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Effect of Mountaineering Training on Selected Body Measurements and Physical Fitness in Children

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ABSTRACT Among the sojourners, there is a general decline in work efficiency at high altitude. Muscular activity is limited by the rate at which the muscles are supplied with oxygenated blood in there rarefied atmosphere. During exercise, oxygen consumption is greater both at sea level and at high altitude. Low oxygen pressure coupled with physical exercise has a tremendous pressure on human beings. Mountaineering training imparts not only the skills for scaling the vast heights, but also improves performance of individuals at high altitude. The present study was conducted to study the effect of mountaineering training on selected body measurements and physical fitness tests on a group of Adventure course students (Boys = 40, Girls = 38) of Nehru Institute of Mountaineering, Uttarkashi, India. There is an improvement in most of the measurements and physical fitness test after training. For example, grip strength of the hands, muscular endurance, cardio-respiratory endurance, agility and balance improved significantly after training for mountaineering both in the boys and the girls. From the study, it may thus be concluded that mountaineering training promotes healthy living and is also useful for acclimatization to high altitude.