

## **Body composition and its relation to the postural status of the spine for pioneers of sports centers**

**Dr. Ehab Mohammed Emad El-Deen Ibrahim (\*)**

The research aims to identify body composition and its relation to the postural status of the spine for pioneers of sports centers. The researcher used the descriptive method on a sample of (175) men have been selected randomly. The results showed that pioneers of sports centers are suffering from increasing in the body composition, also suffering from simple and compound postural deformities of the spine dramatically, the percentages of the simple spinal deformities limited between (3.12%: 8.75%), where the hyperlordosis was the most prevalent, the percentages of the compound spinal deformities limited between (5%: 11.87%), where the hyperlordosis with the spine inclination to the back was the most widespread. Body composition varied among pioneers of sports centers, where its value increased among men with the compound spinal deformities rather than men with the proper spine and those with simple spinal deformities. Spine differed between pioneers of sports centers depending on the standard of body composition of the research sample with (underweight, healthy weight, overweight & obese). In addition to a positive correlation between the body composition and spinal deformities for pioneers of sports centers. The researcher recommends with the need for developing scientific researches aiming to designing rehabilitation programs include food culture and aerobic activities to reduce overweight and obesity, as well as the development of rehabilitation programs for the simple spinal deformities such as hyperlordosis and the compound spinal deformities such as the hyperlordosis with the spine inclination to the back for pioneers of sports centers.

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(\*) Lecturer, Health sciences sports Department, Faculty of Physical Education, Benha University  
E-mail : Ehab.Emad @Fped.bu.edu.eg

Tel : 0201000887792