

Study program: Integrated Academic Studies in Medicine		
Course title: Anthropometry		
Teacher: Ljubica M. Stojšić Džunja, Biljana Đ. Srdić Galić, Dušica L. Marić, Mirela M. Erić, Siniša S. Babović, Bojana S. Krstonošić, Nikola M. Vučinić		
Course status: elective		
ECTS Credits: 3		
Condition: Anatomy		
Course aim		
<ul style="list-style-type: none"> – to understand human physical variation. – to describe systematic measurement of the physical properties of the human body – to evaluate different methods of body composition assessment with a focus on measurements used in the public health. 		
Expected outcome of the course:		
After the course student will be able to locate measurement sites, to perform anthropometric measurement, to assess body composition and somatotype and to interpret the results.		
Course description		
<i>Theoretical education</i>		
<ol style="list-style-type: none"> 1. Overview of anthropometry 2. Human physical variation 3. Importance and practical use of anthropometry 4. Body composition levels 5. Methods for body composition assessment 6. Quantifying measurement errors 7. Somatotyping 8. Craniometry 9. Relationship between anthropometric variables and physical and physiological health 		
<i>Practical education</i>		
<ol style="list-style-type: none"> 1. Basic anatomy – landmarking 2. Equipment and calibration 3. Measurement of body height and body weight 4. Assessment of nutritional status 5. Growth charts 6. Measurement of body circumferences 7. Measurement of skinfold thicknesses 8. Measurement of lengths and diameters of different body parts 9. Introduction to various instruments for assessing body composition 10. Craniometry 11. Calculation of somatotype 		
Literature		
<i>Compulsory</i>		
<ol style="list-style-type: none"> 1. Eston R, Reilly T. Kinanthropometry and Exercise Physiology Laboratory Manual: Tests, Procedures and Data: Volume One: Anthropometry: 1. Human Kinetics 2008. 2. World Health Organization. Physical Status: the use and interpretation of anthropometry. Report of a WHO Expert Committee, Geneva 1995. (https://apps.who.int/iris/bitstream/handle/10665/37003/WHO_TRS_854.pdf?sequence=1) 3. National Health And Nutrition Examination Survey III Body Measurements (Anthropometry). Westat, Inc. 1650 Research Boulevard Rockville, MD 20850 (301) 251-1500. https://wwwn.cdc.gov/nchs/data/nhanes3/manuals/anthro.pdf 4. Technical Committee ISO/TC 159, Ergonomics, Subcommittee SC 3, Anthropometry and biomechanics. ISO 7250-1:2017(en). Basic human body measurements for technological design https://www.iso.org/obp/ui/#iso:std:iso:7250:-1:ed-2:v1:en 		
Number of active classes	Theoretical classes: 30	Practical classes: 15
Teaching methods:		

Lectures and practical classes			
Student activity assessment (maximally 100 points)			
Pre-exam activities	points	Final exam	points
Lectures		Test	
Practices	30	Practical exam	70
Colloquium		
Essay			