

RESEARCH PAPER

Comparative study of skinfold measurements of players in different games

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ABSTRACT

The purpose of the study was to find out comparative study of skinfold measurements of players in different games. The study was delimited to 55 individual performing different game events namely athletics (14 nos.), taekwondo (14 nos.), swimming (14 nos.) and cycling (13 nos.) aged between 18 and 22 years, who were undergoing training at SAI-LNCPE, TVM. The variables selected for the study were skinfold measurements (Supraspinale skinsfold, Abdominal skinsfold, Front thigh skins fold and Medical calf skins fold). Descriptive statistics were calculated for different skinfold measurements. Analysis of variance techniques was performed followed by multiple comparison method was used to study the between group variation. Results of the study reveal that supraspinale skinfold is maximum for taekwondo players followed by swimmers, abdominal skinfold is high in the case of taekwondo players whereas front thigh skinfold measurement is high for cycling group, the cycling group uses front thigh at higher level in comparison with athletes, might have helped them to increase the measurement of front thigh skinfold, taekwondo players uses their body at maximum level in comparison with athletic group, which may enhance the development in medial calf skinfold measurement.

Key Words : Skin fold measurements, Supraspinale skins fold, Abdominal skins fold, Front thigh skins fold, Medical calf skins fold.

View point paper : Siyad, B.R. (2019). Comparative study of skinfold measurements of players in different games. *Asian Sci.*, **14** (1and 2): 8-11, DOI : 10.15740/HAS/AS/14.1and2/8-11. Copyright@2019: Hind Agri-Horticultural Society.