

Interrelationship of BMI with Strength, Speed and Flexibility in Different Age Groups

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Abstract : The purpose of this study was to find out the interrelationship of BMI with strength, i.e. endurance strength of abdominal muscles and explosive strength of leg muscles, speed and flexibility which are respectively assessed by sit up, standing broad jump, 50 yard dash and sit and reach tests. 48 boys, aged 7 to 13 years as group A and 40 boys, aged 17 to 28 years as group B were selected as the subjects for the study. Product moment correlation coefficient test (r at 0.05 level of significance) was applied to test hypothesis. The findings of the study shows that there is significant relationship of BMI with endurance strength of abdominal muscles, explosive strength of leg muscles, and flexibility whereas a negative significant relationship was found between BMI and speed in group A, i.e. aged from 7 to 13 years. However, there was no significant relationship of BMI with endurance strength of abdominal muscles, explosive strength of leg muscles, speed and flexibility in higher age group.

Keywords : body mass index, strength of abdominal muscles, explosive strength of leg muscles, flexibility of lower back and hamstring muscles

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