

# Comparison of anthropometric and biomechanical indices of male and female liver in Gilan province With the norms of the global elite

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**Soraya Dargahi Shafa Background and Aim:** The aim of this study was to compare the anthropometric and biomechanical indexes in Guilan's male and female's Kabaddi team through the global elite norms. **Materials and Methods:** The population consisted of 20 Guilan's male and female's Kabaddi team with men (mean age of  $19.60 \pm 3.53$  years, height  $176.40 \pm 4.97$  cm, weight  $77.90 \pm 9.72$  kg ) and women (mean age of  $17.83 \pm 1.8$  years, height  $163.41 \pm 6.25$  cm, and weight  $56.75 \pm 7.56$  kg), who were ed via purposive sampling. The research groups were ed and determined. Then, measurements of height, leg span, hand span, weight, BMI and respiratory detention time, body fat percentage, and resting heart rate were performed. Also, for physical fitness, some tests such as speed, flexibility, aerobic capacity, muscular endurance and vertical jump were tested on subjects. The recorded data were compared with the global elite standards. For this purpose, the statistical tests of frequency distribution and t one-sample test and Pearson correlation coefficient were used at  $P \leq 0.05$ . **Result:** The results indicated that there was a significant difference in height, leg span, hand span in favor of the experimental group. The results also demonstrated that there was a significant difference in weight, body mass index and respiratory detention time in favor of the benchmark score ( $p > 0.05$ ), however, the difference was not found in body fat percentage and resting heart rate (p

**Keywords :** Key Words: Anthropometric Indexes, Men and Women's Kabaddi Teams, Global Elites

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