

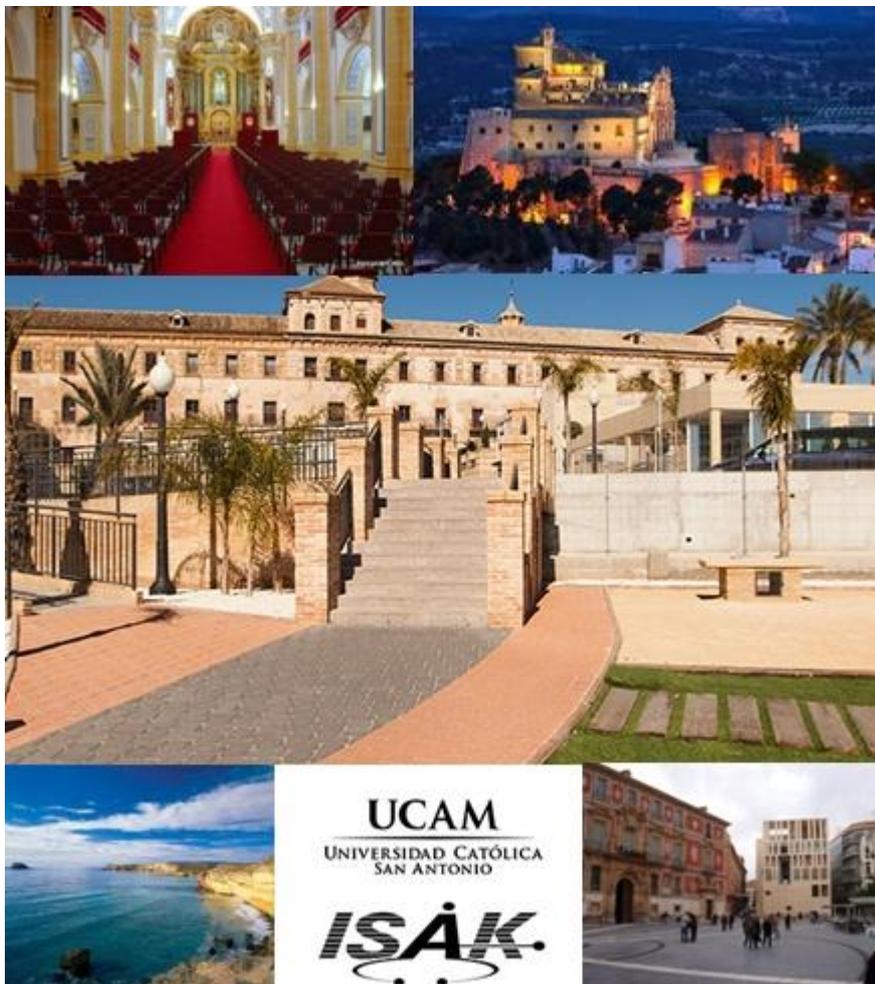


Kinanthreport

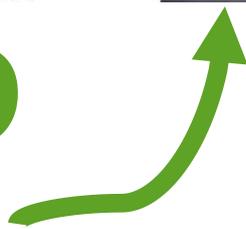


WORLD CONFERENCE ON
KINANTHROPOMETRY

FROM 10th TO 12th JULY, 2014 • MURCIA - SPAIN



**¡LET'S GO
MURCIA!**



KINANTHREPORT 2014 - 1

Newsletter of the International Society for the Advancement of Kinanthropometry

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PRESIDENT'S CORNER.

Dear ISAK Members.

Regardless of the fact that almost two months of the year have already passed, I would like to wish all ISAK members a wonderful and prosperous 2014 and may you enjoy every minute thereof. In South Africa our academic year has just started and we are going full-steam ahead. My responsibilities at the university together with the responsibilities as president of the Global Forum for Physical Education Pedagogy (GoFPEP) 2014, which will be held in Potchefstroom at my University from May 14-17, 2014, take up much of my time. I'm not complaining, firstly, because I enjoy what I do and secondly because keeping busy keeps a person young and beautiful.

