

Confounding factors in sport activities of powerlifters

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Abstract

Sporting activities are characterized by high physical and psycho-emotional stress. Modern trends in powerlifting are aimed at improving the technical and psychological training, improving physical form improving competition rules. The results of our research work describe the factors that cause of disorganization of powerlifters. 160 athletes going in for in powerlifting take part in the questionnaire to solve the problem. The sample included 80 women and 80 men, aged 16 to 49 years. Results of the study will determine the search for optimal solutions of the confounding factors in powerlifting athletes that in the future will make it possible to increase a sports result of the athletic.

Keywords

Adaptation, Confounding factors, Powerlifting, Stress factors, Training and competitive activity