

Anthropometry Worksheet:

Height (inches):

Weight (pounds):

Frame Size:

Formula: $R = H - C$

R= ratio of body height to wrist circumference

H= body height in cm (inches x 2.54)

C= wrist circumference in cm

** use chart

Body Mass Index (BMI): _____

Formula: $Wt (lb) - Ht (in.) = Ht (in.) - 0.0014192$

Or: $Wt (kg) = Ht (m^2)$

Waist-to-Hip Ratio:

1. Measure waist around belly button
2. Measure hip around buttocks (greatest circumference)
3. Waist circumference = Hip circumference = Waist-to-Hip Ratio

Skinfolds: (use calipers)

Females

Triceps: _____

Thigh: _____

Suprailiac: _____

Males

Chest: _____

Abdomen: _____

Thigh: _____

**Total 3 measurements together and use chart to determine total fat % **

Triceps: measure distance between elbow and acromion process; measure Y2way Thigh:

vertical skin fold halfway between top of leg and kneecap

Suprailiac: just above the hip bone; along midaxillary line

Chest: anterior axillary fold; (just in front of the arm pit)

Abdomen: 1 cm below the navel and 3 cm to the right

REFERENCE CHARTS

Frame Size:	(R	Value)
<u>Frame Size</u>	<u>Women</u>	<u>Men</u>
Small	>10.9	>10.4
Medium	10.9-9.9	10.4-9.6
Large	<9.9	<9.6

BMI

Quetlet's Index (BMI) Classification

<16	Too lean (may indicate an eating disorder)
16-19.9	Lean, underweight
20-24.9	Desirable
25-29.9	Grade I Obesity
30-40	Grade II Obesity
>40	Grade III Obesity

Waist-to-Hip Ratio

Desired:	Females	<0.8
	Males	<0.9

Suggested Percent Body Fat Standards for Adults (Skinfolds and Bioelectrical Impedence)

<u>Classification</u>	<u>Males</u>	<u>Females</u>
Lean	<8%	<13%
Optimal	8-15%	13-23%
Slightly Overfat	16-20%	24-27%
Fat	21-24%	28-32%
Obese	=25%	=33%