

Abstract

Title: Analysis of somatotypes of football players at different levels of competition

Objectives: The aim is to analyse the somatotypes of football players across different performance levels, specifically within the 2nd to 5th highest football competition in the Czech Republic. The thesis will focus on comparing the somatotypes of players at different positions (defenders, midfielders, forwards) and identifying differences between these groups. The analysis will also include consideration of the influence of leisure activities and type of employment (sedentary, moderately active and active), and these factors will be observed in players of non-professional competitions. The results of the study should contribute to a deeper understanding of somatotype differences in relation to performance level, playing position and lifestyle of players.

Method: The total research population includes 60 probands from adult male soccer players. Somatometric methods according to Heath and Carter were used to determine somatotypes. The data obtained were processed in Microsoft Excel and then interpreted through graphs, tables and somatographs.

Results: This bachelor's thesis examines the somatotype of football players across different competition levels in Czech leagues. The aim is to compare body composition of players from the 2nd to 5th division using the Heath-Carter method, and assess differences by league level and playing position. The research sample included 65 players from four teams, with anthropometric measurements followed by somatotype evaluation.

Results showed increasing endomorphy and decreasing ectomorphy with lower performance levels. The average somatotype in the 2nd division was 3.6–5.1–2.8; in the 4th division 4.6–5.2–2.1; and in the 5th division 4.7–5.5–2.0. All groups were mostly classified as endomorphic mesomorphs. The greatest variability was in the 5th division, and the 3rd division was most homogeneous. Goalkeepers had higher endomorphy and mesomorphy, while midfielders and forwards were leaner with higher ectomorphy.

Keywords: Somatotype, Heath-Carter method, anthropometry, football, performance level, playing position Lifestyle