



## **Biological and Technical Characterization of Judokas of the Sports Club of Universidad de Tarapacá**

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**ABSTRACT** The objective of the present study was “to characterize, through morpho-functional and technical tests, judokas of the Sports Club of the University of Tarapacá”. A non-experimental, cross-sectional and quantitative study was conducted, evaluating 18 judokas of the Club. For this, an analysis of the body composition, vertical jump tests, race test at distances of 1000 m for ladies and 1500 m for men were estimated estimating the maximum oxygen consumption, in addition, a projection test was applied in one minute. Observing among the main results that the evaluated judocas presented low maximum oxygen consumption, low power and jump speed and a high percentage of fat mass, the pedagogical test did not throw errors from the technical point of view. Concluding that the judokas of the University of Tarapacá require training focused on aerobic, anaerobic and morphological improvements, to contribute to a better future performance.