

Anthropometric, Physical Strength, Body Composition and Performance Test Profiles of Inter-District Level Male Cricketers of Punjab, India

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ABSTRACT The purpose of this study was to evaluate the anthropometric, physical strength, body composition and performance test variables of inter-district level male cricketers of Punjab, India, and the associations of these variables among themselves. To serve this purpose, twenty variables, viz. ten anthropometric characteristics, four physical strength variables, three body composition components and three performance tests were performed on purposively selected 271 inter-district level male cricketers with mean age 21.54 years, $\pm$ 3.67, collected from six districts of Punjab, viz. Amritsar (n=53), Bathinda (n=44), Chandigarh (n=42), Jalandhar (n=37), Ludhiana (n=47) and Patiala (n=48). The inter-district male cricket championship was held in Ludhiana in October, 2010. In results, one way analysis of variance showed significant between-group differences ($p \leq .05$ - .000) in weight, BMI, reaction time, curl-up, push-up, triceps, subscapular, abdomen and mid-thigh skinfolds, body density and percent body fat among the cricketers of six districts of Punjab. Majority of anthropometric characteristics and physical strength variables had significantly positive correlations ($p \leq .05$ - .01) with body composition and performance test variables, showing close associations with each other.