

Fitness Profiles of Community College Women Competitive Soccer Athletes

Researcher(s):

Michael G. Coles, Ph.D., M.A., B.A., Professor
Department of Kinesiology, Fresno State

Oliver Germond, Head Coach
Fresno City College

Department of Kinesiology, Fresno State Students:

Haylee Koch
Taramah Michael
Ryan Baird
Karina Angouw
Andrea Diaz

Abstract:

Introduction: This research effort aimed to establish a fitness profile of community college female soccer players. To date, performance related fitness profiles of different groups of athletes have been established, but there is a lack of information about the fitness profiles of female community college soccer players.

Methods: Eighteen (N=18), 18-20-year-old, second year, competitive, 2-year community college, female soccer players were tested during this investigation. The players participated in a battery of 7 performance fitness tests. These tests included: percent body fat using bioelectrical impedance (Tanita Corporation, Arlington Heights, Ill.), vertical jump (Vertec, Columbus, OH) for lower body power, bench press for upper body endurance, 1-minute sit-ups for core strength and endurance, SEMO test of agility, and YRT1 test of cardiovascular fitness and aerobic power.

Results: The mean team percent body fat, vertical jump height, bench press repetitions, number of sit-ups, SEMO agility time, and aerobic power were, 22.41%, 16.43 inches, 41.9 presses, 43.5 sit-ups, 12.7 seconds, and 52.3 mlO₂/kg/min, respectively. The data collected were analyzed and compared to other published soccer athlete populations.

Conclusion: The results were also used to help modify and improve the training program of a community college female soccer team. This team subsequently finished their season undefeated and won the California Community College State Championship. This success earned the team the US Soccer Coaches Association Number 1 National Ranking.