

Anthropometric Profile and Development of Facial Hair in Male Athletes

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Abstract

The present investigation has been carried out to study the anthropometric profile and development of facial hair in male athletes. The data for the present study consists of 697 subjects including 347 athlete and 350 control boys ranging in age from 10 to 18 years. The athletes, who actively participated in various activities including running, jumping and throwing have been included in the present study. Sixteen anthropometric measurements viz. weight, stature, diameters, circumferences and skinfolds have been taken on each subject. The development of facial hair has been studied by five point maturity scale. There is a regular increase in all anthropometric measurements from 10 to 18 years in both athlete and control boys. The adolescent spurt has occurred earlier in athlete boys in most of the anthropometric measurements. The athlete boys are lighter in weight up to 14 years and shorter in stature up to 16 years than control boys followed by more weight and stature in athlete in the subsequent age groups. The athlete boys possess broader shoulders, hips and larger bony diameter of the extremities. The chest and calf circumferences are larger in athletes whereas the head and upper arm circumferences and all skinfolds are more in control boys. The development of facial hair is earlier in athletic boys with significant differences in stage II and III as compared to control boys.

Key words: Anthropometric Measurements, Development, Facial Hair, Athletes

Introduction

It has been established that physical or sports activity during childhood and youth results in persistently favourable influence in the physiological maturity. *Malina (1977)* reported that adolescent athletes have been found to be advanced in maturity. *Oppliger et al. (1986)* studied swimmers of 7-12 years and found them to be significantly taller, heavier and with greater lean body mass than controls. *Sidhu et al. (1998)* found athletes to be early maturer as compared to non-athletes.

Although much data have been accumulating about the effect of physical activity on the morphological profile but only few reports are available about the effect of physical activity on sexual maturation. So in the present investigation an attempt has been made to study if athletic activity has any influence on anthropometric profile and development

of facial hair in male athletes ranging in age from 10 to 18 years.

Materials and Methods:

The data for the present study consist of 697 subjects including 347 athlete and 350 control boys ranging in age from 10 to 18 years. The athletes who actively participated in various activities including running (100 meter to 1500 meter), jumping (long and high) and throwing (short put, javelin and discs) have been included in the present study. The data on athletes have been mainly collected from National Institute of Sports (NIS), Punjabi University, Polo ground, Patiala and Guru Nanak Stadium, Ludhiana. The data on controls have been collected from various educational institutions of Patiala, Ludhiana, Mansa, Jalandhar, Hoshiarpur and Ropar. To study physical growth sixteen anthropometric measurements viz. weight, stature, diameters (biacromial,