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Descrizione fisica	1 online resource (130 pages)
Altri autori (Persone)	MalýTomás ZahálkaFrantisek
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Nota di contenuto	Cover -- Contents -- Preface -- Introduction -- 1. Body composition (basic terms, influencing factors, models, methods) -- 2. Sport as a factor determining the quality of body composition (physical load, energy metabolism in soccer) -- 3. Methods and values of parameters determining the quality of body composition in soccer -- 3.1 DEXA in soccer -- 3.2 Hydrodensitometry and air displacement plethysmography in soccer -- 3.3 Anthropometry and calliper method in soccer -- 3.4 Bioimpedance method in soccer -- 4. Body composition in relation to active and inactive mass -- 5. Body composition in relation to field positions in soccer -- 6. Morphological asymmetries - possible health-preventive key point in soccer -- 7. Nutrition as a factor influencing the quality of body composition in soccer -- 7.1 Carbohydrates -- 7.2 Proteins -- 7.3 Lipids -- 7.4 Vitamins and minerals -- Conclusion -- List of Figures and Tables -- Terminology / Subjects Index -- Abbreviations -- References.
Sommario/riassunto	The publication deals with body composition in soccer and its changes during ontogeny in young soccer players with the aim of improving sport performance. The information presented is based on the latest available literature and includes diagnostic options as well as guidance to students and coaches on how to correctly interpret the results. The

treatise also contains a chapter on identifying key indicators for talent selection in soccer and a chapter dedicated to nutritional principles in relation to training and ontogeny, always in the context of the most recent scientific sources available.