

Human Anatomy & Physiology Practical – Body Composition

Learning Objectives

- To understand the measurements involved in body composition
- To perform bioelectrical impedance/ waist & hip circumference/ and body mass index on class
- Compare the results for all three measures and discuss the differences in values between the measures
- To be able to record data on excel documents accurately and understand the effects of the measurements you have taken.

Body Mass Index

- Strong association between lifestyle, disease risk and obesity
- Can assist in the identification of certain lifestyle traits in relation to specific conditions
- Was utilised on obesity-related disease
- Not to be taken in isolation

Waist and Hip Ratios

- Used to identify body fat distribution
- Higher values of Abdominal Body Fat indicate higher adiposity in the abdomen, whilst lower values indicate greater hip adiposity.
- Abdominal adiposity associated with some Cardiovascular Diseases
- Not to be taken in isolation

Task

Compare results between BEI and the other measures as stated
in the protocols

Record all your results on the excel document under a separate
TAB