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Kinanthropometric characteristics and fitness of softball players

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Kinanthropometry is the quantitative interface between human structure and function. This interface is examined through the measurement and analysis of age, body size, shape, proportion, composition and maturation as they relate to gross body function. Body structure and body composition play an important role in determining the success of the players. The physique of athletes is suggested to contribute to their performance. The physical fitness of a player is also a decisive determinant of success during competition. This book, therefore, provides information on body structure, body composition and fitness of the female softball players. The softball players are analyzed and compared between elite and non-elite levels. The analysis should help to understand the kinanthropometric characteristics, body structure, body composition and fitness required to female softball players and should be especially useful to coaches, trainers and sport scientists to select young players and also to design training programs. 96 pp. Englisch.



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