

Anthropometry Correlation Towards Archery Performance

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Abstract:

Anthropometry refers to the attributes that describe the physical and the anatomical features of an individual. It involves the composition, size and shape of the human body. In a sporting activity, some evidence has suggested that anthropometry variables such as the size, shape as well as the composition of the body could determine the strength of an individual which in turn contribute towards performing motor activity [1]. Moreover, a significant positive relationship between strength and physical characteristics in sports has also been documented [2]. The study has shown that stronger athletes could be identified with a peculiar body size, composition and shape who also tend to perform better during the execution of motor activity as compared to their counterparts.

Keywords: physical: anatomical features; Physical Fitness