



Composición corporal, perfil antropométrico, somatotipo y aptitud física de escaramuzas charras [

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text (article)

Analítica

The purpose of this descriptive cross-sectional study was to describe the body composition, anthropometric profile, somatotype, and physical fitness in escaramuza charra of the country of Mexico. The population was made up of five teams, making a total of 32 women. Anthropometric measurements were carried out under the ISAK; In addition, the pressure strength capacity was evaluated with a hand dynamometer, a leg and back dynamometer, the muscular resistance of their trunk with a core test, as well as an isometric strength test for the hips. Our most relevant results showed an average age of 27.14 " 9.32 years, height of 161.14 " 5.04 cm, body mass of 61.99 " 9.97 kg, BMI of 22.15 " 4.10 (kg/m²) and lipid mass percentage of 22.03 " 5.41, the average somatotype was reported as endo-mesomorph. In conclusion, the assessment of anthropometric parameters and physical fitness are fundamental for the control and improvement of the physical performance of the escaramuza charra teams

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