I would like to convey my heartfelt thanks to Dr. Clare Hencken, our secretary-general, and her team for the enormous task of ensuring that ISAK business runs smoothly. Her team, namely Alison Ellwood, Donna Williams and Sue Hack are highly trained and form an integral part of the day to day running of ISAK, for which we thank them. Clare, thank you for all your hard work and dedication at the S-G office, to make our organization a success. It is really very much appreciated.

Lastly I would like to invite everyone to join as at our World Conference on Kinanthropometry in Murcia, Spain. The conference takes place from July 10 – 12, 2014 at the Catholic University San Antonio in Murcia and the President of the Organizing Committee, Professor Francisco Esparza-Ros, and the president of the Scientific Committee, Professor Mike Marfell-Jones, together with their respective committees, are already hard at work behind the scenes in making this conference a huge success. I would like to encourage all ISAK members to attend this conference and present a paper. Please submit your abstracts before the 28th of March 2014. There will also be an opportunity to renew ISAK accreditation at all levels. I look forward to seeing you all at the conference in Spain.

May I also request your support for our new editor with regard to news and articles for the kinanthreport. Without the help and support of the members it will not be possible for Fernando Ferreyro to publish our kinanthreport on a regular basis. Last, but not the least I would like to thank our editor again, for a job well done. Thanks Fernando for a fantastic edition of the kinanthreport. All your hard work is really very much appreciated.

In closing, remember: *"We as ISAK anthropometrists always lead by example"*.

Warmest regards from South Africa.

Prof. Hans de Ridder.
President.



SECRETARY GENERAL'S REPORT.

Estimados colegas / Beste Kollegas / Dear Colleagues.

I would like to wish everyone health and happiness now that we have passed the Christmas holidays. I hope that 2013 has been a good year for all of you.

In the Secretary General's office we have a team of people who each contribute to the administration requirements. I would like to take this opportunity to introduce them.



Alison Ellwood is currently an ISAK level 3 Instructor, having taken her course with Professor Marfell-Jones and myself in July 2012. Alison has an undergraduate degree in Sport Science and a MSc in Sports Performance. She is my teammate for courses that we run for ISAK at Bodymorph and she also travels with me when we instruct on courses around Europe. Her role in the ISAK administration is linked to invoicing and payments.

Donna Williams is extremely skilled in organization and has the most time sensitive role for the ISAK SG as she opens the emails and begins the process of approving the courses that people have proposed. This role requires her to flag each course and check that the instructor is adhering to the IAAS regulations. Donna has to check the membership status, the number of candidates that have been proposed and ensure that the correct ratio of instructors to students is maintained.

If she is concerned about any aspect, she refers it to me and I then write to the proposer and ask for more information.



Sue Hack is trained to ISAK level 1 and is helping with the workload for the ISAK SG by updating and refreshing the membership database. Many of you may have received emails from her in recent weeks asking for you to send in your updated contact details. This is essential moving forward as we would like to launch a protected area of the website where we can

place important documentation for ISAK members only. Sue also loads the courses onto the ISAK website so that you can attract students and make them aware of your courses.

My role is to ensure that all the processes are working smoothly and I am the person who trouble shoots when there is a problem. I also prepare every certificate and record all the courses that are running. I monitor the names that are submitted on the post-course documents and I place trackers on mailed certificates to ensure that they reach their destination. I am also still managing the bank account and completing the necessary paperwork for our charitable trust status application. We are all working very hard to make the processes work smoothly and efficiently.

In 2013, for Bodymorph, Alison and I ran a total of 16 courses: 12 at level 1 and 4 at level 2. Therefore we have firsthand experience of the problems that many of you face. We are committed to ensuring the quality of our own courses and also to ensure that this quality is emulated around the globe. In the UK we are also excited to tell you that we are developing some partnerships between ISAK and the governing bodies/federations for various sports; most notably the English FA and the Irish Rugby Union. I have been consulting with these organisations on behalf of ISAK to assist them in developing ISAK courses, which will be embedded into their training qualifications and coaching pathways. These kinds of developments support our endeavor to establish the ISAK standards as essential skills when working with elite athletes from all countries.

