

# H6-1 BMI & Body Composition Assessment

## **Body Mass Index (BMI)**

A rough assessment based on the concept that a person's weight should be proportional to height: Body weight in kilograms is divided by the square of body height in meters.

## **Skinfold Measurements**

Folds of skin are measured with a caliper. The measurements are used in equations that link the thickness of skinfolds to percent body fat calculations made from more precise experiments.

## **Underwater (Hydrostatic) Weighing**

An individual is submerged and weighed under water. Percentages of fat and fat-free weight are calculated from the results.

## **The Bod Pod**

The amount of air displaced by a person in a small chamber is measured by computerized sensors. The percentage of body fat is calculated from the results.

## **Bioelectrical Impedance**

A small electrical current is sent through the body, and the resistance of the body to it is recorded. The resulting estimates of how much water is in the body can be used to determine body composition.