

## **Body Height and its Estimation Utilizing Arm Span Measurements in Macedonian Adults**

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**ABSTRACT** The purpose of this study is to examine body height in Macedonian adults as well as its relationship with arm span, as an alternative to estimating body height. A total of 239 students (114 men and 125 women) participated in this study. The anthropometric measurements were taken according to the protocol of ISAK. The relationships between body height and arm span were determined using simple correlation coefficients at a ninety-five percent confidence interval. Then a linear regression analysis was performed to examine extent to which arm span can reliably predict body height. Results displayed that male Macedonians are  $178.10 \pm 6.79$ cm tall and have an arm span of  $178.78 \pm 7.71$ cm, while female Macedonians are  $164.58 \pm 5.40$ cm tall and have an arm span of  $164.41 \pm 6.42$ cm. The results have shown that both genders made Macedonians a tall nation but not even close to be in top tallest nations. Moreover, the arm span reliably predicts body height in both genders.