

Body Mass Components in the Young Soccer Players in R. Macedonia

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Abstract

Introduction: Body composition assessment involves the presence of the subcutaneous adipose tissue and assessment of the presence of muscle and bone mass in the human organism. A good knowledge of the anthropometric characteristics and body components plays an important role in the process of selection and choice of the models for programming the training processes.

The goal of this research is the determination of the absolute and relative components of body mass in soccer players under the age of 14.

Material and methods: This study included 96 subjects, aged 8-14 years (mean age 11.4 years). Body mass components were determined using the Mateigk's methods.

Results: Analysis is conducted on the body height (BH= $151.36 \pm 13,48$ cm); body weight (BW= 43.34 ± 11.79 kg); relative and absolute muscle mass (MM%=49,06; MM= 21.44 ± 6.72 kg); relative and absolute bone mass (BT%= 19.83 ± 1.79 ; BT= 8.56 ± 2.18 kg); relative and absolute mass of fat tissue (FT%=14.88; FM= 6.62 ± 2.8 kg) and the body mass index (BMI= 19.9 ± 3.28).

Conclusion: The obtained results are a base for the database values of body components in young players in our country that may be a benefit to the sports and health professionals to compare and evaluate the physical body status in young football players.

Key words: body components, football, young, anthropometry.

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