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A Study of Relationship among Age, Height, Weight, Body Mass Index & Waist to Hip Ratio in Wrestlers and Football Players

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Abstract

Aim: The aim of the study was to observe a relationship among age, height, weight, body mass index and waist-to-hip ratio in wrestlers and football players.**Materials and Methods**: The present study was conducted on 14 male wrestlers of different weight categories and 19 male football players and their age ranged from 12-20 years.**Results**: It was found that BMI of wrestlers was statistical significant positively correlated with height, weight, hip and waist circumference. The waist-to-hip ratio (WHR) of wrestlers was statistical significant negatively correlated with age. The result of the present study shows that BMI of football players was statistical significant positively correlated with weight, hip circumference, waist circumference and waist-to-hip ratio (WHR).The waist-to-hip ratio (WHR) of football players was statistical significant positively correlated with waist circumference.**Conclusion**: It was concluded from the results of the present study that body mass index (BMI) of wrestlers and football players was statistical significant positively correlated with weight, hip circumference and waist circumference. .

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Introduction

The 1997 WHO Expert Consultation on Obesity recognized the importance of abdominal fat mass (referred to as abdominal, central or visceral obesity), which can vary considerably within a narrow range of total body fat and body mass index (BMI). It also highlighted the need for other indicators to complement the measurement of BMI, to identify individuals at increased risk of obesity-related morbidity due to accumulation of abdominal fat (WHO, 2000a). Waist–hip ratio (i.e. the waist