

**Level 1 Accreditation**

**Course in Anthropometry**

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Friday 4th, Saturday 5th & Sunday 6th Sept, 2015

Cost $650

Sprout Seminar Room, 89 Sir Donald Bradman Drive, Hilton

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| Course Instructor |
| Gary Slater PhD  Level 3 Anthropometrist  School of Health and Sport Sciences Faculty of Science, Health and Education University of the Sunshine Coast Maroochydore DC Qld 4558 USC Office: Sport and Health Tower T3.27 Phone: +617 5456 5078  Mobile: +61437 537 931 Fax: +617 5456 4880 |

# 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 40 hrs (excluding break times): 6 hrs theory, 14 in-course practical (with instructor contact time) & 20 hrs post-course practical to collect 20 restricted profiles.

**You will have until the 6th Jan, 2016 to submit the required 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.

## 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 (2007)”* 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*

Available from: <http://www.bookshop.curtin.edu.au/homepage/homepage.htm>

Approximate cost $58 (AUD)

**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, crop top) to change into for the practical sessions. Separate male and female assessment areas will be made available.

COURSE STRUCTURE

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| **Time** | **Friday 4th Sept** | **Saturday 5th Sept** | **Sunday 6th Sept** |
| **8:00 - 9:00** | **Registration** | **Practical\***  Landmarking  Skinfolds | **Practical\***  Landmarking  Skinfolds  Girths  Breadths |
| **9:00 - 10:30** | **Theory**  ISAK accreditation  Accuracy & reliability (TEM)  Equipment requirements & calibration  Issues in practice | **Theory**  Body composition criterion methods | **Theory**  Applications of anthrop  Somatotyping |
| **10:30 - 11:00** | **Break – tea/coffee supplied** | | |
| **11:00 - 1:00** | **Practical**  Basic measures  Mass  Height  Landmarking | **Practical**  Girth technique  *Criterion profiles* | **Practical**  Basis measures  Skinfolds  Girths  Breadths  *Criterion profiles* |
| **1:00 - 2:00** | **Lunch – BYO** | | **Exam** |
| **2:00 - 3:00** | **Practical**  Landmarking  Caliper technique  *Criterion profiles* | **Practical**  Girths  *Criterion profiles* |
| **3:00 - 3:30** | **Break – tea/coffee supplied** | |
| **3:30 - 5:00** | **Practical**  Skinfolds  *Criterion profiles* | **Practical**  Breadth technique  Trial exam (4 - 5:30) |

**\*You will be expected to have your landmarks checked by an instructor at least once every day i.e. criterion profiles**. Please take advantage of the first session each day to review your landmarking technique.

While doing repeat profiles offers you an indication of your intra tester measurement error throughout the course, your inter tester measurement error can be harder to assess. To assist with this, please ensure your restricted profile is measured by an instructor early in the course. This will help ensure anyone who profiles you thereafter has data they can refer to for calculation of their inter tester measurement error.

**Location & Parking**

* The Sprout kitchen is located at 89 Sir Donald Bradman Drive, Hilton SA 5033, just five minutes west of the Adelaide CBD
* On site parking is available on the eastern side of the building. Street parking is also available, however we recommend car-pooling if attending with friends
* Entry to the Sprout kitchen is via the eastern side door (look for the A-frame)
* Smoking is strictly not permitted in the Sprout complex
* Please carefully read Sprout's full terms, conditions and safety policy for  attending Sprout classes: www.sproutcooking.com.au/faqs

**Other Information**

Please BYO lunch and snacks daily.

Please direct all pre-course enquiries to Georgie Sutherland at [georgie@sportsdietitians.com.au](mailto:georgie@sportsdietitians.com.au) or 03 9926 1336