

Variation in Physical Structures of the Meitei Women Weight Lifters and the Controlled Group

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ABSTRACT Weight lifting is one of the power games, which demands certain specialized physical structure. The Meitei women weight lifters of state, national and international class numbering 31 individuals have been studied considering 21 anthropometric variables and had also compared with 100 Meitei women non-athletes in respect of the above physical structure. The study revealed that weight lifters have significantly shorter stature with shorter upper and forearm lengths than the non-athletes. At the same time, they have significantly heavier body weight, broader breadth measurements of hand, bi-acromial, bi-iliocristale, bi-trochanteric, and bigger girth measurements of upper and forearm, normal chest, thigh and calf than the non-athletes. Further, they have proportionately heavier body weight, larger proportions of bi-iliocristale, bi-acromial breadths and limb girths than the non-athletes. In respect of body composition, they have higher mean value of total body fat and lean body mass than the controlled group.