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## EVALUATION OF THE INFLUENCE OF PHYSICAL FITNESS OF YOUNG ATHLETES UNDER THE INFLUENCE OF SPECIFIC TRAINING LOADS

Khoren Tonoyan<sup>1\*</sup>, Lyubov Tarasova<sup>2</sup>, Alexander Korzhenevskiy<sup>3</sup>,  
Sergey Gasanbekov<sup>4</sup>, Stepan Popov<sup>5</sup>

<sup>1\*</sup>*K.G. Razumovsky Moscow State University of Technologies and Management  
(First Cossack University), Russian Federation;*

<sup>2</sup>*Moscow State Regional University, Russian Federation;*

<sup>3</sup>*Federal Science Center for Physical Culture and Sports, Russian Federation;*

<sup>4</sup>*Moscow Polytechnic University, Russian Federation;*

<sup>5</sup>*Russian State University of Tourism and Service, Russian Federation;*

\*Corresponding Author Khoren Tonoyan, e-mail: [horen.tonoyan@bk.ru](mailto:horen.tonoyan@bk.ru);

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### ABSTRACT

The article indicates the key markers for the physical performance of youth handball players, which are crucial for selecting the players for reserves of national teams. The study is based on the method of bioelectrical impedance analysis, which allows considering the dynamics of the morphological indicators of the development of youth handball players being under the influence of specific training loads. The dynamics of the indicators of physical fitness in youth handball players points out the need to take these indicators into account in sports training. The novelty of the study consists in highlighting the importance of the second and the third years of sports training of youth handball players, considering their weight, fat and musculoskeletal mass, being the markers for the physical fitness of the players.

**Keywords:** bioelectrical impedance analysis, sports training, morphological indicators.