Kinanthropometric Measurements in Players of Athletics and Boxing - A Comparative Study

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Abstract

The study was conducted on 100 boxers and 100 athletes in the age range of 15-25 years to compare their anthropometric characteristics. The subjects were taken from various colleges of Punjab namely Guru Kanshi College, Nehru Memorial College, Mansa, Barjindra Co]lege, Faridkot, Rajindra College, Bhatinda. The results of the study in general reveal that boxers are bulky, taller and heavier than athletes; the significant differences however were noted in chest circumference between the two groups. Boxers in general are found to possess more deposition of subcutaneous fat in the regions of biceps, triceps and calf than the athletic group. However in statistical terms it is significant only in the triceps and calf regions. Comparison has also been made between senior and junior athletes and boxers by dividing the subjects into 15-20 and 20-25 year age groups.

Key Words: Body Weight, Height, Circumferences, Skinfold Thickness

Introduction

In spite of huge population, India has not been able to make much impact in the field of international sports. The poor performance of Indian athletes and boxers at international level has been a matter of great concern, especially to the coaches, sports scientists and sports administrators. Despite the efforts made to improve the standard of sports in the country, little success has been achieved so far. Scientific researches are needed to improve the performance of sports persons. Some reports are available in this context (*Carter, 1970; Drinkwater and Ross, 1978; Mueller et al, 1982; Bharadhwaj et al, 1990; Sodhi and Rajni, 1992; Hortobagni et al 1992; Thorland et al 1993, Sidhu et al, 1996 and Nindl et al 1998*). More studies are required in Indian context. In the present study an attempt has been made to evaluate the Kinanthropometric measurements in the players of athletics and boxing in Punjab.

Material and Method

The sample consisted of randomly selected 100 boxers and 100 athletes aged 15-25 years. The subjects were taken from various colleges of Punjab namely Guru Kanshi College, Nehru Memorial College, Mansa, Barjindra Co]lege, Faridkot, Rajindra College, Bhatinda.

Measurements of body weight, height, chest circumference, upper arm circumference, hip circumference, thigh and calf circumference and skinfold thicknesses from the biceps, triceps, sub-scapular, supra-iliac and calf sites were taken by following standard techniques as described by *Singh & Bhasin (1989).* To account for the large age range, the data has been split into two five yearly age groups namely, the 15-20 and 20-25 years and subsequently comparison has been made between the players of boxing and athletics. The data was statistically analyzed using student 't' test.

Results & Discussion

Table 1 describes the statistical attributes of kinanthropometric data of