

Comparison of Anthropometric and Physical Fitness among Sprinters, Jumpers and Throwers in Male Student-Athletes

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Abstract:

The purpose of this study to determine the level of physical and anthropometric performance between sprinters, jumpers, and throwers among male student-athletes. This study is a cross sectional study involving a sample of 43 male athletic student-athletes (19 sprint athletes, 15 jump athletes and 9 throw athletes). The six fitness tests used in this study are push up test (PU), sit and reach test (SnR), sit up test (SU), standing long jump test (SLJ), 30-meter sprint test (30mS) and beep test (UB) to test the physical performance level of sprinters, jumpers, and throw athletes, while the two anthropometric tests are the measurement of standing height and weight. Data were analysed using descriptive statistics and MANOVA. The findings of the study showed that only four physical fitness tests were highly significant $p < 0.01$ on male athletes for the sub-disciplines of sprinters, jumpers, and throwers. The physical fitness tests were push up, standing long jump, 30-meter sprint, and beep test, while the other two physical fitness tests were not significant $p > 0.05$ (for sit and reach and sit up). The tests performed by the researchers can help coaches and sport teachers in sprinting, jumping and throwing events to improve the performance of their athletes.