

## 60858 - Basic Kinanthropometry

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 60858 - Basic Kinanthropometry

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 549 - Master's in Evaluation and Physical Training for Health

**ECTS:** 3.0

**Year:** 1

**Semester:** Second semester

**Subject Type:** Optional

**Module:** ---

### 1.General information

#### 1.1.Aims of the course

#### 1.2.Context and importance of this course in the degree

#### 1.3.Recommendations to take this course

### 2.Learning goals

#### 2.1.Competences

#### 2.2.Learning goals

#### 2.3.Importance of learning goals

### 3.Assessment (1st and 2nd call)

#### 3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

### 4.Methodology, learning tasks, syllabus and resources

#### 4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as:

- Lectures. This methodology is appropriate to adapt the general cognitive level of the course to the students' level. During lectures, dialogue will be promoted by asking questions looking for an active methodology. They will be supported by diagrams and illustrations on PowerPoint presentations. This material will be available to students via the virtual platform Moodle. Revision of materials is recommended before attending lectures.
- Practice sessions. They contribute about 70% of this course contents. They will take place in the biomedical laboratory and all the necessary anthropometric materials will be provided (measuring rod, scales, pachymeter, tape measure, caliper). Students must also complete 17 anthropometric profiles.
- Tutorials. They aim to answer questions or provide specific bibliography of a specific topic in relation to lectures or practice sessions. In addition, monitoring of assignments will be done. Tutorials will take place both in classroom and non-classroom (via email or Moodle).

#### 4.2.Learning tasks

The course includes the following learning tasks:

- Lectures. This methodology is appropriate to adapt the general cognitive level of the course to the students' level. During lectures, dialogue will be promoted by asking questions looking for an active methodology. They will be supported by diagrams and illustrations on PowerPoint presentations. This material will be available to students via the virtual platform Moodle. Revision of materials is recommended before attending lectures.
- Practice sessions. They contribute about 70% of this course contents. They will take place in the biomedical laboratory and all the necessary anthropometric materials will be provided (measuring rod, scales, pachymeter, tape measure, caliper). Students must also complete 17 anthropometric profiles.
- Tutorials. They aim to answer questions or provide specific bibliography of a specific topic in relation to lectures or practice sessions. In addition, monitoring of assignments will be done. Tutorials will take place both in classroom and non-classroom (via email or Moodle).

### 4.3.Syllabus

The course will address the following topics:

#### Lectures

1. ISAK. History and organizational structure.
2. Anthropometric equipment and calibration: basics calibration, skinfold compass, pachymeter, tape measure, scales and height boards.
3. Statistics: technical error of measurement (TEM), confidence intervals, actual interpretation of changes, Phantom z-scores, percentiles.
4. Body composition: sum of skinfold regression equations, fat percentage, errors in calculation equations fat percentage.
5. Somatotype: definition, basic calculations, somatocharts, relationship with athletic performance.
6. Ethics: informed consent, measurement protocol, measurements in women and children, ethnic groups, cultures and sensibilities.
7. Nutritional status assessment.

#### Practice sessions

- Anatomical reference marks necessary for the basic profile.
- Technical use of instruments (skinfold caliper, measuring tape and pachymeter).
- Monitored measurements of the basic protocol (17 measurements).

### 4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course, will be provided on the first day of class.

### 4.5.Bibliography and recommended resources