

8th Body Composition Notes

5/14

Terminology

Body composition: the total fat and muscle make-up of the body.

Body fat percentage: the percentage of body weight that is fat compared to other tissues (muscle/organs/bones).

BMI= Body Mass Index; Another formula that uses height and weight to determine optimum health, but is not as accurate. Not individualized.

Ways to assess: These all give estimates of Body Fat



1. Skin Calipers (skin fold)



2. Bioelectrical Impedance (what we do)

- Can be 1-2% differential
- You need to be completely hydrated to be accurate



3. Water tank (hydrostatic underwater weighing)

- Most Accurate of all three

Healthy Body Fat Percentage: (According to the State Physical Fitness Tests: For Age 13)

Males: 8-23%

Females: 13 -27%

Obesity is defined as a person with a large percentage of body fat usually over 30%.

Lower is Not Necessarily Better

A certain amount of body fat is **vital** for the body to function normally and healthy. In fact striving for a body fat percentage that is **too low** can be dangerous. Here's why...

Storage Fat -- This consists mainly of fat deposited just under the skin or subcutaneous fat. Storage fat for men and women is fairly similar. For the **average** man 12% of bodyweight is storage fat and for the **average** woman 15% of bodyweight is storage fat.

Essential Body Fat -- For the body to function normally and healthily a certain amount of body fat is required. This is called **essential fat**. For women the **average** amount of essential fat is 12% of bodyweight and for men it is 3%.

Trying to achieve a body fat percentage that is so low it affects your **essential fat** stores is NOT good for your health.

Some storage fat is also required for good health. It's used to protect internal organs in the chest and abdomen. So remember...

Aim to stay within the range for age and gender and rest assured you are taking one of the most positive steps to life-long health you can.

(<http://www.sport-fitness-advisor.com/bodyfatpercentage.html>)

Body Image and Self-Esteem

- Very important for teenagers
- Do not compare yourself to others
- Instead, focus on where you are, where you want to be, and what steps you need to focus on to accomplish this
- Be concerned with your health, not other's views!