4.1 cm, and at 13 years of age, their height increased by 154.5 ± 5.7 cm, at 12 years of age, the height increased by 147.8 ± 3.4 cm, at 11 years of age, the height was 142.1 ± 4.4 cm, at 10 years of age, the height increased by 137.3 ± 3.7 cm. The weight-height index of these wrestlers was 26.7. The average indicator of their total height was 190 ± 4.4 cm, and at the age of 17, height increased by 188.6 ± 6.3 cm. At 15-16 years of age, height was 186.2 ± 5.1 cm, and at 14 years of age, height was 182 ± 2.8 cm, and at 13 years of age, height was 167.7 ± 3.4 cm. At the age of 12 years, the height of highly qualified female freestyle wrestlers in this weight category was 160.5 ± 5.5 cm, and at the age of 11 years, their height was 154.3 ± 2.8 cm, and at the age of 10 years, their height increased by 149.1 ± 4.6 cm. The weight-height index of these wrestlers was 24.5. In another weight category, the heaviest weight is 125 kg, the height of 9 highly qualified female freestyle wrestlers in this weight category was studied and analyzed, their total average height was 191 ± 5.6 cm, and at 17 years of age, the height increased by 189.6 ± 4.9 cm, and at 15-16 years of age, the height of female freestyle wrestlers in this weight category increased by 187.2 ± 4.5 cm, at 14 years of age, the height was 182.9 ± 3.5 cm, and at 13 years of age, their height was 168.6 ± 2.6 cm. At the age of 12 years, the height was 161.3 ± 2.2 cm, at the age of 11 years, the height indicators of highly qualified female freestyle wrestlers in this weight category increased by 155.1 ± 3.2 cm, at the age of 10 years, their height increased by 149.9 ± 2.7 cm. The weight-height index of these wrestlers was 32.9.



Conclusion

It has been established that the study of weight and height indicators of highly qualified female wrestlers in the process of selection and orientation of young female freestyle wrestlers to sports specialization has important scientific and practical significance. The results of the study showed that in wrestlers who have achieved high results, weight and height indicators have certain model characteristics, which are directly related to the weight category and technical-tactical capabilities of the athlete. Also, by analyzing the anthropometric indicators of highly qualified female wrestlers, the optimal height-weight ratios for each weight category were determined, and the possibility of using them as a criterion in the process of selecting young female wrestlers was substantiated. This serves to orient girls to the correct weight category, taking into account their individual morphological characteristics, and to increase sports performance. The model indicators developed on the basis of the research are important for the effective selection of young female freestyle wrestlers at the initial stage of training, the correct assessment of their physical development, and forecasting the possibilities of achieving high sports results in the future.

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