
Advanced Certificate in Nutritional Anthropometry

Body Composition

****Anthropometry:**** The scientific study of the measurements and proportions of the human body. In the context of nutrition and health, anthropometry is used to assess body composition and health status.

****Body Composition:**** The proportion of fat and fat-free mass in the body. Body composition is an important indicator of health and fitness.

****Body Mass Index (BMI):**** A measure of body fat based on height and weight. BMI is calculated by dividing weight in kilograms by height in meters squared. A BMI of 18.5-24.9 is considered normal weight, 25-29.9 overweight, and 30 or above obese.

****Fat-Free Mass:**** The portion of the body that is not fat, including muscle, bone, and organs.

****Fat Mass:**** The amount of fat in the body.

****Field Methods:**** Techniques for assessing body composition and health status that can be performed in a variety of settings, such as community centers or schools.

****Forced Expiratory Volume (FEV):**** A measure of lung function that assesses the amount of air that can be exhaled in one second.

****Framingham Heart Study:**** A long-term study of cardiovascular disease that has contributed to the development of many risk assessment tools.

****Health Assessment:**** The process of evaluating an individual's overall health status, including physical, mental, and social well-being.

****Health Status Indicator:**** A measure of an individual's health, such as blood pressure or cholesterol level.

****Hydration Status:**** The level of water in the body.

****Metabolic Equivalent (MET):**** A measure of the energy cost of physical activity. One MET is equivalent to the energy cost of resting.

****Mid-Upper Arm Circumference (MUAC):**** A measure of arm size that can be used to assess nutritional status.

****Nutritional Anthropometry:**** The use of anthropometric measurements to assess nutritional status and health.

****Obesity:**** A condition characterized by an excessive accumulation of body fat.

****Overweight:**** A condition in which a person's weight is higher than what is considered healthy for their

height.

****Percent Body Fat:**** The proportion of fat in the body, expressed as a percentage of total body weight.

****Physical Activity Level (PAL):**** A measure of the total energy expenditure of an individual, including both resting metabolic rate and the energy cost of physical activity.

****Resting Metabolic Rate (RMR):**** The amount of energy expended by the body at rest.

****Skinfold Measurements:**** A method for estimating body fat by measuring the thickness of skinfolds at specific sites on the body.

****Waist Circumference:**** A measure of abdominal fat that can be used to assess health risk.

****Waist-to-Hip Ratio (WHR):**** A measure of body shape that compares the size of the waist to the size of the hips.

****Wellness:**** A state of optimal physical, mental, and social well-being.

****Yale University's Fat and Circulation (FAC) Study:**** A study that examined the relationship between obesity and cardiovascular disease. The study found that obesity is a significant risk factor for heart disease.

Sources:

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