

Anthropometric profile and physical fitness of boat girls in Bandar Anzali city with the elite of the world

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Anthropometric profile, physical fitness and capabilities such as standing height, sitting height, hands length, body mass index (BMI), body fat percentage and flexibility with a significant role in athletic sports and features of physical fitness such as aerobic and anaerobic powers have been examined in this study. The present study uses the RAST Test to evaluate them. The aim of the present study is to examine the physical fitness and anthropometric profile in outboard girls of Anzali Port and compare them to the elites of the world. The study population consists of all 25 outboard girls in Anzali port in 94-95. The type of research is semi-experimental research that has been determined by preparing checklists of indices measurement. Based on these results, the t obtained the aerobic ability of outboard girls in Anzali port has a significant difference with the world's outboard elites such that the World's outboard elites have the more aerobic ability, but there is no significant statistical difference in the ability of anaerobic power between these two groups. There is no significant difference ($p \leq 0.05$) between the age and sitting height of the World's outboard elites and Anzali city's outboard girls. Also a significant difference is obtained for the indices of standing height, hand length, body mass and fat-free mass, body mass $VO_2\max$, and body fat percentage between the world's outboard elite and Anzali port's outboard girls ($p \geq 0.05$) such that these indices were higher in World's outboard elites. Therefore, it is recommended that appropriate training programs should be considered to improve strength, endurance, aerobic and anaerobic power of boaters.

Keywords : anthropometric profile, physical profile, Anzali port boating, aerobic capacity and anaerobic pow

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