Human Performance Research Laboratory

Body Composition Worksheet

Name_____ Age_____ Ht_____ Wt_____ Gender_____

Ethnicity_____ Physical Activity_____ Athlete_____

Purpose of Body Composition Assessment: _____

Waist Circumference = _____cm **Body Mass Index** = _____kg=_____kg/m^2

m^2

Waist Circumference and BMI Classification_____

Skinfold:_____,_____tricep _____,_____ suprailiac _____,_____Sscap _____,_____MA

_____,_____chest _____,_____ abdomen _____,_____thigh _____,_____calf

_____,_____biceps

Average for each site* = _____ _____ _____ _____

_____ _____ _____ _____

_____

*PLEASE USE CIRCUMERFERENECE or BIA TECHNIQUE IF THE AVERAGE OF EACH SITE IS GREATER THAN 30 MM or BMI $\geq$ 30 kg/m^2 (SEE TABLE 8 FOR EQUATIONS AND TECHNIQUE)

SF Body Density Equation:_____

Sum of Skinfolds =_____

SF Body Density =_____

Body Density to % Body Fat Equation:_____

SF% Body Fat =_____

SF % body fat classification:_____

BIA Resistance: _____Ω **BIA % Body Fat**:_____

BIA % body fat classification:_____