

**Title:**

The Influence of Body Weight Reduction on the Parameters of Body Composition in Judoists

**Aims of the study:**

The aim of this study is to compare the changes in body composition parameters due to body weight reduction in elite judoists.

**Method:**

Bioimpedance analysis was used to obtain the input and output dates of body composition, measuring of selected anthropometric parameters followed.

**Results:**

The results of our study show that body weight reduction in judoists is significantly influenced by the individual variability and in varying degrees this applies to all body composition parameters.

**Keywords:**

body composition, bioelectric impedance analysis, body weight reduction, judo