

Anthropometry in Macedonian Senior Football and Basketball Players

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Abstract : Objective: The aim of this longitudinal study was to describe anthropometric and performance characteristics and to explore their differences between senior football (F) and basketball (B) players. Subjects and methods: 25 F (aged 23 ± 2.5 y) and 25 B (aged 22 ± 4.2 y) from Macedonian national teams and elite sport clubs were annually tested during 2 consecutive years. Full anthropometric profiles (stature, weight, five circumferences, four bone diameters, seven skin-folds and nine calculated parameters with standard formulas) were collected. Body composition was determined with InBody720 System. Physical capacity was tested with ergo metric test of Bruce (Custo med GmbH, Germany). Results: B were taller ($p < 0.001$) and heavier ($p < 0.01$), but leaner ($p < 0.001$). F had higher percentage of muscle mass ($p < 0.01$) and body fat ($p < 0.001$). F had higher VO₂max ($p < 0.05$) and lower heart rate ($p < 0.01$). The differences in physical performance were not significant ($p > 0.05$) within the groups during the 2-years period. Conclusions: These results suggest that there are distinct differences in anthropometric profile between Macedonian senior football and basketball players during the two competitive seasons.

Keywords : anthropometry, basketball players, football players, Macedonia

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