RESEARCH ARTICLE

A PROSPECTIVE POOLED ANALYSIS OF BMI ON SPORTS PLAYERS AND NORMAL INDIVIDUALS


Pharmacy Practice Department, M.A.M College of Pharmacy, India

ABSTRACT

Objective: To check personal BMI maintenance in the normal individuals and the sports persons with age group 12-22 years.

Method: Prospective Observational Study was conducted at kodela Siva prasad rao stadium, Narasaraopet. Three hundred and fifty individuals (N=350) participated in the study. The electronic precision balance and the standard scale were used for the assessment of the BMI in the participants. Results: It is interpreted 90.69% sports persons and 37.03% normal individuals were observed to be with normal BMI. In the study, 195 sports players were in normal BMI and 85 normal individuals were having poor BMI. Conclusion: This study clearly depicts deviations of BMI from the normal values. There is an immediate need for awareness programme and counseling to the normal individuals to counsel and educate the individuals about the significance to BMI.

Key words: BMI, Awareness programmes, Counseling.

INTRODUCTION

What is BMI

The BMI is defined as the body mass divided by the multiplication of the body height with itself and is universally expressed in units of kg/m2, resulting from weight in kilograms and height in meters. BMI can be used to scrutinize for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual. Body mass index uses an individual’s weight and height as an assessment of their body shape. A person’s body mass index can be used as a standard to determine whether they are under weight, normal weight or over weight for their height.

MATERIALS AND METHODS

A study of individual measurement of BMI in relevant aged people of inclusion criteria were considered to calculate the BMI of individual personally who were playing sports at the model Siva prasad rao stadium.

Study Design: Prospective Observational Study.

Study Location: At kodela Siva prasad rao stadium, Narasaraopet, Guntur, Andhra Pradesh.

Study Duration: May to July.

Sample Size: 350N.

Inclusion criteria: The persons who are playing sports since 3 to 4 years from Age (12years-22years).

Exclusion criteria: The players below Age 12 were not taken because they are not considered for the calculation of BMI of children is of different process. The patient above age 22 was not considered because they may have any other social habits.

Material Used: A suitable electronic precision balance and a suitable length calculating standard scale were considered.

Method: The players were involved in the study by considering the above criteria after taking their decision to participate in the study. The level of BMI of each player was analyzed using the precision balance and standard scale and the BMI levels were assessed.

<table>
<thead>
<tr>
<th>Person type</th>
<th>BMI (&lt;19)</th>
<th>BMI (19-24)</th>
<th>BMI (24+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports persons</td>
<td>5</td>
<td>195</td>
<td>15</td>
</tr>
<tr>
<td>Normal persons</td>
<td>25</td>
<td>50</td>
<td>60</td>
</tr>
</tbody>
</table>

*Corresponding author: Hari Krishna, B., Pharmacy Practice Department, M.A.M College of Pharmacy, India
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