

ABSTRACT

Title of the thesis: Selected somatic factors in elite male and female tennis players

The goal of the thesis: The aim is to find out what trend – development tendency we observe in selected somatic factors of elite male and female tennis players in the period 2003–2023. The secondary aim is to find out what opinion tennis experts have on this issue.

Method: To obtain the data, a mixed research consisting of quantitative and qualitative parts was chosen. The data in the quantitative part was processed based on descriptive statistics, as well as using regression analysis and statistical (ANOVA) and substantive significance (Cohen's d). Body height, weight and BMI were analyzed for males and body height for females. The qualitative part of the research was based on structured interviews with open-ended questions.

Results: For the period between 2003–2023, the average body height for men was 187,8 cm and for women 175, 8 cm. The average body weight for men was 83,0 kg and BMI was 23,5. There was an increasing trend in the average body height of men, with an increase of 5 cm when comparing 2003 and 2023. The average body weight of males has not show a significant upward trend but has instead decreased over the last five years to values comparable at the beginning of the period. The BMI of men has decreased over the period. The average body height of women shown a slightly increasing trend over the period 2003-2023, increasing from 173.5 cm to 176.8 cm between 2003 and 2023. The individual Grand Slam tournaments showed minimal differences in the average of the selected somatic factors.

Keywords: somatotype, body height, body weight, BMI, tennis courts, grandslam