



## Antropometria e Aptidão Física de Adolescentes Latino- Americanos [

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text (article)

Analítica

The purpose of this study was to develop an analysis concerning the behavior of anthropometric measurements and results of motor tests aimed at characterizing growth and physical fitness in a international sample of adolescents from three Latin American cities located in Argentina, Brazil and Chile. The sample was composed of 1357 adolescents aged 12 to 17 years (48.6% boys) selected in three countries. Anthropometric characteristics were determined by height, body weight and skinfold thickness. As for physical fitness, tests for sit-and-reach, squat jump, conter-movement jump, handgrip strength, sit-up, 10 X 5 meter races and progressive endurance walk/run were applied. The results showed that anthropometric measurements only begin to present important gender-based differences after 14 years of age, while for physical fitness differences were found favoring boys in almost all motor tests from 12 years on, with an increasing sexual dimorphism index as the adolescents grew. The findings showed significant differences in anthropometric measurements and the results of motor tests presented by the adolescents from three Latin American cities/countries. In conclusion, the evidence found suggests that monitoring interventions of growth and physical fitness should be designed to achieve specific target-groups and contemplate actions according socio-cultural and environmental characteristics of adolescents in these three countries

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