

SPORTING EVENTS, PHYSIQUE, FITNESS AND HEALTH

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T A B L E S

The Editor regrets that, owing to his error in proof reading, the tables for Dr. Khosla's article, which appeared in Brit. Journ. Sports Med. IV 4. pp 270-277, were inadvertently omitted, although frequent reference was made to them in the text. Our sincere apologies are tendered to our readers, and especially to Dr. Khosla.

TABLE I  
Mean Heights (inches) and Estimates of Range Reported in Some Studies (Males)

REFERENCE		Martin (1949)	Khosla & Lowe (1967)	Stokes (1962)	1. Clark et al. (1967) 2. Eldwin (1949) 3. Roberts (1959)
Ashcroft et al. (1966)	Martin (1949)				
Race or Country Mean Ht. (in.)	Counties of England Mean $\pm$ s.d. (in.)	Works Status within an Electrical Firm Mean $\pm$ s.d. (in.)	School boys Mean $\pm$ s.d. (in.)	(Young adults from Army, Royal Air Force and Navy. Mean $\pm$ s.d. (in.))	
United States 69.5	Essex, Herts, Kent, Surrey, Middlesex 68.1 $\pm$ 2.6 (61.4 - 74.8)*	Monthly Staff 69.3 $\pm$ 2.6 (62.6 - 76.0)	Age 6 45.9 $\pm$ 2.4 (39.7 - 52.1)	1. United States Military Academy at West Point. 70.7 $\pm$ 2.1	
Jamaica 67.0	Cornwall, Devon, Dorset, Somerset 67.6 $\pm$ 2.6 (60.9 - 74.3)	Weekly Staff 68.7 $\pm$ 2.7 (61.7 - 75.7)	Age 11 56.0 $\pm$ 2.8 (48.8 - 63.2)	Reported Range 65-76 inches (65.3 - 76.1)	
Kenya (Kikuyu) 64.1	Lancashire 67.0 $\pm$ 2.6 (60.3 - 73.7)	Wage Earners 67.7 $\pm$ 2.5 (61.3 - 74.1)	Age 14 64.0 $\pm$ 3.4 (55.2 - 72.8)	2. Officers, Bombardiers, Navigators R.A.F. 69.7 $\pm$ 2.5 (63.3 - 76.1)	
Kenya (Masai) 67.8				3. Royal Navy 68.2 $\pm$ 2.6 (61.5 - 74.9)	
Ecuador 62.1					
Vietnam 62.0					

\* Figures in brackets give the estimate of range.  
About 99% of individuals are expected to lie within the calculated range.

TABLE II  
Correlations of Height with Body Measurements,  
Weight and Vital Capacity

REFERENCE			
Hammond (1955)	Cripps et al. (1922)	Roberts et al. (1959)	Eldwin (1949)
Children* Age 5 - 13  Leg Length 0.90  Foot Length 0.78  Sitting Height 0.88  *Pooled within Age.	Fit Candidates Royal Air Force  Sitting Height 0.72  Weight 0.54  Chest 0.34  F.V.C. 0.59	Young Adult Males Royal Navy  Upper Arm Length 0.75  Fore Arm Length 0.68  Hand Length 0.73  Weight 0.48	Young Male Officers Royal Air Force  Total Leg Length 0.90  Lower Leg Length 0.89  Sitting Height 0.74  Weight 0.57

TABLE III

Percentage of Males in the United States (Age 18-24) Who Equal or Exceed the Standing Heights of Some Olympic Champions or the Mean Heights of Teams in Water Polo, Basket Ball, Volley Ball, Soccer and Hockey.

EVENT	Height* in.	% Males in U.S.A.	EVENT	Height† in.	% Males in U.S.A.
THROWING			SWIMMING		
a. Shotput	75.4	<1	a. 100 Free Style	71.6	15
b. Discus	75.5	<1	b. 400 " "	71.6	15
c. Hammer	73.0	6	c. 1500 " "	72.4	10
d. Javelin	71.9	13	d. 1200 Breast	71.6	15
JUMPING			e. 200 Butterfly	70.1	30
a. High	72.8	7	DIVING		
b. Long	73.8	4	a. Spring	69.7	35
c. Triple	72.2	11	b. High	68.9	45
d. Pole Vault	73.4	5	Cycling ‡		
HURDLES				70.5	25
a. 110 m.	71.9	13	<u>Gymnastics</u> €	<u>64.8</u>	<u>93</u>
b. 400 m.	72.1	12	TEAM EVENTS **		
c. <u>Steeplechase</u>	<u>68.0</u>	<u>60</u>	Water Polo	71.7	15
ATHLETICS			Basket Ball	74.6	2
a. 100 m.	71.9	13	Volley Ball	72.4	10
b. 200 m.	73.1	5	<u>Soccer</u>	<u>67.8</u>	<u>62</u>
c. 400 m.	73.0	6	<u>Hockey</u>	<u>68.1</u>	<u>57</u>
d. 800 m.	70.7	23			
e. 1500 m.	71.1	19			
f. 5000 m.	71.6	15			
g. 10000 m.	69.5	38			
h. <u>Marathon</u>	<u>68.3</u>	<u>55</u>			

Events favourable to majority of young men are underlined.

\* Mean heights of Tokyo and Rome Olympic gold medallists.

† Height of Tokyo gold medallists.

‡ Mean of 4 separate winners of cycling.

€ Mean of 7 separate winners of gymnastics.

\*\* Mean of all Olympic participants in team events.

TABLE IV  
 Mean Obesity Index of Olympic Participants from Some Events, of Civilians in  
 in the United States, and of Civilians in Wartime Britain.

EVENT	Mean Age Years	Wt/ Ht <sup>2</sup> x 1000	EVENT	Mean Age Years	Wt/ Ht <sup>2</sup> x 1000
Long Distance and Marathon	27	29.5	Hockey	27	32.9
Steeple chase	27	30.2	Swimming	20	33.0
20 Km. Walk	28	30.6	Soccer	25	33.2
Jumping	25	31.8	Volley Ball	26	33.3
Short Distance Runners	25	31.8	Basket Ball	25	33.4
Equestrian Sport	30	31.8	Rowing	25	33.8
Hurdling	25	31.9	Light Weight Boxing	24	30.3
Fencing	27	32.1	Light Middle Weight Boxing	24	32.2
Gymnastics	26	32.2	Heavy Weight Boxing	25	35.8
Cycling	24	32.4			

Mean Obesity Index within Age Groups

Reference	Subjects	AGE GROUPS			
		20-24	25-34	45-54	55-64
Stoudt et al. (1965)	United States Civilians	33.9	35.8	36.7	37.0
Kemsley (1950)	British Civilians (World War II)	30.9	32.0	32.5	32.8
					33.4