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Descriptive Model and Gender Dimorphism of Body Structure of Physically Active Students of Belgrade University: Pilot Study

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ABSTRACT The purpose of the present study was to analyze descriptive body structure model of physically active students. The sample included 137 male (23.1±2.6 yrs) and 113 female (22.0±2.3 years) students. Body composition was measured with InBody720 where 17 variables were used to define the morphological status. Students had the following characteristics: the body weight was – 82.88 vs. 61.02 kg, water content was 52.85 (63.44%) vs. 33.9 L (48.90%), the amount of proteins was 14.30 (17.22%) vs. 14.8 kg (14.94%), mineral mass was 4.8 (5.8%) vs. 3.2 kg (5.31%), fat weight was 11.3 (13.53%) vs. 14.8 kg (24.28%), and BMI value was 24.5±3.6 and 21.7±3.1 kg/m^2 for males and female, respectively. A clear gender dimorphism was manifested - from 41% to 184%. A large majority of respondents (87-90%) of both genders can be classified in normal ranges of body fat percentage, which can be attributed to a higher level of physical activity.