

PHYSICAL DEVELOPMENT OF SCHOOL AGE GIRLS OF KABARDINO-BALKARIAN REPUBLICS

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By the unified V. V. Bunak's technique physical development is studied girls of school age of Kabardino-Balkar Republic with determination of overall dimensions, growth rates of each indicator, use of the skeletal indexes (SI) of the and body weights (BW). Anthropometrical researches of 1193 aboriginals were conducted Kabardino-Balkaria aged from 7 till 18 years. Girls are distributed on to age groups according to the principle accepted in anthropology. Anthropometric indices studied were analyzed by percentile scales and building tables.

Among the examined girls quantity city and rural inhabitants was almost identical (51,4 and 48,6% respectively). From them Kabardians was 567, Balkars – 325, Russians – 301. The main dimensional indicators showed their uneven increase. For all age the period body weight increased by 2,3 times, and body length – 1,3 times. The greatest increases of weight and length of a body at Kabardians were observed in 12 and 16 years, at Balkars – in 12 and 14 years, at Russians – in 8, 12 and 14 years. Basin sizes increased too unevenly. The widest basin is found in the Russian girls, they are followed by Balkars and then Kabardians. Among the studied parameters of the first peak of growth rate were reached by length of the lower extremities from 8 to 11 years. In 9-10 years jump of growth of length top was observed extremities. In 10-12 years body weight, in 11-12 years – a circle intensively grew and cross diameter of a thorax. Among anthropometrical indicators the greatest variability is found in a body weight indicator in 12 years ($Cv=21,7$). On the first place among the longitudinal sizes on variability there was length of the case ($Cv=10,0$) in 11 years. The greatest variability among the width sizes it was noted at the front and back size of a thorax ($Cv=15,0$) and width of a basin ($Cv=15,3$) in 11 years. Maximum size IS it was observed in 11 years. I made average value of IMT in 18 years $20,50 \pm 0,2 \text{ kg/m}^2$. At distribution of girls in the area of the dimensional variations are allocated all somatic types with prevalence mezomophic without reliable prevalence on ethnic groups.

The centile assessment mass-height correlation revealed a harmonious physical development only in 67,6-77,4% of the surveyed girls.

Physical development, anthropometrical indicators, body proportions, indexes, school age.