Abstract

Title:

Analysis of selected somatic and physiological indicators in professional football players.

Objectives:

Analysis of selected somatic and physiological indicators in professional football players in various gaming functions.

Methods:

This work was based on observation and testing. Data were recorded and evaluated with devices (jogging carpet and Multifrequency bioelectrical impedance (BIA)). Of these earnings came form. To evaluate somatic assumptions used an instrument called Multifrequency bioelectrical impedance (BIA). VO2max was evaluated by treadmill running on carpet. The results were tabulated and interpreted graphically. For statistical analysis, in Microsoft Excel functions used mean and standard deviation.

Results:

The results that have come to me, and hypotheses, which I dealt with in this work, were not found to be substantively significant difference measured values above 10%. A more detailed treatment, however, was substantively significant difference between the players' functions recorded.

Key words:

Maximal oxygen consumption (VO2max), body composition, performance, physiological load, a professional footballer.