

## Practical 5



**Component Measured:** Body Composition

“The body composition is the percentages of fat, bone and muscle composition in human body”.

**Name of the Test:** Body Mass Index (BMI)

### Aim

The purpose of this test is to assess the percentages of fat, bone and muscle composition of human body.

**Equipment Required:** To conduct this test a stadiometer and weighing machine are required.

**Testing Procedure:** The participant’s height is measured in meters by using stadiometer and the weight is measured in kg. Then, the BMI is calculated by using following formula-

$$\text{BMI} = M / (H \times H)$$

Where

M = body mass in kilograms, and

– H = height in meters.

**Scoring Procedure:** Following table is used to determine BMI rating. The table shows the World Health Organization BMI classification system. The rating scale is the same for males and females.

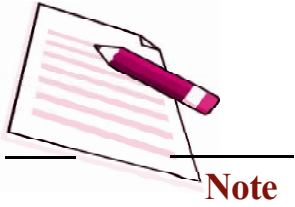
Classification	BMI (kg/m <sup>2</sup> )	Sub-classification	BMI (kg/m <sup>2</sup> )	
Underweight	< 18.50	Severe thinness	< 16.00	
		Moderate thinness	16.00 - 16.99	
		Mild thinness	17.00 - 18.49	
Normal range	18.5 - 24.99	Normal	18.5 - 24.99	
Overweight	e” 25.00	Pre-obese	25.00 - 29.99	
		Obese (e” 30.00)	Obese class I	30.00 - 34.99
			Obese class II	35.00 - 39.99
			Obese class II	e” 40.00

Source: World Health Organization



**Note**





**Effect and Observations**

Calculate BMI of your 3 family members and fill the below table with the score.

	<b>Yourself</b>	<b>Family Member 1</b>	<b>Family Member 2</b>
BMI Score			

**Observation**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**Remarks**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**(Signature of the Instructor)**

