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Body mass index of montenegrin athletes participating in U21 national basketball team

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The purpose of this study was to describe body height, body weight and body mass index of Montenegrin basketball players participated in U21 nation team and to detect possible differences in relation to sedentary subjects from the same country. Thirty-five males were enrolled in the study. They were divided into two groups: Fourteen basketball players participated in U21 national team of Montenegro (19.14 ± 0.66 yrs.) and twenty-one healthy sedentary subjects from the same country (20.94 ± 3.10 yrs.). All subjects were assessed for the anthropometric measures, using the standardized procedure recommended by the International Biological Program (IBP) standards. Height and weight was measured to the nearest 0.1 cm. Body mass index (BMI) was calculated as body mass in kilograms divided by height in meters squared (kg/m^2). The descriptive statistics were expressed as a mean (SD) for each variable. Independent-samples T test was carried out to detect the effects of football sport on each variable: body height, body weight and body mass index (BMI). The mean of the body height was 194.72 ± 6.99 centimeters for basketball players and 184.14 ± 0.07 for non-athletes, body weight was 95.00 ± 13.19 (athletes) and 82.66 ± 14.11 (non-athletes) and BMI was 24.98 ± 2.84 (athletes) and 24.34 ± 3.71 (non-athletes). A significant difference was not found for all variables: body height ($p=0.000$), body weight ($p=0.014$) and body mass index ($p=0.591$). The results of this study revealed that although most of the sedentary subjects are not regularly trained; they didn't show significant differences in body mass index. Hence, these findings suggest us to conclude that sedentary boys in Montenegro have great body composition assessment and they are not obese. On the other hand, basketball players are significantly taller and heavier, comparing to sedentary subjects, and this is caused by selection of young people for this sport.

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