BODY COMPOSITION AND HYDRATION STATUS AMONG PROFESSIONAL FOOTBALL (SOCCER) PLAYERS ON THE JOE PUBLIC FOOTBALL TEAM

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Background: The sport of soccer is considered to be the most popular sport played in the world, and it is no different in Trinidad and Tobago, with the game being enjoyed at all levels from recreational to highly competitive (professional). At the highest levels of play the most skilled of players are required to push their bodies to the limits of human endurance on a regular and consistent basis.

Objective: The purpose of this study was to determine whether professional football players show changes in body composition and fluid shift following training.

Design: Height and weight were measured in a group of thirteen professional football players. Additionally each participant's body fat percent, body water percent, muscle mass and bone mass were measured using a foot-to-foot scale/bioelectric impedance analyzer.

Results: There were no significant differences in the absolute level hydration status, muscle mass, and bone mass for pre and post- training.

Conclusion: This area of study is in its infancy stages in Trinidad and it warrants further follow up work to be conducted, if we are to move forward into the scientific aspect of sport here in Trinidad and Tobago. It is warranted, with the proliferation of many different types and brands of sports drinks and other rehydration methods available to the athlete today and in order to negate negative performance levels and provide proper intervention strategies to prevent injuries.