

Abstract

Objective:

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

Method:

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.