

Somatotype, nutritional status and blood glucose level of physical education students [Somatotipo, estado nutricional y nivel de glucemia de estudiantes de educación física]

Valdés-Badilla P.

Salvador Soler N.

Godoy-Cumillaf A.

Carmona-López M.I.

Fernández J.J.

Durán-Agüero S.

Introduction: classical studies have compared the glycemia with the nutritional status in both children and adults; however studies that consider also somatotype are unknown. Objective: associating the somatotype and nutritional status with the glycemetic level of students of Pedagogy in Physical Education (PPE). Methods: the sample included 40 subjects, divided between 13 women and 27 men. It was determined in each subject BMI, somatotype and also a fasting blood glucose sample was obtained. Results: the somatotype in male PPE students was mesomorphic (3-2-2) with a nutritional status of overweight (25 kg/m²) and balanced mesomorphic (4-4-2) with normal weight (22 kg/m²) in women PPE students. While average fasting blood glucose was 69 mg / dl. No association between somatotype and BMI with blood sugar levels of students of PPE, however, women of PEF showed significant positive correlations between mesomorphy and the ICC (0.577) and between glycemia and height (0.650). Conclusion: somatotype and BMI of the students of PPE are consistent with their age and sex, but no association between somatotype and glucose was observed. Moreover, the average blood glucose levels were somewhat lower compared to normative tables, a situation that could be related to physical activity, however, requires further study to confirm it. © 2015, Grupo Aula Medica S.A. All rights reserved.

Body mass index

Glycemia and college students

Nutritional status

Somatotype

glucose blood level

body mass

diet restriction

exercise

female

glucose blood level

human

male

nutritional status

physical education

somatotype

student

Blood Glucose

Body Mass Index

Exercise

Fasting

Female

Humans

Male

Nutritional Status

Physical Education and Training

Somatotypes

Students