I am sure that many of you are also enjoying some exciting developments in the world of anthropometry and I hope we can share our experiences when we meet next year at the BGM in Murcia, Spain. As I mentioned in the last report from the Secretary General's office, I have updated all the forms and systems required to run courses however it has come to my attention that there is diversity across the Globe regarding how closely we adhere to the IAAS standards. It is for this reason that I will be working with Professor Marfell-Jones to ensure that the newest edition of the IAAS manual is available to all Level 3s running courses.

There have been many courses run across the world this year (2013). Up to and including November 2013, The S-G office has had a total of 309 course permission requests (223 x level 1 courses, 80x level 2 courses and 6x level 3 courses). I do, however need to let you know that many instructors are not returning their course submissions in a timely manner (111/309)!!!! This is an alarming number of courses that have not been properly completed and this results in a delay for some students to receive their certificates. This problem is exacerbated now that the post-course TEM submission time for level 1 courses has been reduced from 6 months to 4 months. It is not the ISAK S-G responsibility to chase the instructors to complete this aspect of their administration, although this is something that we are having to do!

We also have lots of instructors who, when they receive impatient requests from their students, begin to send impatient emails to my office. We will not release certificates until payment is made so please ensure that you do your part in making this process smooth. We prepare the certificates as soon as the invoice is sent to you following your course submission and we have many sitting in our office awaiting payment!!!

In order to provide you with as much support as possible, I am creating flow charts that help you with each stage of the process. These will be disseminated as soon as possible. It would also help greatly if you would use the correct code assigned to your course when you communicate with us. It is very difficult to locate the course to which you refer when names are changed or another name is included thereby changing the initials. Thank you in advance for your co-operation in this regard.

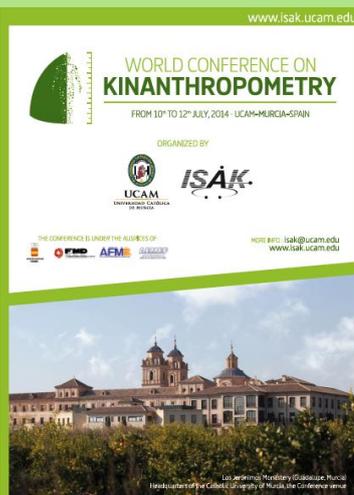
I am still receiving course permissions very close to the proposed start date and I would politely request that you do your best to give me as much notice as possible so I can register the course and ensure that all the processes work efficiently. There is much debate regarding the optimal instructor/student ratio. Please note that the optimal is described in the IAAS as 12 but 15 is acceptable if you are an experienced anthropometrist. As we are teaching a skill where precision is most important, I feel it is essential that we provide our students with the best 'hands on' teaching that is possible, providing them with the opportunity to see us in practice and compare our results with theirs. This builds confidence and ensures that we have enhanced inter and intra reliability.

I have not forgotten about the promise to send out membership cards! We are now starting to design these and we are still on target for these to be sent in early 2014. I would also like to repeat my request for suggestions regarding continuing professional development (CPD) opportunities. We still have a great deal of disparity in the courses offered around the World and I am keen to gauge interest in the idea I proposed in my last report which suggested that level 4s run CPD workshops annually in their local area for level 3 instructors who would be required to attend one CPD workshop every 2 years. I feel this would encourage collaboration, discussions and quality assurance and also tighten our network and fellowship. Please let me know your thought and feelings about this idea.

I hope you can see that I am working hard for your organization and that progress is being made in the administration of ISAK. Please use my bespoke email address for ISAK Secretary-General work, which is ISAKSG@bodymorph.co.uk. This allows me to separate my ISAK work conducted as Bodymorph from the organizational business itself. May I take this opportunity to wish you a very happy new year and to thank you all for your support. Best wishes, beste wense y mejores deseos.

Dr. Clare Hencken.
Secretary-General.

WORLD CONFERENCE ON KINANTHROPOMETRY MURCIA 2014.



