

عنوان مقاله:

Body Structural and Physical Fitness Parameters in Female Athletes and Non- Athletes

محل انتشار:

پنجمین همایش بین المللی پژوهش های نوین در علوم ورزشی و تربیت بدنی (سال: 1399)

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نویسنده:

Nader Ahmadbgi - M.S.c, Physical Education and Sport Physiology

خلاصه مقاله:

The purpose of this study was to compare some of anthropometrical, body structural and physical fitness factors in athletes and non-athletes female students. The sample included 40 elite athletes (volleyball, N=20, age: 21.5±2.6 and futsal, N=20, age: 21.3±1.25) and also 20 students as non-athletes (N=20, age: 20.5±1.72). The data including: height, weight, waist and hip circumference, body fat percentage, thoracic Kyphosis and lumbar Lordosis curvatures angles, leg muscle strength, cardio pulmonary fitness, flexibility and navicular drop index were evaluated using by standard methods. Statistical analysis using ANOVA and Kruskal-Wallis test were used and the significant level set as $p \leq 0.05$. The results showed that volleyball players had lesser body fat percent and more muscle mass than the other two groups. The futsal players indicated lesser Lordosis angle than to other groups. Furthermore, leg muscle power, flexibility and cardio respiratory fitness of futsal players was significantly higher than others. In conjunction with BMI, WHR, Kyphosis angle and Navicular Drop Index, there was no significant difference among three groups. According to the results of the present study is the regular exercise such as volleyball and futsal could improve health-related fitness factors. Moreover, elite athletes with showed better body position as lower Kyphosis and Lordosis angles as compared to non-athletes. Considering the importance of general health status and to improve the quality of life, create sports programs for non-physical education students should be designed on the agenda of university officials.

کلمات کلیدی:

Anthropometry; Physical Fitness; Posture; Athletes; Non-Athletes

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