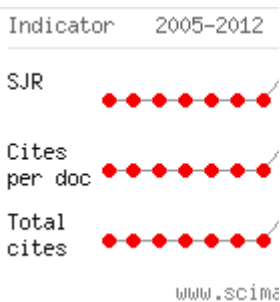


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BODY COMPOSITION AND FITNESS IN ELITE SPANISH CHILDREN TENNIS PLAYERS

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Abstract

The aims of this study were to describe body composition and physical fitness changes during a whole-season in elite children tennis players. A total of 7 elite children tennis players participated in the study. Whole body composition by dual energy X-ray absorptiometry (DXA) and physical fitness were assessed during a season. Subjects increased lean and bone percentage, and decreased abdominal fat and total body fat percentage (all p

Key words: DXA; abdominal fat; flexibility; handgrip; asymmetry.

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