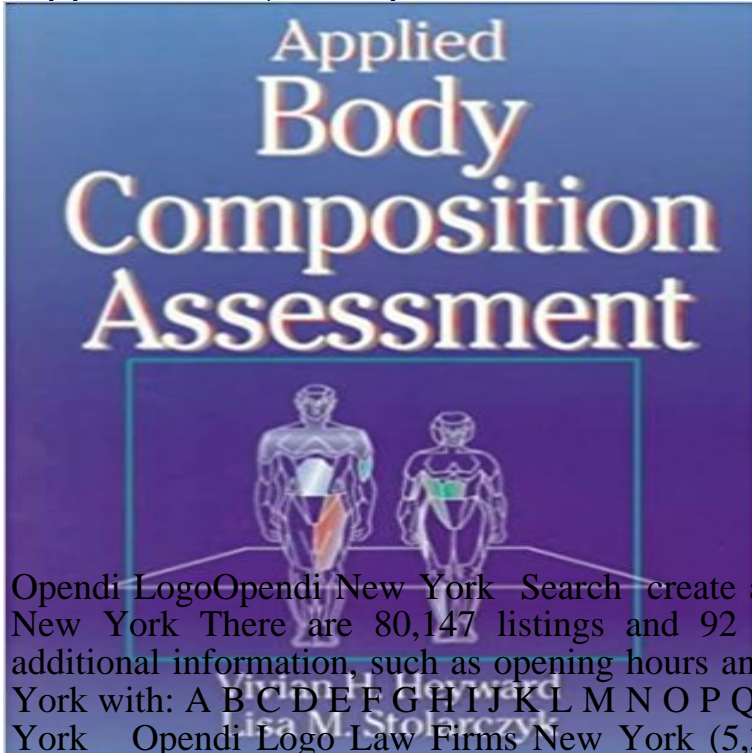


Applied Body Composition Assessment



This text suggests the best methods for estimating body fat content, and whether age, gender, ethnic group and physical activity level affect the selection of method and equation. Information is included on the principles underlying skinfold, bioelectrical impedance, near-infrared interactance and arthropometric methods.

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