CHARACTERISTICS OF BARBELL TRAJECTORY IN SNATCH, FULFILLED BY ELITE FEMALE
WEIGHT-LIFTERS
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Abstract. Purpose: to determine trajectories of elite female weight-lifters’ movements. Material: 137 elite
sportswomen were tested. Analysis of sportswomen’s bio-kinematic actions was fulfilled with the help of Weight
lifting analyzer 3.0 apparatus, Germany. Results: we found correlation of barbell snatch trajectory in respect to
different weight categories of sportswomen. General characteristics of barbell trajectory are equal both for men and
women. We determined indicators of barbell grip deviation from vertical axis. Optimal barbell trajectory depends on
relative length values of body segments and other important factors. Conclusions: it was proved that execution of 2nd
type trajectory of barbell horizontal movement is the most wide spread and effective. Such type of trajectory is the
most often for high sport results off light weight categories (48-58 kg).
Key words: anthropometric, horizontal, barbell movement, trajectory types.

Introduction
The problem of sport movements’ training and correction is a central one in theory and practice of sports
спорту [4, 10]. Sport movements’ training and correction are the most effective if they are realized on the base of
modern ideas about weight-lifting exercises’ fulfillment [6, 8, 9, and 11]. One of such ideas is trajectory of barbell movement [1, 22]. As on the present moment the way of technical
characteristics obtaining, their information potential and objectiveness permit to detect mistakes rather quickly., Such
mistakes can be effectively corrected at different stages of sportsmen’s training. Reference models were received
already in 70-s of 20th century [3]. Such models represent three types of barbell movement trajectory with three kinds
of each. They reflect characteristics of snatch and lifting barbell on chest (see fig.1). Since that time, scientists from
different countries only have been proving their correctness [13, 17]. Alongside with it searching of more effective
trajectories (the most wide spread among weight-lifters) is remaining the permanent subject of their discussions. In
some works trajectory (А) [16] is offered; in other – trajectory of B type [14, 25].

Fig.1. Types of barbell trajectories in snatch.

In his turn Hiskia G. [18] came to conclusion that type C is the most wide-spread. Other scientists [24] also
came to conclusion and recommended model C as the best trajectory.

It should be noted that till now scientists have not had commonly accepted opinion about usage of these
trajectories. Their conclusions were received from studies, which involved little quantity of sportsmen or sportswomen
far from being elite.

Hypothesis: it is assumed that analysis of great number of elite sportswomen will permit to more precisely
show one of technical fitness sides (barbell horizontal movement in snatch). It may result in reviewing theoretical and
practical principles of sportswomen’s technical training.

The purpose of the work is to determine trajectories of elite female weight-lifters’ movements.
Material and methods

Participants: in the research we used the data of 137 the strongest in the world sportswomen of the following weight categories: 48kg (n=13), 53kg (n=12), 58kg (n=23), 63kg (n=23), 69kg (n=28), 75kg (n=16), +75kg (n=22).

Organization of the research: analysis of sportswomen’s bio-kinematic motor actions was fulfilled with the help of modern apparatus complex, which works on principle of video-grams’ automatic processing (Weight-lifting analyzer 3.0, Germany). Collection of these data was carried out at competitions of different levels (Championship of Europe, Budapest; Championship of Europe, Minsk; World Championship, Istanbul; World Championship, Wroclaw). In total we analyzed 238 successful snatches.

Statistical analysis was fulfilled with the help of Microsoft Excel 2010 programs.

Results of the researches

The received in our researches data permit to prove the fact that most of sportswomen practice second type (B) of barbell trajectory (see fig.2).

![Diagram](image.png)

**Fig.2.** Types of barbell trajectories, used by elite sportswomen for snatch fulfillment: TR - type of barbell trajectory.

Evident prevalence of second type (B) application (44.53%), comparing with type A (24.82%) and type C (30.66%) was determined (see fig.3). As we can see in figure 3 sportswomen of 48 kg category mainly use trajectory B (69.23%). C-type takes only 23.08% and A-type – 7.69%.

The same situation was observed in 53 kg category. The tendency of B-type prevalence in snatch (B, 58.33%) is remaining. Type C takes second place (25%) and type A – third (16.67%).

These data change a little in categories 58 and 63 kg. In these categories sportswomen lift barbell the most often by second type (B): 52.27% and 43.48% respectively. The second place is taken by trajectory A with percentage of 30.43% in both categories.
Fig. 2. Barbell trajectory in snatch, fulfilled by different weight categories’ sportswomen: G – weight category; N – quantity of sportswomen;
- type A; - type B; - type C

The third position by frequency of fulfillment is engaged by trajectory C: weight category (17.39%); weight category 63 kg (26.09%). In weight category 69 kg second type (B, 35.71%) prevails. It is by 3.57% more than trajectories A and C. Diagram of trajectories types’ usage on 75 kg categories are similar to diagrams in categories 48 kg and 53 kg: trajectory (B) (50%), trajectory (A) (18.75%) and trajectory (C) (31.25%).

Data analysis in category above 75 kg showed that sportswomen, mainly, apply third type (C) in snatch. I.e. from 22, 12 sportswomen lift barbell by third type of trajectory – C (54.55%).

Discussion
Analysis of successful attempts in snatch showed that mainly sportswomen apply type B for lifting barbell. It coincides with the data of other authors [3]. General characteristics of barbell trajectories are equal for men and women. It coincides with the data of other researches [15, 17, and 21].

The works of American scientists showed inconsistency in barbell snatch trajectories in weight category 69 kg. More over less that half of sportswomen lifted barbell by trajectory A. It was proved in our previous works [19].

In the whole, in fig. 2 we can notice certain tendency of movement trajectories’ usage. The highest percentage of fulfillment of B type is observed in 48 kg weight category. This percentage gradually reduces with weight categories’ increasing. Percentage of trajectories A and C fulfillment grows with weight categories’ increasing. From this diagram we can see that in 69 kg category balance between trajectories types’ fulfillment exists. With further growth of weight categories correlation again changes. Many scientists try to explain this phenomenon by influence of body anthropometric sizes [2, 12, and 23]. For example, Garhammer J. [16] found that optimal trajectory depends on relative lengths of body segments and other important factors. Specialists in other kinds of sports support the opinion that technique of exercises’ fulfillment is influenced by constitutional and typological features of sportsmen’s bodies [5, 7]. Though, the role of anthropometric factors in determination of optimal barbell trajectory has not been cleared up yet [19].

It is necessary to pay attention to indicator of barbell deviation from vertical axis. By the data of authors [20] ineffective barbell lifting results in great energy losses. It is reflected in barbell excessive horizontal movements. In our opinion this characteristic has not been studied sufficiently. It opens prospects of further researches with paying attention to main three types of barbell trajectories.

Conclusions
We proved that usage of second type barbell horizontal movement (B) by sportswomen is the most widespread and effective for achievement high sport results.

Sportswomen of light weight categories (48-58 kg) use type B the most often.
It was determined that many sportswomen of the heaviest weight category (+75kg) use C type of barbell trajectory.

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Conflict of interests

The authors declare that there is no conflict of interests.

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