

ANTHROPOMETRIC CHARACTERISTICS – THE DETERMINANTS OF VERTICAL AND HORIZONTAL JUMPING ABILITY

Abstract

Any aspect of sport integrates within itself certain human anthropological dimensions. Which of the dimensions will be dominant in the given physical activity, or sport, depends on the nature of the sport as well as the nature of the motor task which is being realized. A very frequent topic of study in anthropological space is morphological space, as well as anthropometric characteristics which are defined as the predictors of various motor manifestations. These manifestations can include all the segments of motor space. In this paper we will define a segment of explosive strength (the horizontal and vertical jumping ability) in the case of boys and girls, first-graders, with the aim of determining the influence of the manifested anthropometric characteristics, such as the determinants of the vertical and horizontal jumping ability of children.

Key words: *boys, girls, regression, plyometric jump, the standing depth jump*
