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Self-Assessment

Student text pages 249-250

BODY MEASUREMENTS

Objective: To evaluate two health risk factors: body fat levels and waist-to-hip ratios.

Procedure: Follow the instruction on textbook pages 249-250. Record your results in the spaces below. Space is provided for reassessment in the future.

Part 1: Estimating Body Fat From Body Weight and Body Girths

Males: Waist and Weight

	Date	Waist	Weight	% of body fat	Rating
Assessment (in class)		in.	lb		
Assessment (at home)		in.	lb		
Reassessment (in class)		in.	lb		

Females: Hip and Height

	Date	Hips	Height	% of body fat	Rating
Assessment (in class)		in.	in.		
Assessment (at home)		in.	in.		
Reassessment (in class)		in.	in.		

Part 2: Waist-to-Hip Ratio

Formula for waist-to-hip ratio: $\frac{\text{Waist measurement (inches)}}{\text{Hip measurement (inches)}}$

	Date	Hips	Waist	Waist-to-hip ratio	Rating
Assessment (in class)		in.	in.		
Assessment (at home)		in.	in.		
Reassessment (in class)		in.	in.		

1. Did you score as you thought you would on these two risk factors? Explain.

2. Do you have a family history of high waist-to-hip ratios or “apple” body types? Explain whether you think you are likely to have a high waist-to-hip ratio later in life.
