



ANTHROPOMETRIC CHARACTERISTICS OF LOWER EXTREMITIES OF ELITE INDIAN FEMALE BOXERS IN RELATION TO DIFFERENT WEIGHT CATEGORIES

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ABSTRACT

Boxing is an intermittent sport characterized by short duration, high intensity bursts of activity. It requires significant anaerobic fitness, and operates within a well-developed aerobic system. Boxing is estimated to be 70-80% anaerobic and 20-30% aerobic. Boxing's work and rest ratio is approximately 3:1. The rule of the amateur boxing has been changed from 3 × 3 round to 2 × 5 round in 1990 world championship competition, and then 4 x 2 rounds with one minute of rest pause in between each bout. The nature of boxing requires athletes to sustain power at a high percentage of maximal oxygen uptakes (VO₂max) (often above lactate threshold, producing high levels of blood lactate leading to premature fatigue). The primary aim of conditioning for boxing is to delay the onset of fatigue by increasing tolerance of lactic acid build-up, increasing the ATP and CP, to improve efficiency of oxygen use, and to improve recovery between intense bursts of activity.

Keywords: Weight Categories, Anthropometric Characteristics of lower Extremities