

ABSTRACT

This thesis *Specialization of American football players in relation to their somatotype* deals with the differences in somatotypes of American football players in the Czech Republic. Its main aim is to describe the somatotypes of American football players from the side of their player specialization and their participation in the 1st and 2nd league of American football in the Czech Republic. For successful achievement of the main aim are defined partial aims of the thesis, which are primarily to find out the somatotypes of players of all specializations and then to compare these somatotypes from different perspectives. The whole purpose of this description of somatotypes is mainly to identify the role of somatotype on differentiation of players in individual game positions.

The sample of this work is made up of 70 probands located across all players' specializations in the 1st and 2nd league of American football in the Czech Republic. Somatic measurements of parameters necessary to determine their somatotypes were used on all subjects. The measured values were processed and statistically analyzed through calculations and spreadsheets in Microsoft Excel and through somatocharts.

The results of this thesis show us somatotypes of players of all specializations, but also differences between somatotypes of players' specializations and players participating in the 1st and 2nd league. This thesis could be used as a scale for coaches of American football when assigning players into individual gaming specializations. This thesis could be also used as an orientational goal for player's off-season training if he aspires to a specific game post.

KEYWORDS

American football, specialization, player, somatotype, measurement.