



# **Análisis Biomecánico del Enviñón Olímpico en deportistas principiantes y seleccionados en la Provincia de Pichincha [**

2022

text (article)

Analítica

Weightlifting is a sport with high physical impact, considered an Olympic sport since 1896, it requires a series of techniques and previous knowledge, as well as continuous training and improvement in favor of the scope established by each athlete and above all as a method of selfcare. , since the technique plays an important role in avoiding injuries and irreversible consequences. In this sport, apart from requiring a meticulous technique, considerable strength is required. The objective of this research is; Observe the technical gesture of the Olympic Clean and Jerk in beginner athletes and selected cantonal athletes through the Kinovea program, to determine the correct execution of the exercise. Method: It is a descriptive-inferential research, as well as experimental, because through the biomechanical analysis and the data collected, it is sought to observe if there is a difference between the techniques of the group of amateur athletes with the group of athletes who train at a higher level. of high performance, these results are achieved through the ANOVA technique, which allows us to observe the difference in variance of means and determine if there are any significant differences between the groups. The variables used are squat angle, split angle on the ground, angle of the vertical axis of the bar and the center of gravity, speed of the trajectory of the bar in the jerk drive, time of the first phase of the jerk and center of gravity. Results: It was determined that there are three main aspects that are the differentiators, the first is the underground squat, meaning that the technique of high-performance athletes is based on a deep squat which clearly provides the necessary momentum and strength from of the center of gravity, added to it the stability that it gives it. The second factor is speed, where although this group does not have an average higher than that of amateur athletes, for them then the technique lies in the initial impulse and the ability to

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