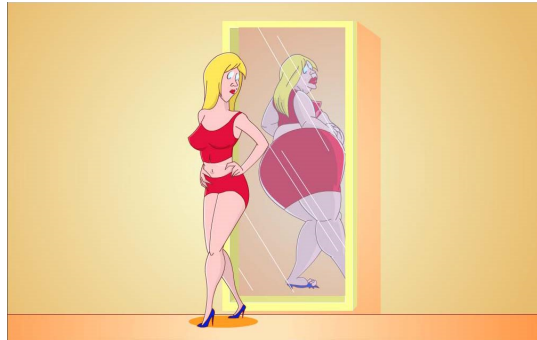
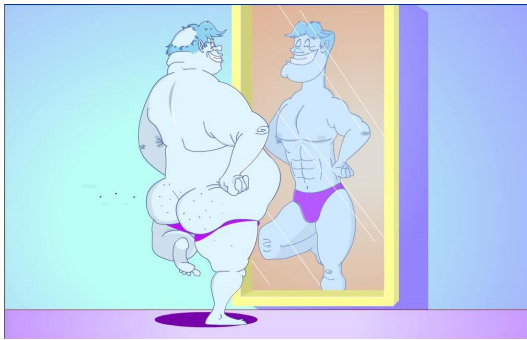


## BODY COMPOSITION LAB



Each student will use three different methods of body composition analysis during this lab.

Skin Fold



Anthropometry



Electronic



# 13B) FITNESS - Body Composition Lab

## ONLINE ANALYSIS

<http://www.linear-software.com/online.html>



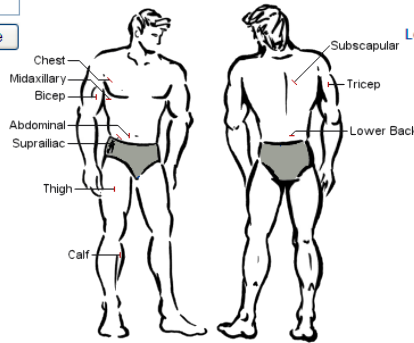
### Male Body Fat Calculator

1. Enter your age, weight, pounds or kilograms, and inches or centimeters.

Age  Weight   Pounds  Kilograms  Inches  Centimeters

2. Select one of the following methods to calculate your body fat percentage.

<p><b>Jackson/Pollock 7 Caliper Method</b></p> <p>(mm)</p> <p>Chest <input type="text"/></p> <p>Abdominal <input type="text"/></p> <p>Thigh <input type="text"/></p> <p>Tricep <input type="text"/></p> <p>Subscapular <input type="text"/></p> <p>Suprailiac <input type="text"/></p> <p>Midaxillary <input type="text"/></p> <p><input type="button" value="Calculate"/></p>	<p><b>Jackson/Pollock 3 Caliper Method</b></p> <p>(mm)</p> <p>Chest <input type="text"/></p> <p>Abdominal <input type="text"/></p> <p>Thigh <input type="text"/></p> <p><input type="button" value="Calculate"/></p>	<p><b>Jackson/Pollock 4 Caliper Method</b></p> <p>(mm)</p> <p>Abdominal <input type="text"/></p> <p>Thigh <input type="text"/></p> <p>Tricep <input type="text"/></p> <p>Suprailiac <input type="text"/></p> <p><input type="button" value="Calculate"/></p>	<p><b>Parrillo Caliper Method</b></p> <p>(mm)</p> <p>Chest <input type="text"/></p> <p>Abdominal <input type="text"/></p> <p>Thigh <input type="text"/></p> <p>Bicep <input type="text"/></p> <p>Tricep <input type="text"/></p> <p>Subscapular <input type="text"/></p> <p>Suprailiac <input type="text"/></p> <p>Lower Back <input type="text"/></p> <p>Calf <input type="text"/></p> <p><input type="button" value="Calculate"/></p>	<p><b>Durnin/Womersley Caliper Method</b></p> <p>(mm)</p> <p>Bicep <input type="text"/></p> <p>Tricep <input type="text"/></p> <p>Subscapular <input type="text"/></p> <p>Suprailiac <input type="text"/></p> <p><input type="button" value="Calculate"/></p>	<p><b>Tape Measurement Method</b></p> <p>(Inches/cm)</p> <p>Height <input type="text"/></p> <p>Neck <input type="text"/></p> <p>Abdomen <input type="text"/></p> <p><input type="button" value="Calculate"/></p>
--	--	--	---	---	--



3. Your body fat percentage results:

Body Fat %

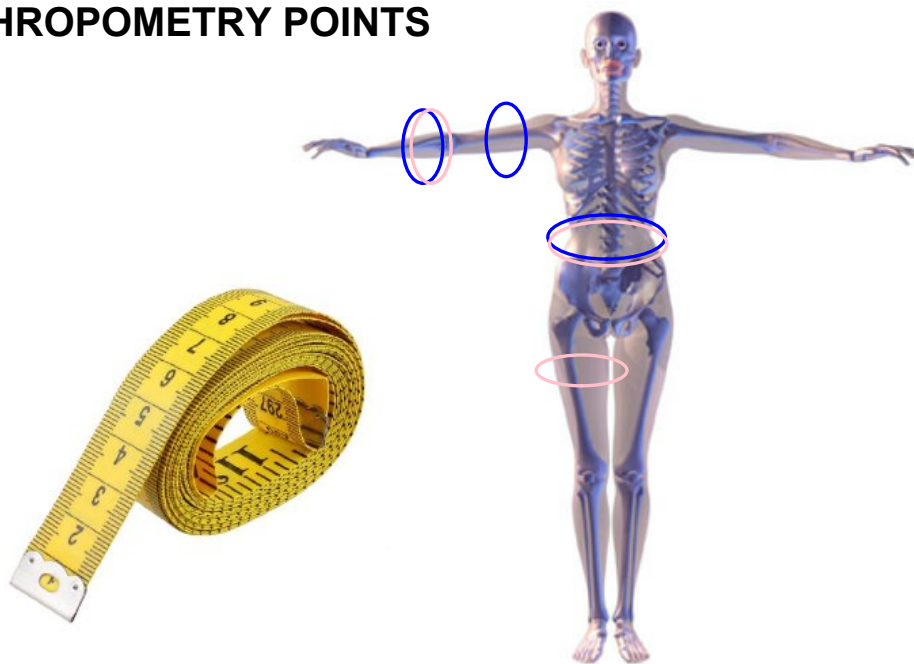
Lbs/Kgs of Body Fat

Lean Body Weight

Body Fat Percentage Categories

Classification	Women	Men
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus

**ANTHROPOMETRY POINTS**



## ELECTRONIC FAT ANALYSER



## 13B) FITNESS - Body Composition Lab