Abstract

Objective. To describe the anthropometric and physical fitness profiles of elite soccer players acting in the United Arab Emirates.

Method. Twenty seven elite soccer players acting in the United Arab Emirates were underwent to an anthropometric evaluation, an incremental test in treadmill and performed the Running-Based Anaerobic Test (RAST).

Results. Body mass index and body fat percentage of the athletes were 23.1 ± 2.0 kg.m–2 11.6 ± 2.1 %, respectively. Indirect maximum oxygen uptake (VO2max) was 62.3 ± 5.1 ml.kg–1.min–1, mean velocity at VO2max was 17.6 ± 1.5 km.h–1, ventilatory threshold (VT) of 13.8 ± 0.8 km.h–1, heart rate at VT of 173.1 ± 8.6 b.min–1, which represents of 91.2 ± 2.8 % of maximum heart rate. RAST resulted in a maximum absolute power of 551.9 ± 73.0 W, maximum relative power of 7.8 ± 0.4 W.kg–1, mean absolute power of 484.0 ± 57.8 W, and mean relative power of 6.8 ± 0.2 W.kg–1. Conclusion. The anthropometric profile of soccer players that act in the United Arab Emirates is similar to others around the world. However, regarding the physical fitness, results are still inconclusive, since findings from other studies suggest that the anaerobic power of our sample is alike or lower than other elite players throughout the world. Likewise indirect VO2max, especially given the acknowledged limitations of obtaining indirectly this variable. In addition, making an analysis by playing position, the results of this study are similar to previous research.

Keywords

Soccer. Physical fitness. Ventilatory threshold. RAST test. VO2max.