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Tel: +94 45 2280013

Fax: +94 45 2280013

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Relationship Between the Anthropometrics and Physical Fitness Variables Among Somatotype of School Children

K Kuganesan^{1*} and Bhavani Ahilan²
Jaffna Central College¹
Sports Science Unit, University of Jaffna²
*gugan125@gmail.com

One of the effective solutions for predicting the sports performance and talent finding is to use anthropometric characteristics and physical fitness factors. Therefore, purpose of the study was to examine the relationship between the anthropometrics and physical fitness variables among under 14 somatotype of male school children. To achieve the present study, 164 somatotype of under 14 age of school male children were assigned from Jaffna central college. Their anthropometrics variables such as height (HE), weight (WE), body mass index (BMI), arm span(AS) & sitting height(SH) have been measured before the physical fitness test of a day. The physical fitness test measured speed (SP), leg explosive power (LE), upper body strength (US), agility (AG) & endurance (EN). Pearson correlation coefficient was administered to find out relationship between anthropometric and physical fitness variables. Result revealed that U.S has correlated with all the anthropometric variables i.e HE ($r=0.400$), WE ($r=0.413$), BMI ($r=0.376$), AS($r=0.402$), SH($r=0.338$) besides SP correlated with BMI($r=0.270$), AG correlated with WE($r=0.274$) & BMI($r=0.357$). On the other hand any anthropometric variables have not correlated with EN and LE with the rest of variables. Therefore this study was concluded that only certain anthropometric variables have interrelationship with certain physical fitness.

Keywords: Anthropometrics, Physical fitness Variables