



# Body Mass Index for FIFA World Cup Professional Soccer Players

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## Introduction

Body mass index (BMI) is an ordinal measure of one's general health status that many allied health, medical providers, and others use as an indicator to qualify a person's body weight category. Our previous work has documented body mass index for Olympic Ice Hockey players, Division I University student athletes, and Major League Soccer players.

## Subjects

A total of 736 professional soccer players from 32 teams throughout the world

## Methods

Height and weights were recorded for all players listed on rosters for the 32 teams participating in the 2006 FIFA World Cup. This information was publicly available through FIFA websites. Using standardized and internationally accepted formulas, body mass was calculated by position for each team as well as for the entire league.

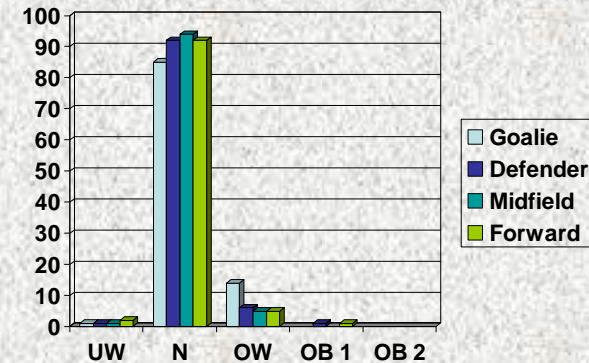
## Results

Team body mass index ranged from 82.6% - 100% for those considered to have normal body mass. Team findings of overweight players averaged from 0% - 12%. Few teams had players who were underweight according to standardized classification systems. Overall for the league, the following BMI was recorded: underweight 1%, normal 92%, overweight 6%, obese 1%. By position for the league, goalkeepers were found to be 85% normal, with 14% overweight, defenders were 93% normal and 6% overweight, midfielders 94% normal and 5% overweight, and forwards, 92% normal and 5% overweight. Very few overall were classified as either being obese or underweight.

## Conclusion

The findings of this research reflect similar patterns previously found with college aged and professional soccer athletes. Continued research needs to be performed to assess the validity of BMI in athletes.

## BMI Categorical Percentages by Position



## Recommendations

1. Continue to assess trends of BMI findings related to professional soccer players.
2. Compare BMI findings to performance levels and health outcomes.
3. Identify BMI for female professional soccer players.
4. Assess BMI trends from recreation and organized soccer to college/university to professional.

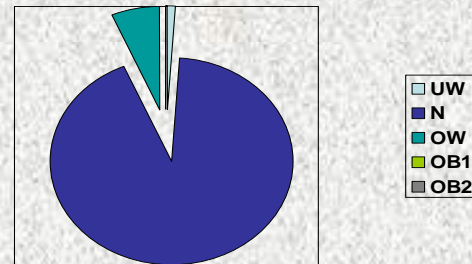
## Purpose

The purpose of this study was to identify the body mass index trends of the 2006 FIFA World Cup Professional soccer players and compare these outcomes to previous findings and trends related to BMI.

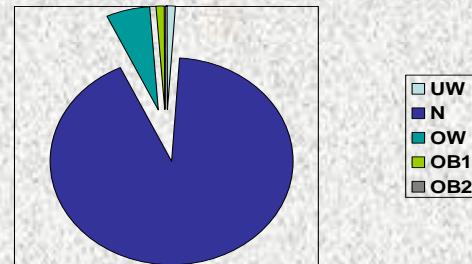
Weight in pounds  
(Ht in inches) (Ht in inches)

Under 20	= Underweight
20 - 24.99	= Normal
25 - 29.99	= Overweight
30 - 34.99	= Obese 1
35 - 39.99	= Obese 2
Over 40	= Morbid

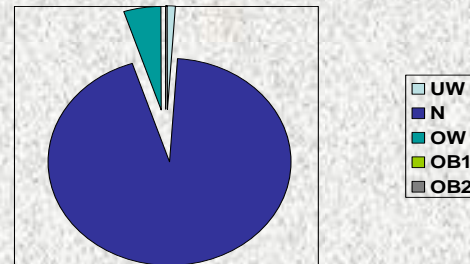
# Goalkeepers % BMI



# Defenders % BMI



# Midfielders % BMI



# Forwards % BMI

