

RESEARCH PAPER

Players in *Kabaddi* anthropometric characters of arm length and leg length

B.R. Siyad

Alagappa University, **Karaikudi (T.N.) India**
(Email: siyadbr@gmail.com)

ABSTRACT

The purpose of the study was to find out Anthropometric characteristics of players at different playing positions in *Kabaddi*. The study was delimited to 30 National level women *Kabaddi* players aged between 18 and 22 years, who were undergoing training at SAI-LNCPE, Thiruvananthapuram and NSS College for Women, Karamana Thiruvananthapuram. The variables selected for the study were arm length and leg length. Descriptive statistics and one way analysis of variance (ANOVA) were calculated using SPSS and MS Office Excel. Scheffe's post hoc test was carried out to find out the significance of difference between paired means. Results of the study reveal that the National level women *Kabaddi* players did not vary much on the bodily features of arm length and leg length when compared with other groups according to their playing positions. Right and left side arm lengths of right corner players were greater than the left cover and left corner position players. This shows that the categorisation of playing positions was not derived on the basis of arm length and leg length when they were selected in the team and also when playing positions were assigned to them.

Key Words : Anthropometry, Arm length, Leg length

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