

Nutritional status by anthropometric and biochemical parameters of college basketball players [Estado nutricional mediante parámetros antropométricos y bioquímicos de basquetbolistas universitarias]

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Introduction: in relation to the student population, their class schedules, hours of study, budget shortages, among others, do not allow them to have good eating habits and sedentary ago. Within this context are the sports teams, which must deal with the above. Objective: knowing the nutritional status of a group of college basketball players (BU) by anthropometric and biochemical parameters. Methods: the research provides a non-experimental, descriptive, transversal, with a quantitative approach The sample was selected on a non-probabilistic approach. which included 12 players design. Anthropometric parameters for body mass index (BMI), somatotype and body composition was assessed. For biochemical glucose, triglycerides and cholesterol. Results: have a BMI of 24.6 (kg/m²), are classified as endomesomorfos (5,5-4,3-1,2) have a fat mass 39.9% and 37.8% of muscle mass, glucose values are 68.7 (mg/dl), triglycerides 128 (mg/dl) and 189 cholesterol (mg/dl). Conclusion: the BU have normal values for BMI and biochemical parameters, but dig deeper greater amount of adipose tissue is found as reported by body composition and somatotype, a situation that could be related to poor eating habits, however is required further study to reach a categorical conclusion. © 2015, Grupo Aula Medica S.A. All rights reserved.

Anthropometry

Cholesterol

Glucose

Nutritional status

Triglycerides

cholesterol

glucose blood level

triacylglycerol

adolescent

anthropometry

basketball

blood

body composition

body mass

female

glucose blood level

human

male

metabolism

nutritional status

physiology

somatotype

student

university

young adult

Adolescent

Anthropometry

Basketball

Blood Glucose

Body Composition

Body Mass Index

Cholesterol

Female

Humans

Male

Nutritional Status

Somatotypes

Students

Triglycerides

Universities

Young Adult