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INTERGENERATIONAL DYNAMICS OF ANTHROPOMETRIC INDICATORS AND CURRENT TRENDS IN PHYSICAL DEVELOPMENT OF STUDENTS IN KRASNODAR

The article presents the results of a comprehensive anthropometric study of students in Krasnodar (17–23-years-old) conducted in 2024. The study aimed to observe the current trends in physical development and intergenerational changes in anthropometric indicators against the background of all-Russian trends. Data analysis revealed significant regional differences: compared to their Moscow peers, Krasnodar students demonstrate a stronger physique (higher Livi index, chest girth, and fat fold thickness values), which is more pronounced in young men. Intergenerational analysis (1964–2024) showed an increase in average body length of 4.53 cm for young men in Krasnodar and 2.01 cm for women. At the same time, in recent years, a slight decrease in mean body length values was found for male and female groups. Comparison with the data of the 1980s revealed a change in the proportions of the physique of today's youth: Krasnodar young men have a tendency towards narrowness and an increase in the indicators of fat deposition. A similar secular trend was observed in Moscow youth, which indicates the stability of intergenerational changes in the morphological status of young people in different cities of the European part of Russia. The practical outcome of the study was the development of current regional physical development standards for young people in Krasnodar in the form of normative tables based on regression analysis of the body mass to body length.

Keywords: *secular trend, body proportions, student youth, physical development, deceleration, regional standards, Krasnodar Territory*

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