

Relationship between Judo Skills Acquisition Ability and Body Composition of Individuals at Different Growth and Development Stages

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ABSTRACT Body composition, claimed to be predictive of sports performance ability and stage of growth and development, was assessed. Body composition of fifty untrained youths comprising of five boys and five girls purposively selected from five different stages of growth and development groups was assessed. The participants were trained in judo for three months and assessed for judo skills acquisition abilities by number of basic judo skills successfully executed and performance at the Nigeria National Open Senior and Junior Judo Championship of January 7th – 10th, 2008. Data obtained were analysed with the descriptive and inferential statistics of mean, standard deviation and Pearson correlation coefficient at 0.05 level of significance. Body composition was found to vary significantly with stage of growth and development, and judo skills acquisition ability. Body composition may therefore not be useful for predicting judo excellence especially among beginners.