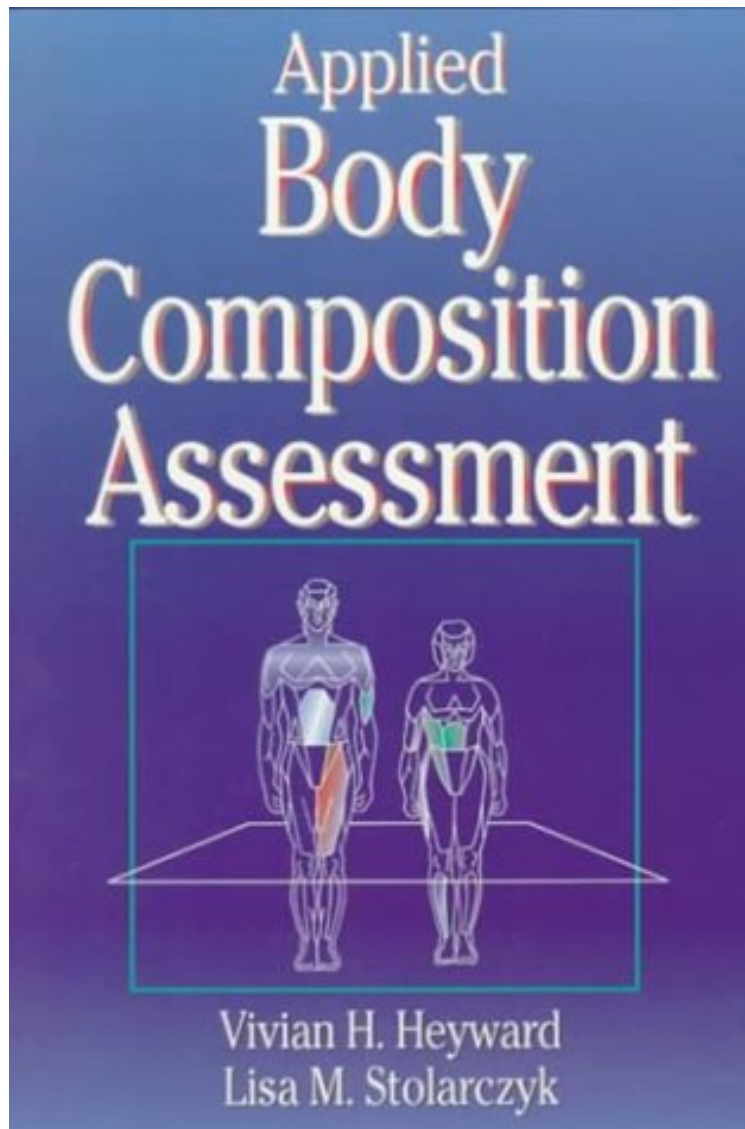


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Applied Body Composition Assessment

Vivian H. Heyward, Lisa M. Stolarczyk
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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 anthropometric methods.

"This is the most comprehensive textbook on body composition assessment available. Club Industry the strength of this book is the concise and detailed presentation of tests, measurements, and questionnaires that are readily applied to all age groups of fitness clients. The Journal of Orthopaedic and Sports Physical Therapy" (review of fourth edition) "This is the most comprehensive textbook on body composition assessment available." Club Industry "...the strength of this book is the concise and detailed presentation of tests, measurements, and questionnaires that are readily applied to all age groups of fitness clients." The Journal of Orthopaedic and Sports Physical Therapy (review of first edition) About the Author Vivian H. Heyward, PhD, is a regents professor emeritus at the University of New Mexico, where she taught exercise science, body composition, and physical fitness assessment courses for 26 years. Extensively published, Dr. Heyward is the author of four editions of Advanced Fitness Assessment and Exercise Prescription as well as the first and second editions of Applied Body Composition Assessment. She also has written numerous articles for research and professional journals dealing with physical fitness and body composition assessment. Dr. Heyward has given many presentations at international, national, and regional meetings of professional organizations in the field. The American College of Sports Medicine (ACSM) named her a fellow in 1997. She also was named a fellow by the American Society of Clinical Nutrition. Dale Wagner, PhD, studied body composition under Dr. Heyward and was an assistant professor of exercise science at Vanguard University in Costa Mesa, California, for six years. Dr. Wagner was invited to present at the Sixth International In Vivo Body Composition Symposium in Rome in 2002. He is the author and coauthor of a variety of body composition articles that have appeared in highly respected journals and has also been a reviewer for several internationally recognized journals, including the American Journal of Clinical Nutrition, Obesity Research, and the International Journal of Sports Medicine. He earned his PhD in exercise physiology from the University of New Mexico. Dr. Wagner is a certified health and fitness instructor, exercise physiologist, and strength and conditioning specialist.