

ABSTRACT

Title: The level of selected indicators of body composition and handgrip strength in sporting youth in the Czech Republic

Objectives: The main aim of the bachelor thesis was to find out differences in selected indicators of body composition and handgrip strength of sports youth in four selected regions of the Czech Republic.

Methods: 1188 children participated in a cross-sectional study. Participants were recruited from the sports festival for children Sport'áček in these selected regions: Prague, South Moravian Region, West Bohemian Region, and South Bohemian Region.

Results: The average age of the study population was 8.8 (2.7) years. There were 51% of girls in this survey. The largest representation was in the South Moravian Region (38.8%), Prague was the second largest region represented by 37.5%.

Conclusions: Selected indicators of body composition as well as handgrip strength differed statistically significantly only slightly across the selected regions.

Key words: body composition, handgrip strength, skeletal muscle mass