



GORILLA BASIC TRAINING

moving PSU employees in a healthy direction

Body Composition Assessment

The Human Performance Lab will offer body composition assessment for those enrolled in “Gorilla Basic Training” program.

Contact Mike Leiker at ext. #4672 or email mleiker@pittstate.edu to schedule a time that works for you!

Monday – Thursday	By appointment (may be students in lab)
Friday	10:00 – 2:00 (no students in lab)
Saturday	By appointment only

Having your body composition assessed will let you know the percentage breakdown of fat mass and lean body mass.

Two methods are available:

1. BIA – Less invasive, requires standing on a scale (barefoot) and age, but can be inaccurate.
2. Skinfold – more invasive but also more accurate. Requires having skinfold measurements taken (3 women, 7 men)
Sites include tricep, suprailiac, and thigh for women.
Additional sites for men include chest, midaxillary, subscapula, and abdomen.

CLASSIFICATIONS

	Women (% fat)	Men (% fat)
Essential Fat	10-12%	2-4%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-25%
Obese	32% plus	25% plus