BODY-BUILD AND PHYSICAL ACTIVITY

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In order to analyse the influence of habitual physical activity on body-build, 208 non-selected healthy 20-year-old Swedish men of different occupations were examined, soon after their arrival to military service and six months later, during which they had been subjected to ordinary military training. On the first examination the body-build was registered according to the method devised by Lindegård in 1953. On the second examination only the muscularity, i.e. the muscle factor, was re-examined.

According to the method cited, muscularity is determined by dyna-mometric recordings of the gross muscular strength of certain groups of muscles. In the present investigation, the "hand-grip", "shoulder-thrust" and "shoulder-pull" strengths were recorded.

It was supposed that there is a maximal and a minimal level of attainable muscularity for each individual, between which the actual muscularity varies in proportion to the degree of habitual physical activity. The results arrived at suggest that in the average individual, the actual muscularity of the "hand-grip" lies not far from the maximum level attainable, and the actual muscularity of the "shoulder-thrust" nearer the minimum level attainable, while the actual muscularity of the "shoulder-pull" has an intermediate position.

The correlation between skeletal sturdiness and muscularity seems to refer exclusively to the environmental-stable muscularity. That part of the interindividual variation of muscularity which is associated with a different habitual physical activity tends, instead, to camouflage the correlation between muscularity and skeletal sturdiness.

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