

ANTHROPOMETRIC AND CLINICAL OBSERVATIONS OF STUDENT ATHLETES OF UP

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ABSTRACT : The present study was carried out in three Non-sports Universities/Colleges of Allahabad district and Hargovind Singh Sports College, Lucknow with an objective to find out the anthropometric and clinical assessment of University/College student athletes. It was observed that mean weight (57.00 ± 2.9 kg) and Body Mass Index (BMI) (18.0 ± 2.80 kg/m²) of Non-sports University/College athletes were lower than the standard values whereas, mean weight (65 ± 3.5 kg) and BMI (23.00 ± 3.50 kg/m²) of Sports College athletes were in accordance with standard values. Mean height was comparable for both the groups. Clinical signs and symptoms such as pale conjunctiva, angular stomatitis, teeth caries, mottled enamel and bleeding gums were more prevalent among Non-sports University/College athletes than the Sports College athletes. On the application of Z-test no significant difference was found between both the groups i.e. Non-sports University/College and Sports College athletes with regard to pull-up exercise.

Key Words : Body mass index, athletes, clinical.