

Oarsome Sport & Fitness Anthropometrical Assessment

General Fitness

21st April 2004

Anthropometrist: Kevin Watson

Restricted Profile

(1) Anthropometric Results Summary:

	21-04-04				
Body mass (kg)	87.0				
Stretch stature (cm)	177.8				
Sum 7 sites (mm)	116.5				
Sum 8 sites (mm)	144.5				
Body Density					
% Body Fat					
BMI	27.4				
Hip/waist ratio	0.91				
Somatotype					

(2) Skinfold Data

	21-04-04				
Triceps (mm)	14.0				
Subscapular (mm)	18.0				
Biceps (mm)	5.5				
Iliac crest (mm)	28.0				
Supraspinale (mm)	17.0				
Abdominal (mm)	27.5				
Front thigh (mm)	23.0				
Medial Calf (mm)	11.5				

(3) Explanation of results

- Sum of 7 sites is all sites minus iliac crest
- Body density – muscle is more dense than fat so you would expect body density to increase will fat loss and muscle gain
- % body fat is the average of 7 different calculations of body fat using a variety of the data collected
- % body fat does not give an indication of where any fat loss has occurred and uses several assumptions in its calculation

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Anthropometrical Assessment

- BMI (body mass index) is weight divided by height in meters squared
- BMI > 25 suggests a greater risk of cardiovascular disease
- Hip-waist ratio is hip circumference divided by waist circumference
- A hip waist ratio greater than 0.95 for men and 0.85 for women suggests an increased risk of cardiovascular disease
- Somatotype is an indicator of body shape – the 3 numbers reflect the following body types endomorph (roundness) – mesomorph (muscle) – ectomorph (leanness)
- The largest number reflects your body type – where 2 numbers are close you are a mix of both body types