

Gender aspects of confounding factors in the preparation of powerlifters

Ljdokova G., Ismailova N., Panfilov A., Farhatovich K.
Kazan Federal University, 420008, Kremlevskaya 18, Kazan, Russia

Abstract

Powerlifters' sporting activities involve a variety of circumstances preventing them from optimal physical performance. The study of confounding factors, taking into account gender-based approach, allows determining the highest priority position of these barriers for both sexes. In the course of our study we surveyed 160 athletes - powerlifters (80 men and 80 women) from Russia at the age of 16 to 49 possessing various sports skills. This paper analyzes the first three factors that are most significant for men and women in the course of training and competitive activities. The results of the study do not reveal fundamental difference in defining significant confounding factors by male and female powerlifters.

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Keywords

Confounding factor, Gender, Powerlifting, Training and competitive activity