

SEX DIMORPHISM OF HAND-GRIP ENDURANCE IN HEALTHY AND YOUNG PERSONS**Abstract**

The aim of this work is to determine sex dimorphism in endurance of hand grip force in referent population of healthy and young persons. In the study participated 48 examinees, among whom 23 were women and 25 were men. Muscle force of hand's musculus flexor was measured by using the method of isometric dynamometry, where we used the standard hand grip-test. By multivariant analysis we determined that there is a significant difference between men and women in endurance of hand grip force, in relation to parameters of force level (F_{max} , $F_{80\%max}$, $F_{50\%max}$ and $F_{30\%max}$), for Wilk's Lambda 0.082, $F=189.439$, $p=0.000$, so as for the time aspect of expressing the given force ($tF_{80\%max}$, $tF_{50\%max}$ and $tF_{30\%max}$), for Wilk's Lambda 0.270, $F=13.533$, $p=0.000$, and for parameters of force momentum as a direct endurance measure ($ImpF_{80\%max}$, $ImpF_{50\%max}$ i $ImpF_{30\%max}$ and $ImpF_{80\%rel}$, $ImpF_{50\%rel}$ and $ImpF_{30\%rel}$) for Wilk's Lambda 0.373, $F=8.42$, $p=0.000$ and Wilk's Lambda 0.406, $F=7.33$, $p=0.000$, respectively. Our results can be used as a criteria in analytics and diagnostics by evaluation of physical abilities in different populations, so as in sports.

Key words: sex dimorphism, force endurance, hand grip
