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Nota di contenuto	Content; Preface; Chapter 1 Body composition. Models of body composition; Chapter 2 Body composition variation; Chapter 3 Introduction to body composition methodology / methods; 3.1 Hydrodensitometry; 3.2 Dual Energy X-Ray Absorptiometry (DEXA); 3.3 Anthropometric methods. Calliper measurements; 3.4 Bioelectrical Impedance Analysis Method (BIA); Chapter 4 Body composition as a determinant of fitness and sport performance; Chapter 5 Body composition of elite female volleyball players; Chapter 6 Body composition of elite female handball players Chapter 7 Body composition of elite female basketball players Chapter 8 Body composition of high elite women sport games players; Chapter 9 Body composition optimization in multi discipline sports; Chapter 10 Body composition of elite judo athletes; Chapter 11 Conclusion; Acronyms; References
Sommario/riassunto	The book was written for researchers dealing with the issues of nutrition, proper diet and treatment of body composition as one of the components affecting sport performance, for researchers involved in selecting appropriate diagnostic methods for body composition identification in terms of monitoring changes under various factors (load, sport training periodization, pre-season weight reduction, etc.), for researchers focusing on selection and comparison of diagnostic methods for body composition, for postgraduate students in the fields of medicine and sport and last but not least for coaches.

