

Abstract

Title: Body analysis of street hockey players in categories U15-U18

Objectives: The main object of this thesis is to determine body analysis of street hockey players playing Extra League in categories younger and older juniors using bioelectrical impedance analysis. Measured data should be compared among groups of players aged 15 and 16, 16 and 17, 17 and 18.

Methods: In the thesis are used somatometric methods to gather anthropometrical parameters and also the bioelectrical impedance analysis of the body structure using the device Tanita BC 418 MA to determine body structures of individual players.

Results: We measured and compared selected parameters of body structures of street hockey players (n = 101) in age groups of 15, 16, 17 and 18 years. The differences in the amount of body fat, body fat percentage, free fat mass and bodily fluids among individual groups of street hockey players were monitored. Body fat percentage and free fat mass do not depend on age. Amount of body fat and free fat mass depends on age. Ice hockey players are taller and have more fat free mass. In comparison with the anthropological research of the players in the same age from the year 2001 we discovered, that present-day players are, on average, 3,68 cm shorter, but they are, on average, 1,5 kg heavier, which is caused by the higher muscle content in their bodies.

Keywords: street hockey, body analysis, fat mass, free fat mass, bioelectric impedance