J.S.University

Value Added Course

Certificate Course in Anthropometry

Regulation and Syllabus

(for students admitted from 2019 - 2020 & Onwards)

Department of Physical Education

Value Added Course

"Certificate Course in Anthropometry"

REGULATIONS

1. Preamble

The Certificate Course in Anthropometry is a Value Added programme meant for candidates desirous of learning the concept with hands- on experience. This course enables the learner to understand the concept and methodologies in systematic, specific and scientific way.

2. Regulation

The syllabus is for 30 hours programme under part time mode will be implemented from the academic year 2019-20 onwards. Classes will be conducted during holidays and free hours without affecting regular classes.

4. Course of Study

The value added Certificate Programme shall be of duration of 30 hours during the holidays consists of both theoretical and practical classes. The medium of Instruction and examination shall be in English.

Theory - 15 hours

Practical - 15 hours

5. Marks Distribution

part	Subject code	Name of the paper	Total
Theory		Concepts and Methods of Anthropometry	100
Practical		Techniques of Anthropometry	100
Total	2	8	

6. Examination (Theory & Practical)

Both theory and practical examination will be conducted by the Department of Physical Education as per the directions of the Controller of Examinations of Tamil Nadu Physical Education and Sports University. For a pass in theory and practical, the candidate is required to secure at least 50 Marks out of 100 marks in the theory and practical examination.

7. Attendance

Attendance is compulsory minimum of 80%. If any student is less than 80% he/ she has redo the course.

8. Fees

Course fees is Rs. 750/- (Rupees Seven Hundred and Fifty only)

In addition to that the Examination fees as fixed by Controller of Examination.

SYLLABUS

Theory

CONCEPTS AND METHODS OF ANTHROPOMETRY

Unit I: Meaning and Definition of Anthropometry . Need and Importance of Anthropometry in Physical Education and Sports. Determining body size. General body measurements: Body Weight- Stature/Height- Sitting Height .

Unit II : Skeletal Diameters: Biacromial Diameter (Shoulder width)- Bicristal Diameter (Abdominal width) - Humerus Bicondylar width (Elbow width)- Wrist Diameter- Femur Bicondylar Diameter (Knee width) -Ankle Diameter Measurement Techniques.

Unit III : Circumference: Chest circumference- Upper-Arm circumference- Fore-Arm circumference- Thigh circumference - Calf circumference. Measurement Techniques.

Unit IV: Skinfold Measurements: Biceps Skindfold width- Triceps skinfold width - Forearm skinfold width - ubscapular skinfold width- Suprailiac skinfold width- Thigh skinfold width- Calf skinfold width. Skinfold calibers and types.

Unit V: • Body form (Somototyping)- Measurement Techniques.. Body composition- Measurement Techniques.. Body Mass Index - Measurement Techniques. Physical growth and development. Nutritional status.

Reference

Anup Adhikari (2005) Anthropometry Measurement, ISAK: Canada

Devnder K Kansal (2000) Text Book of Applied Measurement, Evaluation & Sports Selection. Sports and Spiritual Science Publication : New Delhi.

Victor R. Preedy ( ) Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease, Springer Science & Business Media,UK

Westat, (1988) Body Measurements (Anthropometry), National Health And Nutrition Examination Survey, Research Boulevard Rockville, MD.

PRACTICALS

TECHNIQUES OF ANTHROPOMETRY

1. Determining body size
2. General body measurements:
   - . Body Weight
   - Stature/Height
   - . Sitting Height
3. . Skeletal Diameters
   - Biacromial Diameter (Shoulder width)
   - Bicristal Diameter (Abdominal width)
   - Humerus Bicondylar width (Elbow width)
   - Wrist Diameter
   - Femur Bicondylar Diameter (Knee width)
   - Ankle Diameter
4. Circumference
   - Chest circumference
   - Upper-Arm circumference
   - Fore-Arm circumference
   - Thigh circumference
   - Calf circumference
5. Skinfold Measurements
   - Biceps skindfold width
   - Triceps skinfold width
   - Forearm skinfold width
   - Subscapular skinfold width
   - Suprailiac skinfold width
   - Thigh skinfold width
   - Calf skinfold width
6. Body form (Somototyping)
7. Body composition

Dr. Vivi
Course Co-ordinator

Dean Academic
Dr. P. P. Singh

Dean
Dr. Shilendra