



# Course Information Sheet

## Level One Anthropometry Course



### ISAK Anthropometry Accreditation

The International Society for the Advancement of Kinanthropometry (ISAK) was founded as an organisation of individuals whose scientific and professional endeavour is related to 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 National Sports Science Quality Assurance Program (NSSQA) of the Australian Sports Commission. The scheme involves 4 levels of accreditation which involve varying levels of profiles leading up to instructing courses. Accreditation lasts for four years.

### Level 1 Anthropometrist (Restricted Profile) - 3 DAY COURSE

Level 1 requires demonstrated ability to adequately measure a Restricted Profile with precision.

A Restricted Profile incorporates:

- 2 base measures
- 5 girths
- 2 breadths
- 8 skinfolds

Pre-requisites: None

### Level 2 Anthropometrist (Full Profile)

Level 2 is designed to obtain experience in more anthropometric techniques and requires demonstrated ability to adequately measure a Full Profile. A Full Profile incorporates 39 anthropometric dimensions including:

- 3 base measures
- 8 skinfolds
- 9 segment lengths
- 13 girths
- 6 bone breadths.

Pre-requisites: Accreditation at ISAK Level 1 for at least 6 months

### Level 3 Anthropometrist (International Instructor)

A Level 3 Anthropometrist has satisfactory theoretical knowledge and substantial experience about anthropometry to be able to instruct and accredit Level 1 and 2 anthropometrists, and is a financial member of ISAK.

Pre-requisites: Bachelor's degree or equivalent in human movement science, nutrition, sports medicine, medicine, functional anatomy or similar. Completion of ISAK Level 2 course, significant experience in anthropometry, as judged by a Criterion Anthropometrist and current ISAK membership.

### Level 4 Anthropometrist (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.



# Participant Information Sheet

## ISAK Level One Anthropometry Course



### WHAT DO I NEED TO DO PRIOR TO THE COURSE?

Please take the time to become familiar with the anatomical terms and landmarks that will be used to measure the restricted profile of an athlete/client.

Reference Text: Anthropometrica: A textbook of body measurement for sports and health courses.

Editors: Kevin Norton & Tim Olds (UNSW Press). Cost approx. \$40-50.00.

Available: amazon.com

### WHERE DO I NEED TO GO?

**Location:** Exercise Research Australia

4-6 Theobald St

Thornbury

Melway Ref: 31 B4

Please ensure you are onsite each day by 8:30 am for a 9 am start time.

**Minimum time required for accreditation is 24 hours delivered over 3 days.** These hours include **both** theory and practical time with a Level 2/3 instructor.

### WHAT WILL BE PROVIDED DURING THE COURSE?

An ISAK course manual and learning resources (learning portal) including lecture material will be provided to each participant. ERA will also offer morning and afternoon tea each day. All equipment will be provided, however, those wishing to purchase their own set prior to the course may do so (see Supplier details below). Please note: access to measurement equipment for height, mass, skinfolds, girths and bone breadths is essential for the successful submission of your profiles post-course.

### WHAT DO I NEED TO BRING TO THE COURSE?

Please bring your lunch and drinks daily or alternatively purchase them from a local café which will be nearby. Food can be stored in our fridge if required located in the downstairs student area. Please also bring with you a pen and notebook if you wish to make notes additional to those provided. *Optional:* If you own a set of Harpenden Calipers and/or Lufkin girth tape and would like to use these during the course please ensure they are clearly labeled. Details of our supplier are provided below if you wish to purchase a set prior to the course. Important: we have arranged for all ERA course attendees to receive a significant discount so please mention this if you are intending to purchase a set.

Harpenden Calipers are available for purchase from: Mentone Educational Centre (03) 9553 3234

### WHAT DO I NEED TO WEAR?

**Males:** sports shorts for marking and measurement. Boxer shorts and underwear are not acceptable.

**Females:** crop top, singlet and sports/aerobics shorts for marking and measurement.

**Important:** Please cut your fingernails for the comfort of the other participants in the course. Note: we will ask you to do this if nails are longer than your finger tip.

### **WHAT DO I NEED TO DO POST-COURSE?**

Participants are required to collect 20 restricted profiles (subjects) using the spreadsheet provided for submission within 4 months from the last day of the course. Extension applications must be lodged in writing at least 14 days prior to the submission deadline, and will be granted by the course convenor if deemed appropriate.

### **WHAT EQUIPMENT DO I NEED TO COMPLETE MY PROFILES?**

- A set of calipers – harpenden if your budget permits or alternatively slim guide is around \$50
- A girth tape - Lufkin preferred but can use others
- Set of small sliding calipers (bone breadths) - can purchase online for less than \$60
- Set of scales (mass)
- Stadiometer (height)

### **ISAK ACCREDITATION & MEMBERSHIP**

As part of your registration fee payable prior to course commencement, ISAK accreditation and membership are covered for a 4 year period. ISAK-accredited anthropometrists must reaccredit before their 4 year period expires. Note: All ISAK accredited anthropometrists must be member of ISAK.

### **ISSUANCE OF ISAK CERTIFICATE**

Digital certificates are issued by ISAK, upon successful submission of your 20 restricted profiles using the spreadsheet provided. This will only occur provided all outstanding course fees have been paid. Notification of successful submission will occur via the email provided by you.

**Further questions can be answered by contacting our office via email  
[office@exerciseresearch.com.au](mailto:office@exerciseresearch.com.au)**