

Abstract

Title: The effect of specific futsal preparatory period on the body composition of Bohemians Praha 1905 futsal players

Objectives: The main objective of the study was to analyze changes in selected parameters of body composition of the Bohemians Praha 1905 futsal players, which occurred due to specific futsal preparatory period.

Methods: The work has the character of an empirical research, the main method is observation. A total of 9 players (1 goalkeeper, 3 defenders and 5 forwards) who played for the Bohemians Praha 1905 futsal club, took part in the research. Basic anthropometric parameters (body height, body weight, BMI) were measured. The BIA method (BIA-Tanita MC 980) was used to obtain input and output data for the analysis of changes in body composition parameters. Statistical data processing (arithmetic mean, standard deviation, tables and graphs) performed in Microsoft Excel.

Results: The results of our study show that during the specific futsal preparatory period there were changes in most of the body composition parameters. The only parameter that did not change was fat mass, the value of which remained the same even after a specific futsal preparatory period (12.4 kg). We noted the most significant differences in body weight, which decreased on average by 1.4 kg, and in muscle mass, there was a total average loss of 1.2 kg.

Keywords: futsal, body composition, preparatory period, bioelectric impedance