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A STUDY OF KINANTHROPOMETRIC VARIABLES AND BODY COMPOSITION COMPONENTS IN PLAYERS OF DIFFERENT SPORTS EVENTS

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Purpose of study: In the present study an attempt has been made to evaluate the 15 Kinanthropometric variables and 3 body composition components of 137 randomly selected inter-university sports person (49 males & 88 females) aged 18-23 years.

Results: Highly significant differences ($p < 0.001$) were found between sports males Vs control males and sports females Vs control females in all 5 skin fold measurements, fat percent and total body fat. Between sports females and control females highly significant differences ($p < 0.001$) were noted in upper arm girth and abdominal girth. Statistically significant ($p < 0.05$) difference between sports females and control females were noted in body weight, forearm girth, calf girth, femur bicondylar diameter and between sports males and control males in body weight, abdominal girth and femur bicondylar diameter.

Conclusion: Both in cases of sport males and sports females, less amount of fat deposition were recorded than their control counterparts.

BIOGRAPHY

Wadhwa Rakesh from India running his own Wadhwa Physiotherapy Clinic in Punjab, India. He has completed his masters in physiotherapy with specialization in sports injury & rehabilitation. He has been a renowned speaker in many conferences. He also worked as a sports physiotherapist in 33rd national games in Guwahati, India in 2007. He has been a founder member of an Indian Association of Physiotherapy. He also attended CME programme on sports psychology and doping. He has about 2 national publications under his name. He has given his on field services in events like marathons, football, cricket, kabaddi, tennis matches etc. He has been awarded with various academic and clinical awards. He also has huge clinical expertise in manual therapy, biomechanical analysis and sports injury rehabilitation.

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