

ABSTRACT

Title: Comparison of body composition of soccer players according to their players' post

Objectives: The main objective of this work is to determine the body composition of soccer players according to their post and to compare these data with the results of similar testing taken in foreign countries.

Methods: 45 players participated in the testing in total. The machine of bioelectrical impedance BIA 2000 M was used for the detection of the body composition and the gained data were further proceeded in the programme NUTRI 4. The observed parameters were a percentage of body fat, an absolute amount of fat mass, fat-free and intracellular tissue. For the process of the statistic data (arithmetic average, BMI, standard deviation, tables and graphs) the programme Microsoft Excel 2007 was used.

Results: The players of both Czech clubs have a typical body composition for top athletes. It was found out that the goalkeepers have the highest percentage of body fat out of all measured players. Defenders were proved to have the least percentage of body fat among all the measured players.

Keywords: Soccer, player posts, body composition, bio impedance