

# Nutritional status and lower train force: Differences between gender and geographical area between boys and girls

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## **Abstract**

The present cross-sectional study aims to determine and establish the association between the variables of nutritional status and lower segment in Chilean students from Araucanía Region an urban sector in contrast to students from a rural sector. The sample was 120 schoolchildren, divided into 60 boys and 60 girls whose ages fluctuated between 10 and 11 years of age. BMI (Kg/H<sup>2</sup>) was measured to later classify their nutritional status and also the Sargent vertical jump test (lower body strength) in the school population. The groups were compared with the statistical T-student test for independent samples with 95% confidence intervals. Pearson's correlation was performed for the results of the Sargent test. A high prevalence of girls from both sectors was found, classified as overweight and in the obesity range. Likewise, there are more overweight children in the urban sector than in the rural sector. Presenting similarity in the vertical jump test (Sargent test) where there were no significant differences when correlating between sex and geographic area. © 2021 Federacion Espanola de Docentes de Educacion Fisica. All rights reserved.

## **Author keywords**

imc; Obesity; Overweight; Sargent's test; Students; Vertical jump