

Data Collection (Pre-Lab)

- Identify 3+ family members and/ or friends willing to let you take their skinfold measurements.
- Maintain respect for and sensitivity to the privacy of each person at all times.
- Read the set of instructions here to guide you on the use of skinfold calipers.

Body Fat Computations Procedure (Adapted from NATA SSATC 2002)

1. Using the skin fold calipers, record 4 measurements on the right side: Triceps, Biceps Subscapular, and Abdominal. Measure each site once, and then repeat the sequence of triceps, biceps, subscapular and abdominal two more times.
2. Once the data is recorded, post to CANVAS, but also scan into your Study Wiki site (before class). This data will be used in two ways:
 - a. As a source of information in Part 2 of the lab.
 - b. As a source of data for the Extra Credit option.

Record values for Person 1 in this table.

| | | | |
|-------------|-----------|-------------|---------------|
| Age (years) | <u>18</u> | Weight (kg) | <u>69.49</u> |
| Sex | <u>♀</u> | Height (mm) | <u>1752.6</u> |

| | | | | |
|-------------|---|----------------|----------------|-------------------------|
| | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> | <u>Average (3 sets)</u> |
| Triceps | <u>10</u> | <u>12</u> | <u>10</u> | <u>10.6</u> |
| Biceps | <u>16</u> | <u>13</u> | <u>8</u> | <u>13.6</u> |
| Subscapular | <u>15</u> | <u>17</u> | <u>15</u> | <u>15.6</u> |
| Abdominal | <u>7</u> | <u>19</u> | <u>10</u> | <u>8.6</u> |
| | <u>Sum of the 4 Averaged Values -- Person 1 →</u> | | | <u>48.67</u> |

could not really separate fat from muscle so probably not accurate

Record values for Person 2 in this table

| | | | |
|-------------|-----------|-------------|---------------|
| Age (years) | <u>55</u> | Weight (kg) | <u>158</u> |
| Sex | <u>♀</u> | Height (mm) | <u>1722.6</u> |

| | | | | |
|-------------|---|----------------|----------------|-------------------------|
| | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> | <u>Average (3 sets)</u> |
| Triceps | <u>27</u> | <u>24</u> | <u>24</u> | <u>25</u> |
| Biceps | <u>10</u> | <u>10.5</u> | <u>10</u> | <u>10.16</u> |
| Subscapular | <u>7</u> | <u>7</u> | <u>7</u> | <u>7</u> |
| Abdominal | <u>13.5</u> | <u>15</u> | <u>17</u> | <u>15.16</u> |
| | <u>Sum of the 4 Averaged Values -- Person 2 →</u> | | | <u>57.3</u> |

Record values for Person 3 in this table

| | | | |
|-------------|-----------|-------------|---------------|
| Age (years) | <u>53</u> | Weight (kg) | <u>188.45</u> |
| Sex | <u>♂</u> | Height (mm) | <u>1879.6</u> |

| | | | | |
|-------------|---|----------------|----------------|-------------------------|
| | <u>1st Set</u> | <u>2nd Set</u> | <u>3rd Set</u> | <u>Average (3 sets)</u> |
| Triceps | <u>13.5</u> | <u>14.5</u> | <u>14</u> | <u>14</u> |
| Biceps | <u>8</u> | <u>7.5</u> | <u>7</u> | <u>7.5</u> |
| Subscapular | <u>17</u> | <u>19</u> | <u>16</u> | <u>17.3</u> |
| Abdominal | <u>14</u> | <u>11</u> | <u>15</u> | <u>13.3</u> |
| | <u>Sum of the 4 Averaged Values -- Person 3 →</u> | | | <u>52.16</u> |