

Analyze of Anthropometric Parameters of Soccer Players Aged 14 to 17 Years In R. Macedonia

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Abstract

Introduction: Body composition in young athletes is very important indicator for their state of health and also for the sport selection. Determination of anthropometric features is part of regular health examinations in soccer players, which help in evaluation of the efficacy of the training process. Athletic performance is highly correlated with fitness and other physical characteristics

The aims of the study were to evaluate anthropometric parameters of soccer players aged 14 to 17 years in R.Macedonia.

Material and methods: This study included 140 male soccer players from several football teams in Macedonia, aged 14-17 years, divided into two groups according to the age – younger 14 to 15 years and older 16-17 year. Analysis is made by using the Mateigk's equations for next parameters: the muscular component (MMkg and MM%), the bone component (BC kg and BC%) and the body fat (BF kg and BF%)..

Results: The estimation of three body mass components showed that in the whole group of young soccer players the body mass components were as follows: MM=34.25 kg; MM% = 51.67%; BC = 11.8 kg and BC% = 18.04; BF= 10.31 kg and BF%= 15.5. Subgroups aged 14-15 years have shown: MM=29.8 kg; MM% = 49.64%; BC = 11.8 kg and BC% = 18.37 and BF= 8.96 kg and BF%= 15.04. The older subgroup (16-17 years) have shown the body components as MM=36.16 kg; MM% = 52.42%; BC = 12.29 kg and BC% = 17.91; BF= 10.81 kg and BF%= 15.67. We observed small but significant differences between two subgroups, young group had higher values for bone component, but smaller muscular and fat component than older subgroup).

Conclusion: The acquired anthropometric data could be used as normative data for young soccer players in Macedonia for comparative and interventional aims.

Key words: body components, young soccer players, anthropometry.

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