



ISSN: 2456-0057
IJPNPE 2018; 3(1): 1990-1991
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www.journalofsports.com
Received: 29-11-2017
Accepted: 30-12-2017

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Correlations of weight and liner measurement to explosive leg strength of male boxers

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Abstract

Background: To correlate the weight and liner measurement with explosive leg strength of Boxers. A sample of 100 senior male Boxers of Delhi the ranging of 15 to 20 years were selected for the study. Random sampling method was used to select the sample. For analysis and interpretation of data, the investigator was used Pearson Product Moment Correlation statistical techniques with the help of SSPSS analytic software.

Keywords: Anthropometry, explosive strength, male and boxers

Introduction

Today, anthropometry has many practical uses, most of them benign. For example, it is used to assess nutritional status, to monitor the Growth of children and to assist in the design of office furniture. Anthropometry is also used to measure nutritional status in patients. Indices include: Bodyweight, Body height, Skin-fold thickness, Midarm, Circumference, Hand-grip dynamometry. Anthropometric is used in many are as of manufacture to provide information for the design of products such as clothing, footwear, safety equipment, furniture, vehicles and any other objects with which people interact. In the armed services this data is of particular importance as the survival of the service man may depend upon it.

Method and Procedure

A sample of 100 Boxers was selected from the different part of Delhi. The investigator approached the coaches of the team for approval to Select players from are gladly scheduled practice time. After approval, the Investigator collected the data related to anthropometric measurement and Explosive arm strength.

Tools Used: The following standard is tools were used for data collection of study.

Shot Put: Used to measure the Explosive arm strength.

Steel tape: Used to measure the measurements.

Weight Machine: Used to measure weigh to particular players.

Statistical Analysis

To determine whether relationship among these elected variables exists or not, Pearson Product correlation method was applied. The data was computing the spss Statistical Package for the Social Sciences for Windows.

Table 1 shows that the correlations or body' weight (.329), standing Height (.774), sitting height (.489), trunk length (.513), total arm length (.647), upper arm length (.663), leg length (.678) and thigh length (.654) With explosive leg strength are positive and significant at.01 level of significance. Only hand length has positive and significant correlation (.446) with explosive leg strength at.05 level of significant. Other variables have no significant correlation with explosive leg strength. Only fore arm Length has negative but not significant correlation with explosive arm strength.

It implies that the body weight, standing height, sitting height, trunk length, total arm length, upper arm length, leg length and thigh length contribute to explosive leg strength of Boxers.

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Table 1: Correlations of Weight and Liner Measurements to Explosive Leg explosive Strength of Boxers

Sr. No	Variables correlated with arm strength	Co-efficient of Correlation 'r'
1.	Body Weight	.329*
2.	Standing Height	.774*
3.	Sitting Height	.489*
4.	Trunk Length	.513*
5.	Total Arm Length	.647*
6.	Upper Arm Length	.663*
7.	Fore Arm Length	.371*
8.	Leg Length	.678*
9.	Thigh Length	.654*
10.	Lower Leg Length	.240
11.	Hand Length	.210
12.	Foot Length	.260

**The result is significant at $p < 0.01$.

*The result is significant at $p < 0.05$



Fig 1: Graphical Representation of Correlations of Skinfold Measurement to Explosive Arm Strength of Boxers.

Main Finding of the study

In the light of inter predation of their sults of the present investigation as discussed in the previous chapter, the following findings are stated:

- There were significant relationships found between weight and liner measurement with explosive leg strength of Boxers.

(edited by J. Terauds and J. Barham) Del Mar; Academic Publishers. 1982, 95-102.

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