

Percentage of body fat of young soccer players: Comparison of proposed regression frequencies between goalkeepers and soccer camp players

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The purpose of this study is twofold: (a) compare the percentage of fat between players in different positions; and (b) propose specific equations to compare goalkeepers and the other players in the soccer camp. Through convenience sampling, 163 soccer players were selected from the Brazilian SoccerLeague. Measurements were taken for weight, height, sitting height, and seven skinfolds. The percentage of body fat was estimated by dual-energy X-ray absorptiometry. Results indicated that the goalkeepers and other soccer camp players showed anthropometric and body composition differences. Six regression equations were generated to estimate the % body fat. The R² values varied between 0.71 and 0.94 and the SEE from 1.89 to 2.28%. These findings indicate that the goalkeepers and soccer camp players showed specific anthropometric and body composition.

Dual-energy X-ray absorptiometry

Regression equations

Soccer

Youth

athlete

body fat

clinical article

controlled study

convenience sample

dual energy X ray absorptiometry

genetic polymorphism

height

human

skinfold

soccer