

Original Paper

# Comparison of postural position and body mass index in elementary male students in public and private elementary schools

Mosavi SK (M.Sc)<sup>1</sup>, Ahmadkhani J (M.Sc)<sup>\*2</sup>, Ghasemnian A (Ph.D)<sup>3</sup>

<sup>1</sup>Department of Sports Injury and Corrective Exercises, Faculty of Physical Education and Sport Sciences, Kharazmi University of Tehran, Tehran, Iran. <sup>2</sup>Department of Exercise Physiology, Faculty of Humanities, Kordestan University, Kordestan, Iran. <sup>3</sup>Assistant Professor, Department of Physical Education and Sport Sciences, Faculty of Humanities, University of Zanjan, Zanjan, Iran.

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## Abstract

**Background and Objective:** Skeleton abnormalities have adverse effect on skeleton structure and natural shape of hight. This study was done to compare the postural position and body mass index in elementary male students in public and private elementary schools.

**Methods:** This descriptive - analytic study was done on 1254 boys (627 subjects of elementary public school and private elementary schools Abhar city in North West of Iran. Weight and height and body mass index of students were measured. Stature abnormalities measured with Bob, Kayfometer, Goniometer, Caliper and Padscope.

**Results:** BMI of students was more in private school ( $18.23\pm 3.76$ ) in compare to public schools ( $17.4\pm 3.46$ ) ( $P<0.05$ ). Scoliosis, kyphosis, flat back, lordosis, flat foot and pescavus abnormalities was more in students of public schools in comparision with private school ( $P<0.05$ ).

**Conclusion:** Physical inactivity and lack of adequate exercise space in private schools cause over weight and stature abnormalities.

**Keywords:** Elementary male student, Postural position, Flat foot, Scoliosis, Body index, Iran

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\* Corresponding Author: Ahmadkhani J (M.Sc), E-mail: [ahmadkhani\\_j98@yahoo.com](mailto:ahmadkhani_j98@yahoo.com)

Received 22 Oct 2014

Revised 10 May 2015

Accepted 13 May 2015