

Abstract

Topic: Comparison of bodytypes and proportions to performance of athletes

Goal: The goal is to compare bodytypes of world elite athletes from past and present in athletic throws. Second goal is to compare weight and height in different disciplines.

Methods: Research in specialized sources, analyse and comparison athletes bodytypes. Comparison of bodytypes with performances in disciplines.

Results: We created a document which contain if body proportions are affecting on a throwers performance in short and long therm. From our results is obvious that hight and weight are really matters in some disciplines. We found a strong dependence in javelin throw and in shot put. In disciplines where prevails rotation moves is dependence much low or there is practicaly none. In the second part we found out differences in hight and weight in throws through the time.

Key words: bodytype, long performance, athletic throws, body composition, height, weight, BMI