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Infection of Different Altitudes on College Students' Body Shape

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Objective Considering that guizhou is located in a plateau region with various gradient altitude,and we have never seen any relevant report on the study of different altitudes influence the students'physical fitness at home or abroad. the aim of this research is the author runs a normal physical fitness test on native 774 non-PE major students who all comes from different altitudes 774, so as to provide reference standard for promoting the health of the students group.
Methods literature data, fitness testing, statistic, and logic analysis.
Results 1、There was no obvious consistency between the height change of students in different atitudes indicating that the influence of different altitude environments on the height of students was not obvious.2、Most of the students on the plateau show the thickness of the skinfold is the thickest , while the thickness of the skinfold of students on the plain and the subplateau is different and irregular. 3. There was no significant difference in the chest circumference of the four groups of students at three altitudes, indicating that the environment at different altitudes had no significant influence on the development of the respiratory organs and chest muscles of the students. 4. The waist circumference of the three groups showed no obvious pattern, indicating that the environment at different altitude had no significant influence on the waist circumference. 5. The waist-hip range of female students on the plateau is relatively high, while other students are in the ideal range. 6. The BMI of all the students in the three places is within the range of 18.5 ~ 22.9, that is, all the students in the three places are in the normal range.
Conclusions altitude has no significant effect on students'height, chest circumference, waist circumference and BMI. The thickness of skinfold of students on plateau is thicker than that of plain and subplateau students. The waist-hip range of female students on the plateau is relatively high, while other students are in the ideal range.