



# Características antropométricas, composición corporal y somatotipo en deportistas de élite de salvamento [

Federación Española de Asociaciones de Docentes de Educación Física (FEADEF),  
2014

text (article)

Analítica

The aim of the study was threefold: 1) To describe the anthropometric profile, body composition and somatotype of the best sport lifesaving athletes 2) To describe and compare physical characteristics of the sport lifesaving athletes by discipline and 3) To compare the best Galician sport lifesaving athletes with the rest of Spanish sport lifesaving athletes. 85 elite sport lifesavers were recruited for the study, 51 men and 34 women. Physical characteristics of the sample were 20.8"3.0 years; 74.9"8.4kg and 179.8"7.1cm height and 185.2"9.8 cm of arm span for male and 19.8"2.8 years, 60.4"7.4kg of weight, 164.9"6.4cm of height and 166.4"9.9cm of arm span for female. Additionally, 5 body girths and 5 skeletal breadths, somatotype, fat and muscle percentage were analysed. A one-way analysis of variance (ANOVA) and a Tukey post hoc test were used to determine if significant differences existed in the anthropometric profile among disciplines. Male sport lifesavers athletes show a balanced mesomorph and female sport lifesavers show a mesomorphic endomorph somatotype Male and female show predominance in mesomorph component. Our data suggest that there are differences between beach discipline and pool discipline. Galician sport lifesavers show differences in anthropometric profile with national pool specialist

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electronic resource]

**Editorial:** Federación Española de Asociaciones de Docentes de Educación Física (FEADEF) 2014

**Tipo Audiovisual:** Deporte playa piscina natación rendimiento perfil deportivo Sport beach pool swimming  
performance sport profile

**Documento fuente:** Retos: nuevas tendencias en educación física, deporte y recreación, ISSN 1579-1726, N°. 26,  
2014, pags. 66-70

**Nota general:** application/pdf

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**Lengua:** Spanish

**Enlace a fuente de información:** Retos: nuevas tendencias en educación física, deporte y recreación, ISSN 1579-1726, N°. 26, 2014, pags. 66-70

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