International Journal of Physiology, Health and Physical Education

ISSN Print: 2664-7265
ISSN Online: 2664-7273
Impact Factor: RJIF 8
IJPHPE 2025; 7(2): 04-06
www.physiologyjournals.com
Received: 25-04-2025
Accepted: 30-05-2025

Mofid Ahmad
Research Scholar, Department of Physical Education, University of Lucknow, Lucknow, Uttar Pradesh, India

Corresponding Author:
Mofid Ahmad
Research Scholar, Department of Physical Education, University of Lucknow, Lucknow, Uttar Pradesh, India

A study on the human body measurements and biomechanical variables of college basketball players

Mofid Ahmad

DOI: https://www.doi.org/10.33545/26647265.2025.v7.i2a.114

Abstract
This study looks at the association between biomechanical characteristics in collegiate basketball players and anthropometric measurements of the human body. The goal of the study is to determine the association between specific body dimensions such as height, weight, arm breadth, and limb length and essential biomechanical factors such as force generation, jumping ability, and shooting accuracy. A sample of college basketball players was analyzed utilizing advanced biomechanical evaluations and body measures to uncover correlations and critical variables influencing basketball performance. The findings offer insights that can help improve player development and training tactics.

Keywords: Anthropometry, biomechanics, basketball performance, college athletes

Introduction
Basketball is a sport that demands a great level of coordination, strength, speed, and agility. A player's body measurements and biomechanical effectiveness have a significant impact on their on-court performance. Understanding these connections is critical for optimizing training schedules and improving player performance. This study looks into the relationship between anthropometric parameters and biomechanical traits in college basketball players, such as force production, jumping ability, and shooting accuracy.
Previous research has shown that some physical characteristics, such as height and arm span, are advantageous in basketball since they have a direct impact on one's ability to shoot, rebound, and defend (Ackland *et al*. 1997) [3]. Davis and colleagues (2003) discovered that jumping performance—an important basketball skill—is heavily influenced by lower body strength and limb length. However, there is still a lack of integration between anthropometric data and biomechanical analysis, particularly for collegiate athletes. This study seeks to fill that gap by conducting a thorough assessment of how these variables interact.

Methodology
Participants
The research included forty male college basketball players aged 18 to 24 who were participating in intercollegiate competitions. The participants were picked based on their consistent attendance at basketball games.

Anthropometric Measurements
The following body measurements were taken:
- Height
- Weight
- Arm Span
- Limb Length (upper and lower limbs)
- Body Mass Index (BMI)

Biomechanical Assessments
Key biomechanical variables were measured using the following tests:
- **Force Generation:** Assessed using a force platform during vertical jumps.
- **Jumping Ability:** Measured by the height of vertical jumps using a jump mat.

- **Shooting Accuracy:** Evaluated through a series of standardized shooting drills, including free throws and three-point shots.

Data Analysis

Using correlation analysis, the link between anthropometric measures and biomechanical factors was investigated. Multiple regression analysis was performed to identify the most important factors influencing basketball-specific skills, such as leaping height and shooting accuracy.

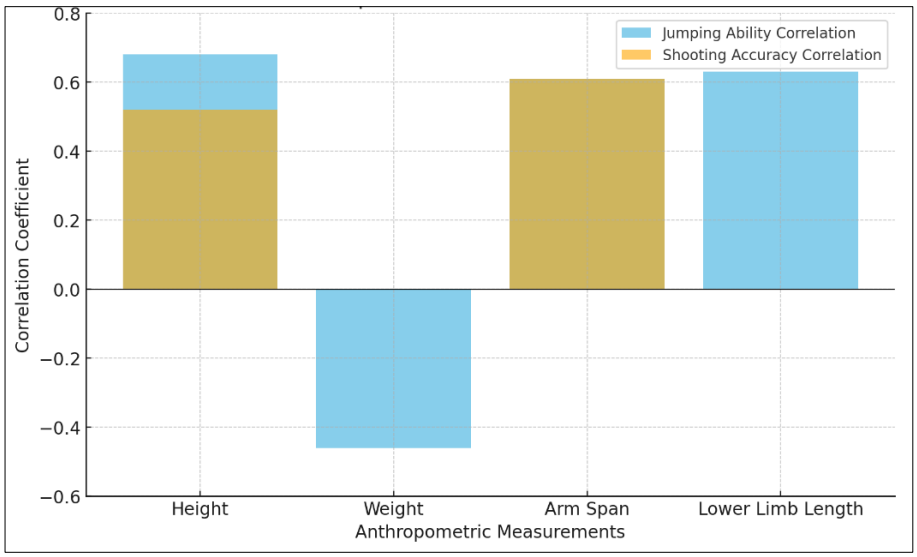

Fig 1: Correlation between anthropometric measurements and biomechanical variables

This graph depicts the relationship between various anthropometric measures and biomechanical characteristics, such as shot accuracy and leaping ability. The bars demonstrate how strongly these associations remain true, as well as how varied body shapes impact these critical performance metrics for basketball players.

Results

The study discovered a few significant correlations between anthropometric measurements and biomechanical factors:

- There was a moderate association ($r = 0.52$, $p < 0.05$) between height and shot accuracy, and a substantial positive correlation ($r = 0.68$, $p < 0.01$) between height and jumping ability.
- There was a strong correlation ($r = 0.61$, $p < 0.01$) between arm span and force generation, indicating that longer arms provide more leverage and power for defensive and jumping maneuvers.
- There was a positive correlation between jumping ability and limb length, especially lower limb length ($r = 0.63$, $p < 0.01$).
- It was discovered that there was a negative link between weight and leaping ability ($r = -0.46$, $p < 0.05$), suggesting that a heavier body may have shorter jumps.
- According to regression analysis, the most significant markers of jumping ability were height and lower limb length, while arm span and height were strong predictors of shot accuracy.

Discussion

The findings emphasize the relevance of anthropometric characteristics in improving important basketball biomechanical skills. It was shown that height and limb length had a substantial impact on leaping ability, which is required for both offensive and defensive basketball motions. The positive link between arm width and force production highlights the importance of body leverage in performance development. However, it appears that maintaining an ideal body weight is required to enhance vertical jump height, as weight and jumping ability are inversely related.

These findings may be used to create better tailored training regimens that consider each student's distinct anthropometric profile. Athletes with shorter limb lengths, for example, may benefit from specialized training to enhance their leaping mechanics and compensate for physical limitations.

Conclusion

This study found that biomechanical characteristics crucial to basketball play are greatly impacted by human body measurements. Height, arm breadth, and limb length were shown to be the three most important factors influencing jumping ability, force output, and shot accuracy. These findings indicate that adding anthropometric data into training regimes may improve player development and performance. Future study should include female athletes and increase the sample size to have a better understanding of these links.

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