

compare physiological and psychological profiles in young males and females taekwondo

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The aim of this study was to review and compare physiological and psychological profiles of young men and women taekwondo. The population of this study was taekwondo athletes aged 17 to 23 years. Between 80 athletes, 40 volunteers participated in this study. Between these 40 athletes 20 were men with an average age of $20/95 \pm 1/79$ and their BMI range $23/42 \pm 0/55$ kg/m² and 20 women with an average age of $19/95 \pm 1/95$ and their BMI range was $19/58 \pm 0/39$ kg/m². Index of this study including: physiological profile, muscular endurance, muscular strength, muscular power, speed, agility, flexibility, aerobic power and anaerobic power, the profile of mental states has been taken through a questionnaire SASI Psych. The t-test analyze result had shown that the index of muscular strength, explosive power, aerobic capacity and confidence component, visualization, control psychological states and mental preparation there was a significant difference between the groups of men and women.(P0/05) Conclusion: According to the results of this study it was shown that in taekwondo fitness indicators with higher capacity for the benefit of men, although women also had a favorable level. The components of psychological readiness of women score higher in terms of mental preparation.

Keywords : taekwondo- physiological and psychological profiles- young men and women.

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