STRUCTURAL ANALYSIS OF BODY COMPOSITION STATUS IN ABU DHABI POLICE PERSONNEL

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Summary: Monitoring of morphological status is necessary because human body structure is very important and at the same time biologically very changeable category that can be influenced by many external and internal factors. The aim of this study is a structural analysis of current state of body composition for purposes of establishing initial body composition model of Abu Dhabi police personnel. Measurement procedures have been conducted under the monitoring of Strategic Management & Performance Improvement Department, Sports Activity Section, Abu Dhabi police, in the gym for police officers with the help of the machine InBody 720. The sample size was 59 male police officers of different age and rank. The main characteristics of the sample were: age 31.53±9.42 years, height 173.08±6.13cm and body weight 80.10±11.50kg. Investigated variables were: height (H), body weight (BW), body mass index (BMI), body fat mass (BFM), percent of body fat (PBF), skeletal muscle mass (SMM) and percent of skeletal muscle mass (PSMM). Statistically, the results were calculated by descriptive statistics and cluster analysis. The results have shown that prevalence of the overweighed according to the WHO was 59.06%, prevalence of obesity according to ACE was 49.15% and 66.10% of the sample had under average PSMM.
Keywords: BMI, PBF, SMM, body composition, bioelectrical impedance.

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