Anthropometric measures and physical performance in university students of physical education [Variables antropométricas y rendimiento físico en estudiantes universitarios de educación física]

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The corporal structure of the university student of Physical education is of vital importance because it will be excellent in it's profits in the subjects that imply physical effort. Consistent with this, is desirable to count on data of the morpho-structural characteristics based on the Stero type and the corporal composition of the students of both sexes that enter to study to this race, collated with physical tests. 32 men and 18 women studied, in ages between 17 and 25 years, of the race of Physical education, Pontificia Universidad Católica de Valparaiso, Chile. They were applied to the methods of Corporal Composition of Dhebora Kerr and somatotype of Heath-Carter, and he correlated himself with the physical tests of: race of 2400 m of George - Fisher, vertical jump with together feet, biceps in vertical traction, test of abdominal and 50 m of speed. The data indicate that the masculine group with a greater percentage of greasy mass realises the test of 50 m of speed in a greater time ($r = 0.57$) and inversely, that have minor greasy mass, they realised major amount of repetitions in the test of bar ($r=-0.55$), in the feminine group is an average correlation between the muscular mass and the test of 50 m, $r=0.52$. Nevertheless, sufficient correlations between the muscular mass and the performance tests do not exist, in which it hoped that the amount of muscular mass influenced the tests that depend on this component. The anthropometric variables of the evaluated university group, do not correlate of significant way with the physical yield, since the training level is low, which determines the yield level, unlike which it happens with sportmen.

Corporal composition
Physical education

Somatotype

Students