

Razlike v somatotipu med atleti veterani tekmovalci in netekmovalci

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Uvod: Z naraščajočo starostjo nastopijo značilne spremembe v zgradbi in sestavi človeškega telesa. Dejavniki, ki vplivajo na spremembe, so številni (1). Eden pomembnejših je telesna dejavnost, ki ugodno vpliva na maščobno, mišično in kostno tkivo (5). Namen raziskave je bil ugotoviti, kako se s starostjo spreminja somatotip pri moških in pri ženskah ter kako na somatotip vpliva redna telesna dejavnost oziroma nedejavnost. **Metode:** V raziskavi je sodelovalo 336 oseb, od tega 193 moških in 143 žensk oziroma 280 tekmovalcev ter 56 netekmovalcev. Udeleženci so bili naključno izbrani na evropskem atletskem veteranskem prvenstvu leta 2008. Za pridobitev potrebnih podatkov smo naredili 10 antropometričnih meritev. Preiskovanci so bili deljeni glede na spol ter starost v skupine od 35 do 44 let, od 45 do 54 let, od 55 do 64 let ter 65 let in več. **Rezultati:** Analizirali smo 336 oseb, od tega 280 (83 %) tekmovalcev in 56 (17 %) netekmovalcev. Povprečna starost (standardni odklon) preiskovancev je bila 55,0 (12,1) let. Povprečna starost vseh moških je bila 55,0 (12,2) let, žensk pa 54,9 (12,1) leta. Somatotip pri moških je bil zelo homogen, saj je 193 (100 %) moških imelo somatotip endomorfni mezomorf. Pri ženskah so bili zastopani štirje različni somatotipi. Kar 85 (59,4 %) žensk je imelo somatotip mezomorf – endomorf, 47 (32,8 %) žensk pa somatotip mezomorfni endomorf. Pri moških je prevladovala mezomorfna komponenta, pri ženskah pa endomorfna komponenta, ne glede na telesno dejavnost. **Zaključki:** Rezultati so pokazali, da ima telesna dejavnost pozitiven vpliv na biologijo staranja in spremembe, ki nastopajo vse do pozne starosti. Prav tako so rezultati pokazali, da se je somatotip moških razlikoval od somatotipa žensk, in sicer v skupini tekmovalcev in netekmovalcev. S starostjo so nastopile spremembe, ki so bile skupne obema spoloma.

Ključne besede: antropometrija, somatotip, sestava telesa, staranje, telesna aktivnost.

Differences in somatotype between veteran athletic competitioners and non-competitioners

Background: A lot of typical changes in body composition and body built are affected by ageing process. Factors which have influence on human body are several (1). One of the most important is physical activity. It has positive affect on fat, muscle and bone tissues (5). The purpose of this work was to find out how somatotype changes with growing age in group of men and women and how physical activity or non-activity affects somatotype. **Methods:** In our research we tested 336 persons, of whom 193 were men and 143 were women. We tested 280 active and 56 non-active people. All participants were chosen by chance on European Veteran Athletic Championship in 2008. For our research we needed 10 anthropometric measurements. Participants were divided by gender and age into age groups 35-44 years, 45-54 years, 55-64 years and 65 years and more. **Results:** We analysed 336 participants, 280 (83%) of all were active and 56 (17%) were non active participants. Mean age (standard deviation) for all participants was 55.0 (12.1) years. Mean age of all male participants was 55.0 (12.2) years, and of female participants 54.9 (12.1) years. Somatotypes in the male sample were similar, because all the 193 (100%) men had somatotype endomorphic mesomorph. In the female sample we found four different somatotypes. 85 (59.4%) women had somatotype mesomorph – endomorph, 47 (32.8%) women had somatotype mesomorphic endomorph. In male sample the dominant component of somatotype was mesomorphic component but in female sample the dominant component of somatotype was endomorphic component, for active and non-active participants. **Conclusions:** The results showed that physical activity has a positive effect on biology of ageing and on changes correlated with ageing process. The results also showed that the somatotype of the men is different from the somatotype of the women in the group of active and non-active participants. Ageing brings changes in the body structure and composition which are equal for both genders.

Keywords: anthropometry, somatotype, body composition, ageing, physical activity.

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