

Assessment on corporal composition for sports medical check up



IT IS PERFORMED THROUGH ANTHROPOMETRIC AND BIOIMPEDANCE METHODS.

The Spanish federation of sports medicine, through the Spanish Group of Cineanthropometrics has developed a 'valuation protocol on corporal composition for sports medical examination.' The document consists on a consensus document to valuate corporal composition through anthropometric methods as well as electrical tetrapolar bio impedance on different population groups.

Through this protocol, it is intended to rely on a document with specific and adequate equations to be used on each of the selected population groups. The anthropometric studies allow to estimate corporal composition, morphological studies dimensions and proportions in relation to sports performance, nutrition and growth.

Basic anthropometric measures to be registered to carry out all estimations included on this document are: Sex, ethnical grouping, weight, fat skinfold thickness, and perimeter. Regarding the applied methodology, the anthropometric material recommended is varied: Hundred grams precision scale, wall mounted size scale, stadiometer (1mm precision) skinfold thickness measurers, pachymeters for small osseus diameters and metric tape.