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Using bioelectrical impedance analysis to monitor body parameters of women in weight loss program.

Abstract:

The theoretical part of the thesis identifies basic findings from the field of human nutrition. It breaks down particular food components, their functions and meanings. It describes the manner and methods of determining the overall composition of the human body and whether someone is overweight or obese. It concentrates primarily on determining the composition of the human body and physical parameters using InBody 230 and Bodystat QuadScan 4 000 bioelectrical impedance devices.

The practical part of the thesis tracks physical parameters from these two devices before and after s Stop Obesity (STOB) weight loss course to observe any changes. It compares the devices. The obtained data are statistically evaluated using Microsoft Office Excel 2007 and Statistica Cz,version 10.