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Assessment of Anthropometric and Physiological Variables of Females of Girl's Degree College, Jhansi

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Abstract - The researcher conducted this study to assess the selected anthropometric and physiological variables of the female students. The female subjects selected for this study were randomly selected from the students studying in the graduation degree of government girls degree college Jhansi. The total no. of 20 female were selected. The age of the subject ranged from 18-25years. The Anthropometric and physiological variables were measured by using Anthropometric kit and spirometer. Descriptive statistics was used for analyzing of data.

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INTRODUCTION

A sport is dynamic in nature and progressive in outlook. The physical fitness, anthropometric variables and body composition are very important factors for achieving the high level of performance in standard competition

The objective assessment of the relationship that exists between selected anthropometric measures serve the coaches and physical education teachers to select the athlete for a particular event ,And with this background the present study was conducted to assess the anthropometric and Physiological Variables of Females of Girl's Degree College, Jhansi.

METHODS

The female subjects selected for this study were randomly selected from the students studying in the graduation degree of government girls degree college Jhansi. The total no. of 20 female were selected , ten each from B.A and B.Com. The age of the subject ranged from 18-25years. The Anthropometric and physiological variables were measured by using Anthropometric kit and spirometer. Descriptive statistics was used for analyzing of data.

Anthropometric variables were total leg length, Thigh Girth, Calf Girth, Hip width, Shoulder width and the Breathing Capacity was taken as physiological variable .

- Girth measured with the help of gullic tape.
- Total arm length measured with the help of gullic tape.
- Shoulder, and hip width-measured with the help of sliding caliper.
- Breathing capacity measured with the help of spirometer.

The data was collected by using Anthropometric kit and the spirometer. To assess and to determine the differences in anthropometric and physiological variables of the female students of both the courses, Descriptive statistics was used.

FINDINGS

The data collected were analyzed statistically and the outcome generated is given below.

Table-1

Descriptive statistics of anthropometric and Physiological variables of Female students of B.A Course

	N	Mean	Std. Deviation
Hip Width	10	29.30	2.49
Shoulder Width	10	36.70	2.74
Thigh Girth	10	50.01	2.49
Calf Girth	10	34.20	1.87
Total Leg length	10	47.30	2.93
Breathing Capacity	10	36.80	2.74

Table-1 displays the mean and standard deviation of various anthropometric and Physiological variables of Female students of B.A Course. . The findings

show that the mean and standard deviation values of B.A. students in relation to hip width, shoulder width, thigh girth, calf girth and total leg length are 29.30±2.49, 36.70±2.74, 50.00±2.49, 34.20±1.87, 47.30±2.93, 36.80±2.74.

Table-2

Descriptive Statistics of Anthropometric and Physiological Variables of Female students of B.Com. Course

	N	Mean	Std. Deviation
Hip Width	10	27.42	.65
Shoulder Width	10	35.66	1.75
Thigh Girth	10	20.67	2.21
Calf Girth	10	13.14	1.26
Total Leg length	10	38.48	2.39
Breathing Capacity	10	34.20	1.87

Table-2 displays the mean and standard deviation of various anthropometric and Physiological variables of Female students of B.Com. Course. . The findings show that the mean and standard deviation values of short distance swimmers in relation to hip width, shoulder width, thigh girth, calf girth and total leg length are 27.42±.65, 35.66±1.75, 20.00±2.21, 13.14±1.26, 38.48±2.39, 34.20±1.87.

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