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Body composition status of Abu Dhabi Police College cadets

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Body composition analysis has often been a subject of research, especially in context of sport, army and police population. Also a large number of research has confirmed that the levels of body fat should be controlled at a certain level due to better efficiency in performing activities that require use of body in space, as well due to overall health. This research included 99 male cadets from Police College in Abu Dhabi. The measurement was carried out on device InBody 370 (Direct Segmental Multi-frequency Bioelectrical Impedance Analysis Method DSM-BIA). This device directly analyze the 5 body segments: left and right arm, trunk, left and right leg. With analysis is obtained a large amount of data relating to body fat, muscle mass, water content and minerals, Body Mass Index, Waist-Hip Ratio, Basal Metabolic Rate, Fitness Score, etc. For statistical analysis, we used the average value of data obtained by InBody Result Sheet. The results are compared with similar data from recent studies and from studies conducted on a similar population. It was found that the results of cadets at a high level, and they should stay at that level until the end of schooling, and of course in future during the performance of police duties. It should be noted that cadets are very physically active and they spend a minimum of 1 hour daily in physical training, plus other activities related to military training and martial arts and use of force training.

Biography

Aleksandar Cvorovic has completed his PhD from University of Nis, and Master studies from Belgrade University. He is the trainers supervisor at Abu Dhabi Police College, and visiting Lecturer at Belgrade Football Academy. His field of expertise and research work is related to the physical preparation of top athletes and tactical forces. He is the author of several scientific articles, and participant and speaker at conferences of international importance.

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