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Typology of gender schemes and the levels of physical fitness of futsal athletes

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This study aimed to evaluate if Futsal athletes that differ in the gender schemas types present differences in the body composition and in the physical fitness level. The initial sample was composed of 92 male athletes with 24,58 ($\pm 4,53$) age, which were classified in typological group schemas of gender Interactive Model: Male Heteroshematic, Female Heteroshematic and Isoshematic. In order to classify the sample in typological groups, the Masculine Inventory of the Self-concept's Gender Schemas (IMEGA) was used. The anthropometric technique was used to measure body composition, and Squat Jump, Counter Movement Jump and Running Anaerobic Sprint Test were used to assess respectively, explosive power and anaerobic power. The results were analyzed with One Way Variance Analysis (ANOVA) and with Multiple Variance Analysis (MANOVA). The results indicate that Male Heteroshematic, Isoshematic and Female Heteroshematic groups presented differences in the fatigue level, and that Male Heteroshematic presented more fatigue than the other groups. In the assessment of six sprints executed by the athletes, it was observed that this group presented more variation between the initial and final maximum potency, when compared with the other groups. These results lead to the conclusion that different psychological profiles adapt better to some game positions performance and/or to some specific situations during the game. Finally, it is suggested that psychological profile must be used in the selection of the athletes, considering also physiological, technical and tactical factors.

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