INTRODUCTION

Body structure plays a very significant role in determining human movements. Structural variations in body segments affect its movements. A specific type of body structure predisposes human body to advantage in a specific type of movement. The segmental length and breadth determine the leverage, possessed by the body (position of fulcrum and various lengths of load and efforts arms), which, in turn, affects the final outcome of force, created by muscles and its ultimate exploitation, for the purpose of motions.

Various researches prove that anthropometrics measures play a vital role in playing on different positions. The physique and body compositions including size, shape and form are known to play significant role in this regard. Though the performance of football players is also dependent on their skills, training, motivation level and several other factors of physiological and biomechanical nature i.e. age, sex and physical growth, but body structure plays a very significant role in determining human movement. A particular type of structure predisposes an individual to better particular type of movements. For instance forward football players and halfbacks are quite similar to one another but are shorter than stoppers and goalkeepers. Forward have shorter lower extremities. They also posses broader knees in proportion elbow. Stoppers have relatively broader shoulder and better developed lean tissues in the thighs. Goalkeepers are tall, have proportionally similar trunk, long lower extremities and are lighter in relation to structure.

This research study had attempted to high light the correlation ship of anthropometrical intervarsity football players with their physical fitness performance. This research study will provide appropriate guidelines to coaches for identification and promotion of footballers and train them in systematic and effective way as per their body structure for building a good team.

For the purpose of this study 50 football players who have participated in intervarsity were selected from different universities of Maharashtra state.

The study was delimited to the following physical and physiological parameters.
ANTHROPOMETRICAL PARAMETERS:

PHYSICAL FITNESS PERFORMANCE
For assessing the physical fitness performance the Standard AAHPER youth fitness was applied. The component of the AAHPER youth fitness test were;
1. Pull-ups
2. Bent knee Sit-ups
3. 10 X 4 shuttle run
4. 50 m. dash
5. Standing broad jump
6. 600 yards run/ walk

Reiterating the objective of the study we have to point out that we intend to investigate the correlation in anthropometrical variables and physical fitness performance of intervarsity football players for that the Pearson’s product moment correlation was used.

RECOMMENDATIONS:
1. The findings of the study should be taken in to consideration while going for talent hunts for probable potential footballers. Children with the inherited physical characteristics as observed in our study may only be recommended for football.

2. Along with physical parameters, psychological and biomechanical parameters of football players should also be studied.

3. Further, a study should be conducted to compare world elite football player with Indian footballer in relation to physical, physiological, psychological and mechanical parameters.