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Anthropometric profile of elite male handball players in Asia

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Anthropometric profiles of elite athletes provide insights into the requirements for competing at top level in particular sports. Due to the comparative lack of data for contemporary handball players, the present study was conducted to describe the anthropometric characteristics of international male Asian handball players and identify any positional differences existing. Sixty three players from five different countries were measured in the 12th Asian Games in Hiroshima for height, mass, skinfold thicknesses and estimates of body fat and muscle mass. Results were compared with data for the English handball squad for reference purposes. Significant differences were evident among the Asian teams, the group from East Asia being taller and lower in adiposity than the teams from West Asia. A relative homogeneity was observed among positional roles. The more successful teams were taller and had lower body fat than the less successful teams. It is concluded that Asian handball players differ in anthropometric characteristics from European players previously studied and that specific anthropometric variables are associated with successful tournament performance at international level in Asia.

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