

Somatotypes of High Altitude Spitian Boys

S.P. Singh, Pritpal Singh, Promila Malhotra and L.S. Sidhu

Department of Human Biology, Punjabi University, Patiala , 147002, Punjab, India

**Public College, Samana, Punjab, India*

KEYWORDS Body Measurements. Physique. Males. Adolescence

ABSTRACT The present study has been conducted with the objective of exploring the age changes in somatotypes of high altitude Spitian boys. The study has been conducted on 636 Spitian boys, in the age range of 5 to 20 years during 1996-1998 from various areas of Spiti valley, Himachal Pradesh, India. The altitudes of these areas range between 3500 - 4200 metres above mean-sea-level. Body measurements taken on each subject followed a basic protocol of measurements which included weight, height, circumferences, bony diameters and skinfolds. Endomorphy, mesomorphy and ectomorphy ratings were later obtained from body measurements with the help of equations. The physique of Spitian males is found to be endo-mesomorphic at the age of 5 years which is transformed into ecto-mesomorphic at the age of 20 years. Thus a change in component dominance of somatotype takes place during the growing years in this population which means major changes taking place in the physique of the individuals. The dispersion of individual somatotypes enlarges within the somatocharts with the advancing age especially during and after the adolescence implying physiques which are highly variable.