

Abstract

Title:

Comparative Study of Body Composition of Military Program Students at the Faculty of Physical Education and Sport, Charles University, in 2015 and 2024.

Objective:

The aim of the study is to perform a comparative analysis of the body profile (body composition) of the students of the Military Department of the UK FTVS in Prague from the year 2024 and to compare it with the body profile of the students from the year 2015.

Method:

This work was theoretical and empirical in nature. The research population consisted of 22 students (22.0 ± 2.0 years, 182.2 ± 7.4 cm 79.0 ± 9.8 kg) of the Military Department at the Faculty of Physical Education and Sport of Charles University, who were measured in the summer semester 2023/2024. The obtained data were merged with the measured values from 2015 and then descriptively and statistically analyzed in the JASP program (0.18.3.). Shapiro-wilk test was performed to determine the normality of the data and analysis of variance of the measurements was also performed using independent t test at the level of statistical significance at $\alpha=0.05$.

Results:

It was found that there was no statistically significant difference between the mean values of BMI ($p = 0.994$), fat ($p = 0.102$) and muscle ($p = 0.886$) mass measured in military students at UK FTVS in Prague in 2024 from the mean values of BMI measured in 2015.

Keywords

BMI, BIA, bioelectrical impedance, body water, body fat, muscle mass, military, Tanita