

Anthropometric Profile and Physical Performance of Rural School Girls

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ABSTRACT One hundred pre-adolescent girls in the age group of 10-12 years were selected for the study. The height, weight, mid-upper arm circumference and skin fold thickness of the subjects were measured by standard methods and then compared with standards of ICMR and NCSH. Physical performance was determined by Running test. Height and weight of the subjects were higher than the ICMR standards. Weight, mid-upper arm circumference and skin fold thickness were lower than the NCSH standard. A positive co-relation between distance covered with height ($r = 0.319$) and with weight ($r = 0.205$) suggests that the girls possessing proportionately higher height and weight had better physical performance.