

Association between Anthropometric Characteristics and Physical Strength in School Going Children of Amritsar

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ABSTRACT Physical Strength can be measured by means of hand grip strength. Correlation of physical strength and various anthropometric measurements have been established in different populations. In the present study, a total of 330 randomly selected normal healthy school going children (165 boys and 165 girls) aged 6-16 years were included from Amritsar, Punjab, India. Ten parameters, viz. height, weight, BMI, five skinfold measurements - biceps, triceps, suprailiac, subscapular and calf, right and left hand grips strength were measured on all the subjects. Results indicate that highly significant positive correlations between all the eight anthropometric characteristics and, left and right hand grip strength were found among school going children aged 6-16 years of Amritsar.