

Association among Anthropometric, Physiological and Physical Fitness Variables of Male Footballers in Sri Lanka

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The present study aims at finding out the association of anthropometric, physiological and physical fitness variables with the playing ability of male footballers in Sri Lanka. The study was conducted for men aged from 18 to 28 years representing the 41st National Sports Festival of Sri Lanka in 2015. The players (180 players) who took part in football from nine provinces were identified as subjects for this study. The football playing ability was chosen as the dependent variable and assessed by subjective rating. The Muscular Strength, Muscular Endurance, Cardio Respiratory Endurance, Flexibility, Agility, Elastic Power, Height, Weight, Upper Arm Relaxed Girth, Fore Arm Girth, Chest Girth, Wrist Girth, Waist Girth, Thigh Girth, Calf Girth, Angle Girth, Acromiale Raiale Length, Raialesylion Dactylion, Midstylion Dactylion Length, Foot Length, Leg Length, Forced Expiratory Volume in One Second and VO₂ Max were selected as the independent variables and tested by the standardized procedure. Data were collected for playing ability and other selected independent variables. In order to examine the association between playing ability and selected independent variables, simple correlation was calculated ($P > 0.05$). The results of the present study show significant association of football playing ability with the selected variables among Sri Lankan football players.

Keywords: anthropometric, physiological, physical fitness, football, playing ability