ISSN 0972-0073

THE ANTHROPOLOGIST

International Journal of Contemporary and Applied Studies of Man

© Kamla-Raj 2015 PRINT: ISSN 0972-0073 ONLINE: ISSN 2456-6802 Anthropologist, 19(1): 239-248 (2015) DOI: 10.31901/24566802.2015/19.01.26

Descriptive Model and Gender Dimorphism of Body Structure of Physically Active Students of Belgrade University: Pilot Study

^{1a}Dopsaj Milivoj, Ilic Vladimir^{1b}, Djordjevic-Nikic Marina^{1c}, Vukovic Marko³, Eminovic Fadilj², Macura Marija^{1c} and Ilic Dejan^{1d}

¹University of Belgrade, Faculty of Sport and Physical Education, Belgrade, Serbia

²University of Belgrade, Faculty of Special Education and Rehabilitation, Belgrade, Serbia

³The Academy of Criminalistic and Police Studies, Belgrade, Serbia

E-mail: ¹<amilivoj@eunet.rs, bdrvladimirilic@gmail.com, c<marinanikicmail@gmail.com,

d<marija.macura@fsfv.bg.ac.rs>, e<dejan.ilic@fsfv.bg.ac.rs>, ²<eminovic73@gmail.com>,

3<marko.vukovic.88@hotmail.com>

KEYWORDS Bioelectrical Impedance. Body Composition. Fat Mass. Young Adults. Males. Females

ABSTRACT The purpose of the present study was to analyze descriptive body structure model of physically active students. The sample included 137 male (23.1±2.6 yrs) and 113 female (22.0±2.3 years) students. Body composition was measured with InBody720 where 17 variables were used to define the morphological status. Students had the following characteristics: the body weight was – 82.88 vs. 61.02 kg, water content was 52.85 (63.44%) vs. 33.9 L (48.90%), the amount of proteins was 14.30 (17.22%) vs. 14.8 kg (14.94%), mineral mass was 4.8 (5.8%) vs. 3.2 kg (5.31%), fat weight was 11.3 (13.53%) vs. 14.8 kg (24.28%), and BMI value was 24.5±3.6 and 21.7±3.1 kg/m² for males and female, respectively. A clear gender dimorphism was manifested - from 41% to 184%. A large majority of respondents (87-90%) of both genders can be classified in normal ranges of body fat percentage, which can be attributed to a higher level of physical activity.