

An Assessment of the Anthropometric Characteristics of Malaysian Cricket Batsmen

Authors : Muhammad Zia ul Haq, Ong Kuan Boon, Jeffrey Low Fook Lee, Bendri Bin Dasril, Amna Iqbal, Muhammad Saleem

Abstract : This study is bond of two purpose, first is to establish the anthropometric profile of Malaysian cricket batsmen and second, to find the variances among the anthropometric characteristics of ten under-16 years, eight under-19 years and eight senior teams batsmen. The anthropometric variables were measured as 8 skinfolds, 12 circumferences, 06 lengths and 05 breadths, stature, sitting height, arm span, body mass, hand grip strength and leg strength. The batsmen of under-19 and under-16 found similar in skinfolds, sum of skinfolds, circumferences and breadth measurements but significantly lesser than the senior team batsmen. Senior and Under-19 batsmen were almost found similar in segmental lengths, heights and arm span but significantly higher than the under-16 batsmen. Breadth measurements the under-19 found higher than the senior and u-16 batsmen. The hand grips strength of the senior batsmen significantly high than the uder-19 and under-16 players and both groups were similar and no significant difference were found in leg strength of all three groups batsmen. Leg strength were found significant correlation with wrist, hip, thigh, and calf girth and handgrip strength. The hand grip strength were found correlated with all variables except biceps, mid-thigh skinfold, segmental length, humerus breadth. It is concluded from the present study that the girth segments and hand grip strength are the predictors of good performance in cricket batting.

Keywords : cricket batting, batsmen, anthropometry, body segments, hand grip strength

Conference Title : ICSBS 2015 : International Conference on Sport and Biomedical Sciences

Conference Location : Kuala Lumpur, Malaysia

Conference Dates : February 12-13, 2015