

Length Dimension Correlates of Longitudinal Physical Conditioning on Indian Male Youth

Authors : Seema Sharma Kaushik, Dhananjoy Shaw

Abstract : Various length dimensions of the body have been a variable of interest in the research areas of kinanthropometry. However the inclusion of length measurements in various studies remains restricted to reflect characteristics of a particular game/sport at a particular time. Hence, the present investigation was conducted to study various length dimensions correlates of a longitudinal physical conditioning program on Indian male youth. The study was conducted on 90 Indian male youth. The sample was equally divided into three groups namely, progressive load training (PLT), constant load training (CLT) and no load training (NL). The variables included sitting height, leg length, arm length and foot length. The study was conducted by adopting the multi group repeated measure design. Three different groups were measured four times after completion of each of the three meso-cycles of six-weeks duration each. The measurements were taken using the standard landmarks and procedures. Mean, standard deviation and analysis of co-variance were computed to analyze the data statistically. The post-hoc analysis was conducted for the significant F-ratios at 0.05 level. The study concluded that the followed longitudinal physical conditioning program had significant effect on various length dimensions of Indian male youth.

Keywords : Indian male youth, longitudinal, length dimensions, physical conditioning

Conference Title : ICSEHS 2019 : International Conference on Sport, Exercise and Health Sciences

Conference Location : Vienna, Austria

Conference Dates : December 26-27, 2019