



**Università degli Studi di Verona**  
**Corso di Laurea in Scienze delle Attività Motorie e Sportive**  
**A.A.2015/2016**

<p><b>Corso Integrato</b> BODY COMPOSITION EVALUATION: METHODS AND TECHNIQUES</p>	<p><b>Docenti</b> <b>CARLO ZANCANARO</b></p>
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**Obiettivi del Corso**

Aim of this course is to teach students specific information on the following:

- Which methods and instrumentations are currently used to assess body composition in the human.
- The current models of body composition

**Programma del Corso**

Methods and Instrumentations:

Body chemical analysis, body water estimates, tissue analysis; underwater weighing, air-displacement plethysmography, dual-energy X-ray absorptiometry, computed tomography, magnetic resonance imaging, skinfold thickness measurement, neutron activation analysis.

Models

One-, two-, three-, four- five-compartment model

**Modalità d'esame**

*Multiple choice questions*

**Testi consigliati**

*The course slides will be made available*