



# 13

## Self-Assessment

Student text pages 226-228

### SKINFOLD MEASUREMENTS AND HEIGHT-WEIGHT CHARTS

**Objective:** To estimate body fat percentage and assess body weight.

**Procedure:** Follow the instructions in the text on pages 226-228 for estimating body fat using skinfold measurements and using height-weight charts. Record your measurements and results below. Space has been provided for future skinfold measurements.

#### Part 1: Skinfold Measurements

##### Skinfold Measurements (Triceps and Calf)

	First trial date: _____	Future trial dates: _____	
Triceps	1. _____ mm 2. _____ mm 3. _____ mm	1. _____ mm 2. _____ mm 3. _____ mm	1. _____ mm 2. _____ mm 3. _____ mm
Calf	1. _____ mm 2. _____ mm 3. _____ mm	1. _____ mm 2. _____ mm 3. _____ mm	1. _____ mm 2. _____ mm 3. _____ mm
Middle triceps skinfold score			
Middle calf skinfold score			
Sum of triceps and calf skinfold scores			
% Body fat			
Body fatness fitness rating			
Target weight (see tables on next two pages)			

#### Part 2: Height-Weight Charts

Your gender: \_\_\_\_\_ age: \_\_\_\_\_ height: \_\_\_\_\_ feet and \_\_\_\_\_ inches

Normal weight range from height-weight chart: \_\_\_\_\_

- How does your target weight determined by skinfold measurements compare to your normal weight range from the height-weight chart?

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- Based on both skinfold measurements and the height-weight chart, how do you assess your current fat level?

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- Considering your body fatness level, do you think you need to change your exercise or diet? Explain.

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### TARGET BODY WEIGHT

#### Females (age 14-18)

Actual body weight	Sum of triceps and calf skinfolds									
	27-28	29-30	31-32	33-35	36-38	39-42	43-45	46-49	50-52	53+
200	197	193	189	185	181	177	173	169	165	161
195	192	188	184	180	176	172	168	164	160	157
190	187	183	179	175	172	168	164	160	156	153
185	182	178	174	171	167	163	160	156	152	149
180	177	173	170	166	163	159	155	152	148	145
175	172	169	165	162	158	155	151	148	144	141
170	167	164	160	157	154	150	147	143	140	137
165	162	159	156	151	149	146	142	139	136	133
160	157	154	151	148	145	141	138	135	132	129
155	152	149	146	143	140	137	134	131	128	125
150	148	145	142	139	136	133	130	127	124	121
145	143	140	137	134	131	128	125	122	119	117
140	138	135	132	129	127	124	121	118	115	114
135	133	130	127	125	122	119	117	114	111	109
130	128	125	123	120	118	115	112	110	107	105
125	123	121	118	116	113	111	108	106	103	101
120	118	116	113	111	109	106	104	101	99	97
115	113	111	109	106	104	102	99	97	95	93
110	108	106	104	102	100	97	95	93	91	89
105	103	101	99	97	95	93	91	89	87	85
100	99	97	95	93	91	89	87	85	83	81
95	94	92	90	88	86	84	82	80	78	77
90	89	87	85	83	82	80	78	76	74	73
85	84	82	80	78	77	75	72	70	68	67



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## Self-Assessment

### TARGET BODY WEIGHT

#### Males (age 14-18)

Actual body weight	Sum of triceps and calf skinfolds									
	22-23	24-25	26-28	29-31	32-34	35-37	38-40	41-42	43-45	46+
240	234	230	225	220	215	210	206	201	196	191
235	229	225	220	215	210	206	201	196	192	187
230	224	220	215	210	206	201	197	192	187	183
225	220	216	211	207	202	198	193	189	184	180
220	215	211	206	202	197	193	189	184	180	175
215	210	206	201	197	193	188	184	180	175	171
210	205	201	196	192	188	184	180	175	171	167
205	200	197	191	187	183	179	175	171	167	163
200	196	192	188	184	180	176	172	168	164	160
195	190	187	183	179	175	171	167	163	159	155
190	185	182	178	174	170	166	163	159	155	151
185	180	177	173	169	165	162	158	154	151	147
180	175	172	168	164	161	157	154	150	146	143
175	171	168	164	161	157	154	150	147	143	140
170	166	163	159	156	152	149	146	142	139	135
165	161	158	154	151	148	144	141	138	134	131
160	157	153	149	146	143	140	137	133	130	127
155	151	148	144	141	138	135	132	129	126	123
150	147	144	141	138	135	132	129	126	123	120
145	141	139	136	133	130	127	124	121	118	115
140	136	134	131	128	125	122	120	117	114	111
135	131	129	126	123	120	118	115	112	110	107
130	126	124	121	118	116	113	111	108	105	103
125	122	120	117	115	112	110	107	105	102	100
120	117	115	112	110	107	105	103	100	98	95



# 13.2

## Activity

Student text pages 235-240

### MUSCLE FITNESS EXERCISES WITH RESISTANCE MACHINES

Use 40% of your 1RM for each of the exercises in this workout. Perform at least one set of 8 repetitions of each exercise using proper form. When a machine is not available, do some aerobic activity while you wait. Record the weight you lifted and the successful number of repetitions and sets you were able to complete for each lift. Refer to the diagrams and descriptions in your book on pages 235-240 for assistance.

**Workout Date:** \_\_\_\_\_

Exercise	Weight lifted (40% of 1RM)	Number of reps	Number of sets
Bench Press			
Knee Extension			
Hamstring Curl			
Biceps Curl			
Heel Raise			
Lat Pull-Down			
Triceps Press			
Seated Row			
Back Extension Exercise (Trunk Lift)	NA		
Abdominal Exercise (Curl-Up)	NA		

**Workout Date:** \_\_\_\_\_ (for future workout)

Exercise	Weight lifted (40% of 1RM)	Number of reps	Number of sets
Bench Press			
Knee Extension			
Hamstring Curl			
Biceps Curl			
Heel Raise			
Lat Pull-Down			
Triceps Press			
Seated Row			
Back Extension Exercise (Trunk Lift)	NA		
Abdominal Exercise (Curl-Up)	NA		

From Fitness for Life Teacher Resources and Materials, Fifth Edition by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.