BODY COMPOSITION

NAME: …….…….....……..

DATE OF MEASUREMENT: ……..... DATE OF BIRTH: ……..

Input data:	
Body mass (kg):	
Height (cm):	
Biepicondylar humerus breadth (cm):	
Bistyloideus breadth (cm):	
Biepicondylar femur breadth (cm):	
Bimalleolar breadth (cm):	
Relax arm girth (cm):	
Flexed arm girth (cm):	
Forearm girth (cm):	
Thigh girth (cm):	
Calf girth (cm):	

% reference value:	Reference value:

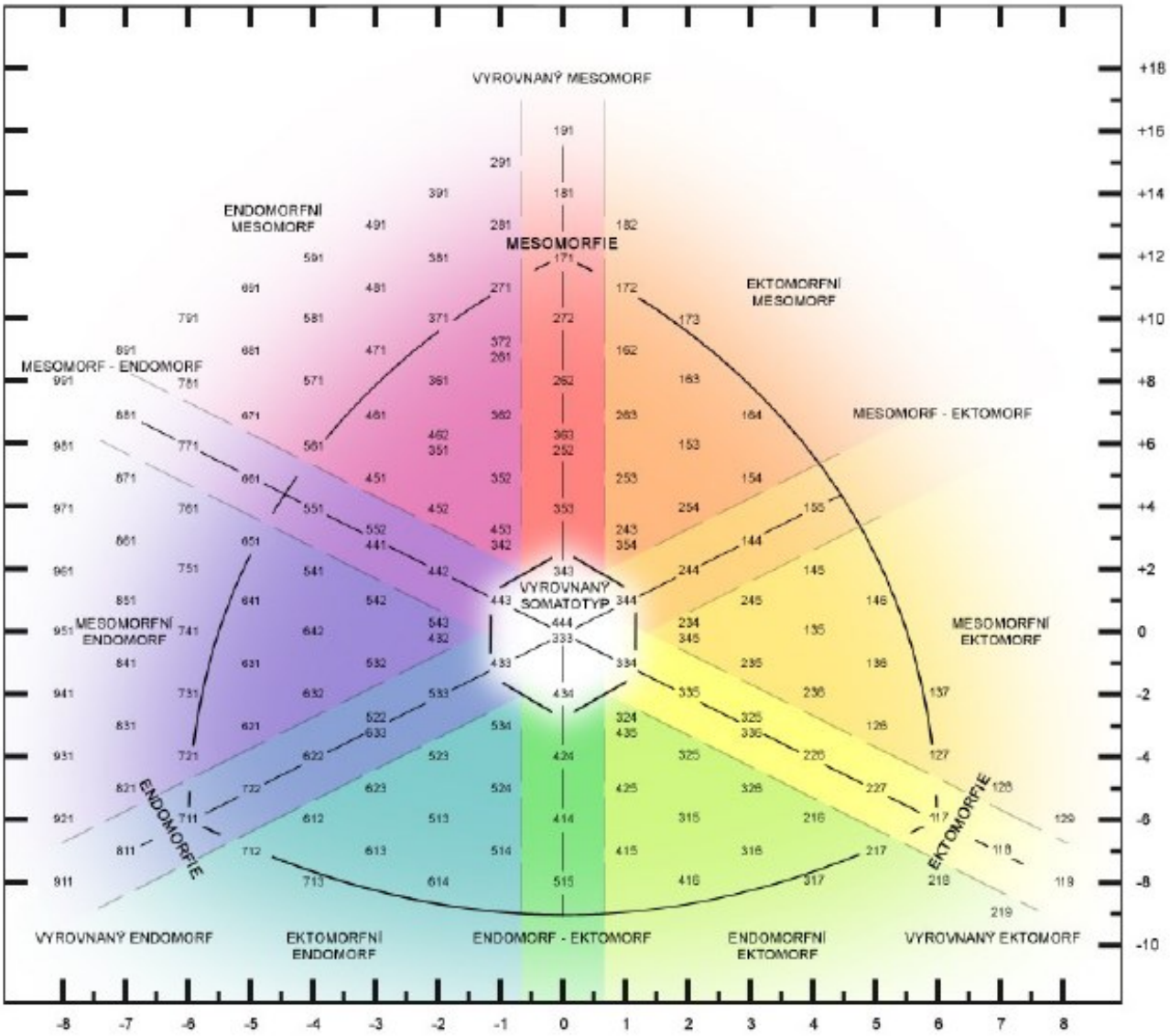
Triceps skinfold (mm):	
Subscapular skinfold (mm):	
Chest 2 skinfold (mm):	
Abdomen skinfold (mm):	
Supraspinal skinfold (mm):	
Biceps skinfold (mm):	
Forearm skinfold (mm):	
Mid-thigh skinfold (mm):	
Medial calf skinfold (mm):	

Calculated data:	
Body surface (m^2):	
Body mass index (kg/m^2):	
Body composition (Matiegka):	
Skeletal mass (kg):	
Skeletal mass (%):	
Muscle mass (kg):	
Muscle mass (%):	
Fat body mass (kg):	
Fat body mass (%):	
Other (kg):	
Other (%):	
Somatotype (Heath-Carter):	
Endomorphy	
Mesomophy	
Ectomorphy	

% reference value:	Reference value:

Bioelectrical impedance analysis (BIA) – TANITA: ……

X = EKTOMORFIE - ENDOMORFIE
Y = 2 x MESOMORFIE - (ENDOMORFIE + EKTOMORFIE)



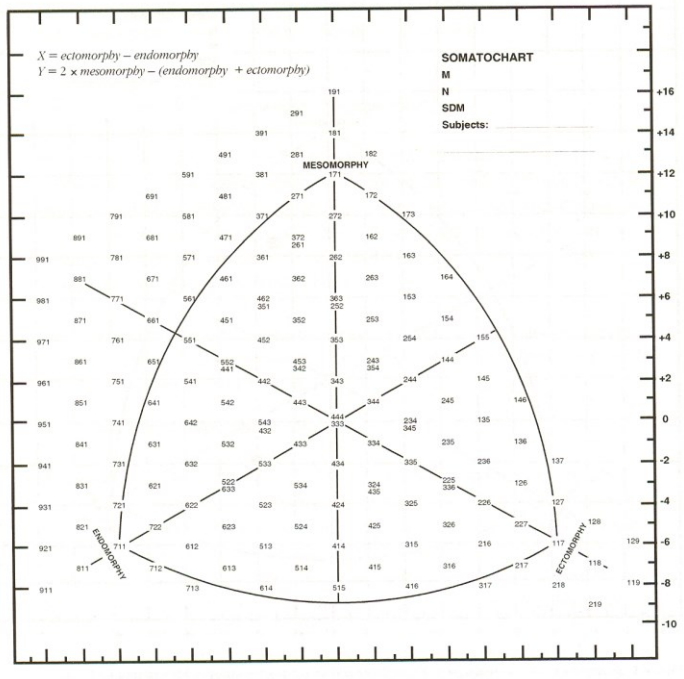


Figure 6 Blank somatochart

CONCLUSIONS
(Compare your somatotype to a corresponding reference sample. Which method for determining body composition is the most accurate? Wich is the simplest and what are its disadvantages?)