Study program: Integrated Academic Studies in Medicine

Course title: Anthropometry

Teacher: Biljana Đ. Srdić Galić, Dušica L. Marić, Mirela M. Erić, Siniša S. Babović, Bojana S. Krstonošić, Nikola M. Vučinić

Course status: elective

ECTS Credits: 3

Condition: Anatomy

Course aim

- to understand human physical variation.
- to desribe systematic measurement of the physical properties of the human body
- to evaluate different methods of body composition assessment with a focus on measurements used in the public health.

Expected outcome of the course:

After the course student will be able to locate measurement sites, to perform anthropometric measurement, to assess body composition and somatotype and to interprete the results.

Course description

Theoretical education

1. Overview of anthropometry
2. Human physical variation
3. Importance and practical use of anthropometry
4. Body compositon levels
5. Methods for body composition assessment
6. Quantifying measurement errors
7. Somatotyping
8. Craniometry
9. Relationship between anthropometric variables and physical and physiological health

Practical education

1. Basic anatomy – landmarking
2. Equipment and calibration
3. Measurement of body height and body weight
4. Assessment of nutritional status
5. Growth charts
6. Measurement of body circumferences
7. Measurement of skinfold thicknesses
8. Measurement of lengths and diameters of different body parts
9. Introduction to various instruments for assessing body composition
10. Craniometry
11. Calculation of somatotype

Literature

Compulsory

1. Eston R, Reilly T. Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data: Volume One: Anthropometry: 1. Human Kinetics 2008.
2. World Health Organization. Physical Status: the use and interpretation of anthropometry. Report of a WHO Expert Committee, Geneva 1995. (https://apps.who.int/iris/bitstream/handle/10665/37003/WHO_TRS_854.pdf?sequence=1)
3. National Health And Nutrition Examination Survey III Body Measurements (Anthropometry). Westat, Inc. 1650 Research Boulevard Rockville, MD 20850 (301) 251-1500. https://wwwn.cdc.gov/nchs/data/nhanes3/manuals/anthro.pdf
4. Technical Committee ISO/TC 159, Ergonomics, Subcommittee SC 3, Anthropometry and biomechanics.ISO 7250-1:2017(en). Basic human body measurements for technological design https://www.iso.org/obp/ui/#iso:std:iso:7250:-1:ed-2:v1:en

Number of active classes	**Theoretical classes:** 30	**Practical classes:** 15

Teaching methods:

Lectures and practical classes

Student activity assessment (maximally 100 points)			
Pre-exam activities	**points**	**Final exam**	**points**
Lectures		Test	
Practices	30	Practical exam	70
Colloquium		.....	
Essay			