

Current issue

Archival Issues

Volume 27, 2010
Volume 26, 2009
Volume 25, 2008
Volume 24, 2007
Volume 23, 2006
Volume 22, 2005
Volume 21, 2004
Volume 20, 2003

Search

Newsletter

Authors Pathway

Information for Authors



Journal Abstract

Body composition of Italian female hockey players

MC Calò, S Sanna, SI Piras, P Pavan, G Vona

Biol Sport 2009; 26 (1):

ICID: 890172

Article type: Original article

IC™ Value: 9.80

Abstract provided by Publisher 

Objective: In this work the anthropometric features and the body composition of Italian hockey players, members of the Female National team, were analysed. The purpose of the research was to verify if morphological features could influence the performance of different positional groups. **Materials and Methods:** Each player was measured for her total and sitting height, weight, 9 skinfolds thickness and bioelectrical impedance analysis. Different equations were used to calculate the Fat% from skinfolds thickness. **Results:** Average height is not a crucial advantage for this sport. On the contrary the proportion trunk-limb seems to play an important role for the performance of the midfield players. Percentage of body fat of the hockey players was lower than the Fat% of the non-athletes women of the same age. Significant differences were found between Fat% determined by skinfolds thickness and Fat% obtained by bioelectrical impedance analysis. **Conclusions:** The results of this study indicate that there are significant differences in anthropometric features and in body composition between positional groups, stressing the importance of a specific training program. **Keywords:** field hockey, bioelectrical impedance, skinfolds thickness, anthropometry.

ICID 890172

FULL TEXT 172 KB

Related articles

- in IndexCopernicus™
 - ⊞ Anthropometry [744 related records]
 - ⊞ Bioimpedence analyses [0 related records]
 - ⊞ field hockey [5 related records]
 - ⊞ athletes [21 related records]

Search

Back