

Examination of Some Physical, Hematological Parameters and Iron Status of Greco-Roman Wrestlers in the Age Category of Cadets by Weight Classes

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ABSTRACT This research is conducted to examine physical, hematological parameters, and iron status of Greco-Roman wrestlers. A total of 55 healthy Greco-Roman wrestlers in the age category of Cadets including 18 lightweight, 20 middleweight and 17 heavyweight wrestlers participated in the study, voluntarily. Physical fitness, hematological parameters and iron status were measured. Kruskal-Wallis Test, a non-parametric test, was used for the comparison of three independent groups. Tukey HSD test was used to determine the source of difference. Some significant differences were found in values of the handgrip strength test, VO_2 max.test and body fat percentage according to the results of this study. Some significant differences were found in hematological parameters and neutrophils, lymphocytes, monocytes, mean corpuscular volume, platelet distribution width, iron and ferritin which all are iron status values. The source of differences in physical, hematological parameters and iron status are formed of values of lightweight Greco-Roman wrestlers. Physical structure differences may have the effects of trainings differentiated by weight classes.