

## **PHYSIOLOGICAL PROFILE OF YOUNG ADOLESCENT BOXER OF WEST BENGAL, INDIA**

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### **ABSTRACT**

*The present study was carried out on 24 boxers of different boxing clubs of Hooghly district of West Bengal, India. The purpose of the study was to reproduce the baseline anthropometric and physiological parameters of boxers of West Bengal. The comparative study reveals that speed value of boxers of present study is lower than the school level basketball and volleyball players. Agility value of present study is higher than the school level basketball and volleyball players and significantly higher than low weight boxers and middle weight boxers of Kolkata. Significantly higher flexibility value of boxers of present study has been observed when compared with school level basketball and volleyball players and lower than low weight boxers and middle weight boxers of Kolkata. Vertical jump value of male boxers significantly lower than low weight boxers and middle weight boxers of Kolkata. The aerobic power also shows the significantly lower value of present study of boxers than low weight boxers and middle weight boxers of Kolkata. Significantly higher anaerobic power value of boxers of present study has been observed when compared with sedentary children of same age groups. The boxers of present study are ectomorphic mesomorph. The values of % of body fat of male and female boxers of present study were significantly lower than Indian male boxer and male and female boxer of Kolkata and West Bengal respectively.*