

Body composition and referential somatotype of physically active subjects

[Composición corporal y somatotipo referencial de sujetos físicamente activos]

Rodríguez F.J.R.

Flores A.A.A.

Farias T.Y.

Gutierrez O.B.

Arce P.L.

In our country and worldwide, extensive research has been carried out in the human morphostructure, however there is limited work that describes the anthropometric profile of young healthy individuals. One hundred men and seventy nine women were evaluated between 20 and 29 years of age without health risk factors. The evaluation was in accordance with ISAK protocol and variables in body composition estimate and somatotype. Reference tables of the results are also included. Reference group (CHIREF) with the results of body composition, somatotype and other corporal indexes contribute as a source of information from Chile, which will aid in comparison studies for different age groups, health conditions, sports and ethnicity, considering the need to increase the age group and the amount of anthropometric variables so as to expand the range of comparison and improve comparative referentes.

Anthropometry

Body composition

Somatotype