

# CORRELATIONS OF GIRTH MEASUREMENT WITH EXPLOSIVE ARM STRENGTH OF BOXERS

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### Abstract

**Background:** To correlate the selected girth measurement with explosive arm strength of Boxers.

**Methods:** A sample of 50 senior male Boxers of Haryana the ranging of 18 to 25 years were selected for the study .Random sampling method was used to select the sample.

**Results:** For analysis and interpretation of data, the investigator was used Pearson Product Moment Correlation statistical techniques with the help of SSPSS analytic software. There were significant relationship found between Shoulder, Upper-Arm, Chest and Abdomen girth measurement with explosive arm strength of boxers.

**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 a facture to provide information for the design of products such as clothing, footwear, safety equipment, furniture, vehicles and any other objects with which people interact.

### Method and Procedure

#### Sample:

A sample of 50 Boxers was selected from the different part of Haryana. 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.

The following standardized anthropometric measurements were used by Weiner and Lourie (1969) method for data collection.

**1. Weight (kgs):** Weight is the name given to the force on a weighing machine due to gravity.

**2. Height (cms):** Height was measured by stadiometer. The height rule is taped vertically to the hard flat platform.

**3. Arm Length (cms):** The vertical distance between a crumioandrarial.

**4. Leg Length (cms):** The straight distance between head of the femur and later alveolus of fibula.

#### 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  
CORRELATIONS OF GIRTH MEASUREMENTS TO  
EXPLOSIVE ARM STRENGTH OF BOXERS**

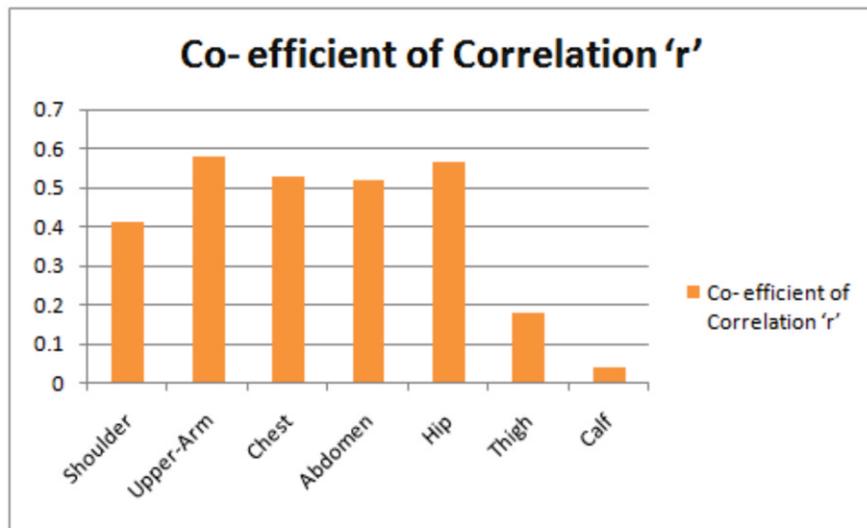
Sr. No	Variables correlated with arm strength	Co- efficient of Correlation 'r'
1.	Shoulder	.413**
2.	Upper-Arm	.578**
3.	Chest	.529**
4.	Abdomen	.518**
5.	Hip	.565**
6.	Thigh	.177
7.	Calf	.036

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

\*The result is significant at p<0.05

Table:4.1: showed that Shoulder (413), Upper Arm(578),Chest(.529), Abdomen (.518) and hip girth(.565)have high positive correlations With explosive arm strength and it was significant at.01and.05 level Of significance .Where a so the girth measurements Thigh and Calf Have positive correlation but it was not significant with explosive arm strength. It suggests that Shoulder, Upper Arm, Chest, Abdomen and hip girth contribute to explosive arm strength Boxers.

**FIGURE - 1**  
**GRAPHICAL REPRESENTATION OF CORRELATIONS OF**  
**GIRTH MEASUREMENTS TO EXPLOSIVE ARM STRENGTH**



**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:

1. Shoulder, Upper Arm, Chest and Abdomen have positive and significant correlations with explosive arm strength of Boxers.

**Discussion of Result**

The girth measurements presented in table1 show that the shoulder, chest, abdomen and hip have positive and significant correlations with explosive arm strength, which indicates that with the increase and

development of the muscle girths, there will improve controlling, receiving and throwing capacity. So, It is considered to be contributing towards performance of Boxers.

**References**

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