

COMPARATIVE STUDY OF BODY FAT PERCENTAGE AMONG NATIONAL AND STATE LEVEL FEMALE GYMNASTS

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ABSTRACT

The present study was conducted to investigate the difference between national and state level female gymnasts in relation to their body fat percentage. Forty female gymnasts between the age group of 13-25 were selected through purposive sampling technique (non probability sampling technique) from Punjab state. They were twenty national level female gymnasts and twenty state level female gymnasts. The purpose of the study was to find out the deference in both groups with respect to their body fat percentage level. To access the body fat percentage researcher have taken four skin-fold measurements (biceps, triceps, sub scapular and supra iliac). One way ANOVA (analysis of variance) statistical techniques used to analyse the scores. The results of the investigation showed no significant in four variables of body fat percentage (biceps, triceps sub scapular and supra iliac) which were tested on 0.05 level of significance.

Key Words: Body Fat Percentage, Biceps, Triceps and ANOVA