ESTIMATION OF TOTAL BODY WATER ON THE BASIS OF BODY WEIGHT, HEIGHT AND AGE IN UNIVERSITY PLAYERS

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(Received November, 12, 2014, accepted November 20, 2014)

ABSTRACT

*The aim of the study was to establish regression equation for predicting Total Body water on the basis of Body weight, Height and Age. Further to find out correlation between selected Independent variables (Body Weight, Height and Age) with Dependent Variable (Total Body water), to study the joint contribution of Independent Variables in estimating Total Body water. Fifty male university players from Guru Ghasidas University, Bilaspur, (C.G) India, age ranged from 20 to 25 were selected for this study. To find out correlation between Independent Variables and Dependent Variable, and joint contribution of Independent variable in estimating Dependent Variable, Product Moment Method of correlation and multiple correlations was used. Regression equation (Enter method) was established for predicting Dependent variable on the basis of Independent variables. It exists a significant relationship between Total Body water, Body weight (.728**), Height (.429**), and Age (-.382**). In regression model, the value of* R^2 *[0.606(Body weight, Height, Age)] developed for prediction of Total Body water. The resulting regression equation is: Total Body water = 19.444 + 0.310 (Body weight) + 0.073 (Height) - 0.583 (Age).*