

traditional strategy of adaptation in terms of evolutionary psychology. Low SS on the contrary would lead to a preference strategy aimed at preserving themselves and at long-term relationship. The study was supported by Program of Strategic development of Perm state humanitarian-pedagogical university, project No. 26-F.

**Key words:** *sensation seeking, health-protecting behavior, reproductive strategies*

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### INTERDAILY VARIATIONS OF BODY COMPOSITION PARAMETERS IN YOUNG WOMEN

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The objective of the study is to determine the size of the changes of the selected body composition parameters during one week. The research was executed with a group of 40 women with the average age of  $21.29 \pm 1.45$  years. The measured parameters were: total body weight (BW), body fat representation (BF) and total body water (TBW). The monitored parameters were measured using the Tanita BC 418 MA tetrapolar bioimpedance scale. The measurements took place during one week (Monday – Friday). The error of the device was expressed with the typical error of measurement (TE) by Hopkins from three repeated measurements in one day (Monday). Only one measurement was taken on the remaining days. To evaluate the size of changes during the week, we used the ANOVA repeated measures. The practical significance was verified using Eta-squared. To express the size of the error of measurement in the weekly analysis, we used typical error of measurements (TE). The TE values expressing the accuracy of the device measurements were the following: BW 0.06 kg, BF representation 0.22 kg and 0.39%, TBW representation 0.17 kg and 0.29%. The differences found between the mean values of the monitored parameters during the week ranged from 0.00 – 0.15 kg in BW, 0.03 – 0.29 kg and 0.01 – 0.48% in BF, 0.00 – 0.21 kg and 0.00 – 0.35% in TBW. The practical significance was not established despite the fact that statistically significant differences were determined. The changes in the monitored body composition parameters during the week were very small, which was confirmed by the low practical significance values. When interpreting the results of repeated measurements, the values exceeding the level of the TE weekly analysis are considered to be a change. In BW, the value was 0.33 kg, in BF 0.41 kg and 0.70% and in TBW 0.41 kg and 0.51%.

**Key words:** *body weight, body fat, total body water, typical error of measurement, statistical significance, practical significance*

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### CHARACTERISTICS OF PHYSICAL GROWTH AND DEVELOPMENT IN MONGOLIAN MALE ATHLETES

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Sports training is the process which requires years of hard work and can not accomplish its main goal without considering human growth and body development characteristics, level of physical preparation. Anthropometric and morphologic examination of Mongolian athletes has not been conducted. Therefore, the results are of great value to theory and practice of sports science. Anthropometric examination and data collecting have been carried out at Sport Center of Mongolian Olympic team of the city Ulaanbaatar.