

Abstract

Title: Selected performance indicators of professional golf players.

Objectives: The aim is to identify and describe the functional characteristics of elite golf players on the selected parameters of a body composition, a postural stability and a grip strength.

Methods: The theoretical part has been processed on the basis of literature search. Participants were professional golf players and coaches (n = 36). Parameters of body composition were measured by the In Body 3.0 and the Datainput BIA 2000, the postural stability was measured by the pressure plate Footscan and the grip strength was measured by the hand dynamometer T.K.K. 5401.

Results: In selected parameters of body composition and postural stability achieve elite golfer's good results. Especially in the parameters body mass index (BMI) and % fat came good to excellent results. The grip strength of hand located below on the "grip" is larger than the strength of hand located above on the "grip". The relation between game performance (level of HCP) and selected parameters was not confirmed. Only a slight relation between the HCP and the handgrip strength of hand based above on the "grip" were found.

Keywords: Golf, performance, body composition, postural stability, grip strength.