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EFFECT OF COORDINATIVE ABILITIES ON BASKETBALL PLAYERS

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ABSTRACT

In order to learn a new skill fast and effectively, an individual's level of coordination is critical. Conditions, abilities, and abilities may all benefit from them. Body composition measurements are an essential part of comprehensive physical training regimens. Body composition analysis is used to determine the relative amounts of the body's major structural components (muscle, bone, and fat). Health and fitness are all about determining a person's fat-free or lean tissue proportion. Obesity is detrimental to one's physical and mental well-being. In the past, height and weight charts were used to calculate a person's weight. Obesity is defined as a person's weight exceeding 10% to 20% of their gender, age, or physical height. Morbid obesity, sometimes known as "super obesity," is described as being 20 percent or more overweight or obese compared to one's optimal body weight.