

## Research Communication

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# BODY MORPHOLOGY AND STATIC FLEXIBILITY STATUS: A STUDY ON ADULT BENGALEE MALES UNDERGOING TRAINING IN FOOTBALL

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*Football, world's most popular sport, played in every nation at varying levels of competence, requires comprehensive skills including physical, psychological, technical and tactical abilities of the players that make them competent to win a match. In this backdrop, the present study has been conducted to assess the body morphology and static flexibility status of 39 adult Bengalee males (18-22 years) undergoing training in football for at least a period of 6 years and practicing it regularly at least a period of two hours every six days a week. It has been found that the individuals undergoing training in football have significantly ( $P < 0.05$ ) better body morphology, and have significantly ( $P < 0.05$ ) better static flexibility status, compared to their age and sex matched control group individuals.*

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