

Positional Differences in Body Composition Among Division II Female Collegiate Soccer Players

*Baldwin, S., Grady, N., Sillivant, A., & Simpson, A.
Dr. Ryan Conners, Dept. of Kinesiology*

Overview

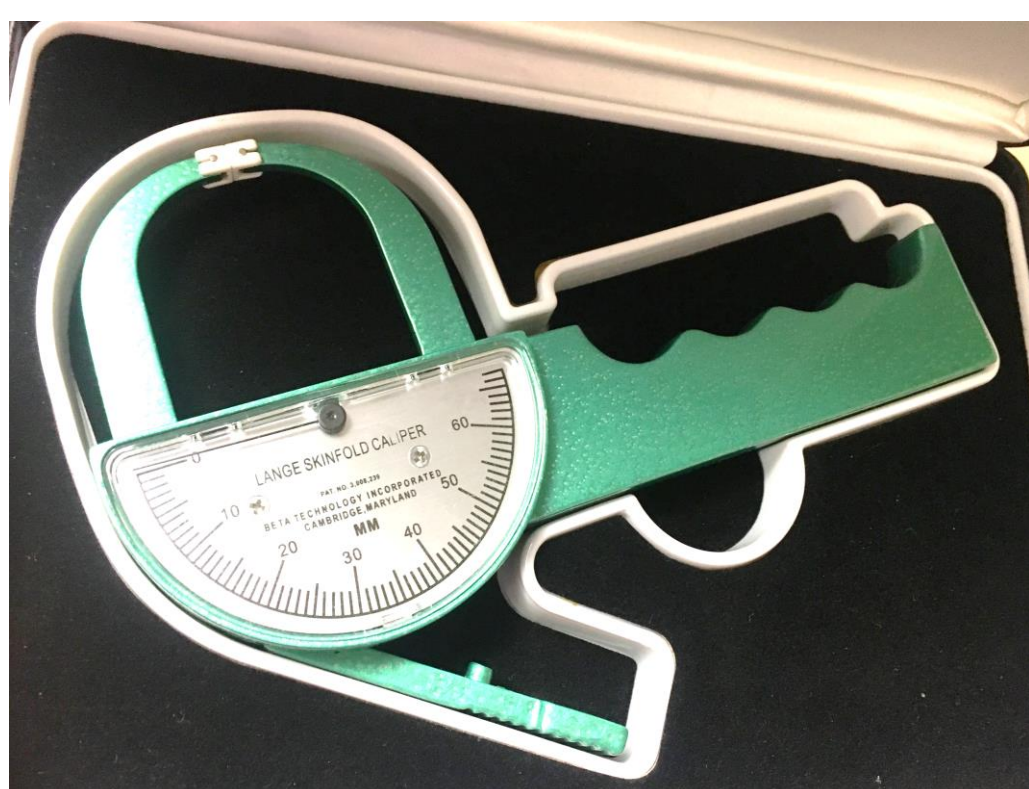
- ❖ Soccer is a popular and growing sport all over the world.
- ❖ Four positions are defined within the game: forwards, midfielders, defenders, and goalkeeper.
- ❖ Physically demanding sport, body composition plays a role in athletic performance.

Purpose

- ❖ The purpose of this study is to determine if there is any differences in body composition based on the position played in Division II female soccer players.

Methods

- ❖ Height and weight
 - ❖ Body Mass Index (BMI) (kg/m^2)
- ❖ 7-site skinfold (Lange Skinfold Calipers): Tricep, Subscapularis, Chest, Midaxillary, Abdominal, Suprailliac, and Thigh
- ❖ Waist Circumference (Gulick Tape Measure)



Lange Skinfold Caliper



Gulick Tape Measure



Anticipated Results

- ❖ We hypothesize midfielders will have a lower percent body fat, lower BMI, and lower waist circumference compared to goalkeepers, defenders, and forwards.
- ❖ We also anticipate that defenders and forwards will have a lower percent body fat, lower BMI, and lower waist circumference when compared to goalkeepers.

Conclusions

- ❖ Determining how much fat mass and fat-free mass a player has can benefit coaches, strength and conditioning coaches, and sports medicine teams allowing them to modifying training and rehabilitation programs to a specific position's needs.

Acknowledgements

- ❖ We would like to thank the UAH Soccer team and coaching staff for their help and participation in the study.

