

Anthropometric profile of professional volleyball sudamerican players Perfil antropométrico de jugadores profesionales de voleibol sudamericano

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The application of anthropometry provides many benefits to the sport of volleyball, such as in the evaluation of body composition, predicting physiological and sporting performance and defining mechanical behavior, from which the most efficient position in the court may be determined in terms of anthropometric characteristics. The national teams from Columbia, Paraguay, Uruguay and Venezuela were evaluated along with the Chilean youth team, using the method of body division and the Heath-Carter Somatotype. The South American runners-up, Venezuela, possess greater percentages of muscle mass and low percentages for adipose tissue mass. The somatotype of the teams presents an increased mesomorphy, followed by high ectomorphy, thus classifying the individuals as ectomesomorphs. The use of the data acquired allows the formation of a model of the morpho-structurally ideal player for high level competition. The information obtained guides physical preparation in an accurate and efficient way,