

## **Abstract**

**Title:** Body composition analysis of AC Sparta Prague futsal players

**Objective:** The main objective of this work is to evaluate selected body composition parameters of the AC Sparta Prague futsal players.

**Methods:** A total of 13 players participated in the research (2 goalkeepers, 5 defenders and 6 forwards). Bioelectric impedance analysis using BIA–Tanita MC 980 was used to determine body composition. The monitored parameters were body height, body weight, BMI and other body composition parameters. Statistical data processing (arithmetic mean, standard deviation, tables and graphs) performed in Microsoft Excel.

**Results:** The players of AC Sparta Praha as a whole do not have a typical body composition for top athletes. The mean age of the measured team was  $28.2 \pm 5.7$  years. The average body height of the measured team was  $178.1 \pm 5.8$  cm. The total average weight of the measured set was  $79.4 \pm 7.6$  kg. It has been found that on average, attackers have the highest percentage of body fat and muscle mass.

**Keywords:** futsal, body composition, player posts, bioelectric impedance