



AUSTRALIAN  
INSTITUTE OF SPORT

## **ISAK Level 3 Accreditation Course in Anthropometry**

**Wednesday 10<sup>th</sup> – Tuesday 16<sup>th</sup> November  
2010**

**Australian Institute of Sport  
Physique and Fuel Centre and  
AIS Sports Nutrition**

### Course Instructor

Liz Broad, Greg Shaw, Tim Olds  
Level 3 and 4 Anthropometrists  
AIS Sports Nutrition  
Australian Institute of Sport  
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## **Anthropometry Accreditation**

The International Society for the Advancement of Kinanthropometry (ISAK) has defined and approved an international anthropometry accreditation scheme, which is now taught in over 40 countries world-wide. The scheme has been used as a model in the anthropometry section of the Laboratory Standards Assistance Scheme (LSAS) of the Australian Sports Commission, which in itself was developed with the integral involvement of members of the ISAK Executive Council.

The scheme is based on the concept of a four-level hierarchy...

### **Level 1 – Technician – Restricted Profile**

A person who can demonstrate adequate precision in 2 base measures, 8 skinfolds, 5 girths and 2 breadths of the Restricted Profile.

#### *Pre-requisites*

- None

#### *Curriculum Structure*

- Total time 32 hrs: 6 hrs theory, 10 in-course practical (with instructor contact time) & 16 hrs post-course practical to collect 20 restricted profiles.

### **Level 2 - Technician – Full Profile**

A person who can demonstrate adequate precision in all 39 anthropometric dimensions including 3 base measures, 8 skinfolds, 9 segment lengths, 13 girths and 6 bone breadths. The level 2 course is designed for those who have already completed Level 1 and wish to obtain experience in more anthropometric techniques. The “full” profile is taught at this level.

#### *Pre-requisites*

- Accreditation at ISAK Level 1 for at least 6 months

#### *Curriculum Structure*

- Total time 44 hrs: 10 hrs theory, 14 in-course practical (with instructor contact time) & 20 hrs post-course practical to collect 20 full profiles.

### **Level 3 – Instructor**

In addition to technical competence, a Level 3 person has adequate theoretical knowledge about anthropometry to be able to instruct and accredit Level 1 and 2 anthropometrists, and is a financial member of ISAK. This level is designed for people with substantial experience in anthropometry.

### Pre-requisites

- Bachelor's degree or equivalent in human movement science, nutrition, sports medicine, medicine, functional anatomy or similar, and
- Completion of ISAK Level 2 course, and
- Significant experience in anthropometry, as judged appropriate by a Criterion Anthropometrist (e.g. at least 100 full profiles)
- Current membership in ISAK

### Curriculum Structure

- Total time 60 hrs: 18 hrs theory, 22 in-course practical (with instructor contact time) & 20 hrs post-course practical to collect 20 full profiles.

**You will have until the 16<sup>th</sup> May 2011 to submit the required 20 restricted profiles.**

### **Level 4 - Criterion**

A Criterion Anthropometrist has many years of experience in taking measurements, a high level of theoretical knowledge, has been involved in large anthropometric projects, is a financial member of ISAK and has a publication record in anthropometry. Accreditation is by application only.

Accreditation is valid for a period of 4 years for all levels except the Criterion (5 years).

### **Recommended Course Text**

The new ISAK publication, "*International Standards for Anthropometric Assessment*" will be provided to course participants and is included in course fees. Additionally, and as an optional extra, you may wish to purchase a copy of...

*Norton K, Olds T (1996) Anthropometrica, UNSW Press, Sydney*

## **Dress Requirements**

This course is a practical 'hands-on' course. During the practical sessions you will be acting as a subject for other course participants. Please bring appropriate clothing (bike shorts/knicks, t-shirt, two piece swimsuit, sports bra) to change into for the practical sessions. Separate male and female assessment areas will be made available.

**For course registration details contact Greg Shaw [greg.shaw@ausport.gov.au](mailto:greg.shaw@ausport.gov.au)**

## **Course Registration Fee**

- **\$900.00 for Level 3 ISAK accreditation**

*Course registration fee includes...*

- ISAK course administration fee
- ISAK certification fee
- ISAK accreditation fee
- Copy of ISAK Anthropometric Assessment text
- Morning & afternoon snacks



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## Registration

### ISAK Level 3 Accreditation Course in Anthropometry

Wednesday 10<sup>th</sup> – Tuesday 16<sup>th</sup> Nov, 2010  
Australian Institute of Sport, Canberra

Return registration forms to AIS by  
Friday 29<sup>th</sup> Oct, 2010

Name: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

P/C: \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (M) \_\_\_\_\_

Email: \_\_\_\_\_

**Payment:**  \$900.00 incl GST for Level 3 ISAK accreditation

**Cheque**  Please make cheques payable to  
AIS sports nutrition  
Cheques must be in \$AUD

**Credit Card**  Card Type: \_\_\_\_\_(VISA, MasterCard, Bankcard)

Card Number: \_\_\_\_\_

Expiry date: \_\_\_\_\_

Security numbers: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Return with payment to:

Lynette Mercer

**AIS Sports Nutrition**

PO Box 176

Belconnen, 2616

Or Fax +61 2 6214 1603