

Anthropometric Measurements of Saudi Boys Aged 6-14 years

Hazzaa M. Al-Hazzaa

Exercise Physiology Laboratory, King Saud University, Riyadh, Saudi Arabia

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Abstract:

Anthropometric measurements of 1169 Saudi school boys between the ages of 6 and 14 years are reported. The boys were randomly selected from primary schools in the city of Riyadh, Saudi Arabia. Measurements of height, weight, grip strength, chest, triceps and subscapular skinfold thicknesses as well as biacromial, chest, bi-iliac, knee, and elbow breadth were taken. Saudi boys have slightly lower values for body weight and height than American boys (NCHS standards). Values of skinfold measurements increased with age up to age 11 where they plateaued and took then a sharp increase by age 14. Means of triceps and subscapular skinfolds of the Saudi boys throughout age 13 are also lower than some standards from U.S.A. At age 14, however, the Saudi boys have higher means than the U.S.A. boys.