

Relationship between hand grip strength with some anthropometric variables and comparison it in athletes and non-athletes men

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Abstract Background: The purpose of the present study is to examine the relationship between handgrip strength basic anthropometric variables, upper extremity anthropometric variables and specific hand anthropometric variables and comparison it in athletes and non-athletes men. **Material and methods:** The collected data for this research was composed of 200 male subjects including 100 student non-athletes and 100 student athletes who were active in the fields: handball, basketball, volleyball, football, wrestling and Judo. Height, weight, body mass index (BMI) and percent body fat (three points) was calculated using the equation of Jackson and Pollock. Moreover, upper extremity anthropometric variables includes: arm length, forearm length, forearm and hand forearm length, elbow breadth, palmar breadth, wrist breadth, arm circumference, forearm circumference, wrist circumference and specific hand anthropometric variables includes fingers span, fingers length and fingers peHmeter was measured in all subjects. Tape and caliper was used to measurements anthropometric variables. Data were analyzed with independent sample t- test, Pearson and Spearman correlation coefficient, unilateral variance analysis (ANOVA). Level of significant in this study was p

Keywords : Kew words: Handgrip strength, Anthropometric variables, Athlete, Non-athlete

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