The International Society for the Advancement of Kinanthropometry (ISAK) has decided to hold its next World Conference in the incomparable setting of the Catholic University San Antonio of Murcia, Spain, from 10th to 12th July, 2014.

The Conference has been designed to inspire a learning legacy that will increase the awareness, knowledge and understanding of Kinanthropometry. Immediately before the conference, on July 9, there will be an opportunity to renew ISAK accreditation at all levels.

There will be food, a book of abstracts, shirts and more. The official language of the Conference is English. There will be simultaneous Spanish translation.

The high-quality selection of scientific presentations at this conference will be the ideal reason for all of us who work within the world of Kinanthropometry to gather at UCAM in July 2014. We invite you to send your communications.

All this will be possible with your participation.

We look forward to seeing you there.



Dr. Francisco Esparza-Ros.
*President of the
Organising Committee.*



Dr. Michael Marfell-Jones.
*President of the
Scientific Committee.*

THE CONFERENCE IS UNDER THE AUSPICES OF



COMMITTEES, SPEAKERS AND TITLES OF THE CONFERENCES.

Organizing Committee.

PRESIDENT:

Dr. Francisco Esparza-Ros. Chair of Sports Traumatology. UCAM – Catholic University San Antonio. Level 4 Anthropometrist and member of ISAK’s Executive Committee. Murcia, Spain.



SECRETARY:

Raquel Vaquero Cristóbal. Chair of Sports Traumatology. UCAM – Catholic University San Antonio. Level 2 Anthropometrist. Murcia, Spain.



MEMBERS:

Dr. Fernando Alacid. Faculty of Physical Activity and Sports Sciences. UCAM - Catholic University San Antonio. Level 3 Anthropometrist and ISAK’s webmaster. Murcia, Spain.



Dr. José Ramón Alvero-Cruz. School of Sports Medicine. University of Málaga. Level 3 Anthropometrist. Málaga, Spain.



Fernando Ferreyro Bravo. Area of Sports Nutrition at the Comprehensive Healthcare Unit. Autonomous University of Yucatán. Level 3 Anthropometrist and editor of Kinanthreport. Yucatán, Mexico.



Francis Holway. Atletico River Plate Club. Level 4 Anthropometrist. Buenos Aires, Argentina.



Enrique Martínez Ruiz. Chair of Sports Traumatology. UCAM – Catholic University San Antonio. Level 1 Anthropometrist. Murcia, Spain.



Alfredo Sancho Caravaca. Maintenance of the Conference’s Website (English version). Interpreter of English. Murcia, Spain.



Dr. Manuel Sillero Quintana. Faculty of Physical Activity and Sports Sciences. Polytechnic University of Madrid. Level 3 Anthropometrist. Madrid, Spain.



Scientific Committee.

PRESIDENT:

Dr. Michael Marfell-Jones. President of the Accreditation Working Group and ISAK's Past-President. Honorary Professor of the Catholic University San Antonio of Murcia. Level 4 Anthropometrist. New Zealand.



SECRETARY:

Dr. Fernando Alacid. Faculty of Physical Activity and Sports Sciences. UCAM - Catholic University San Antonio of Murcia. Level 3 Anthropometrist and ISAK's webmaster. Murcia, Spain.



MEMBERS:

Dra. M^a Dolores Cabañas Armesilla. Faculty of Medicine. Complutense University of Madrid. Level 3 Anthropometrist and member of ISAK's Executive Committee. Madrid, Spain.



Dra. Lidia Guillermina De León Fierro. Faculty of Cultural Physical Sciences. Autonomous University of Chihuahua. Level 4 Anthropometrist and member of ISAK's Executive Committee. Chihuahua, Mexico.



Dr. Hans de Ridder. School of Biokinetics, Recreation and Sport Science. Level 4 Anthropometrist, President of ISAK. Potchefstroom, Sudáfrica.



Dr. Francisco Esparza-Ros. Chair of Sports Traumatology. UCAM – Catholic University San Antonio. Level 4 Anthropometrist and member of ISAK's Executive Committee. Murcia, Spain.



Dra. Clare Hencke. ISAK's General Secretary. Bodymorph company. Level 4 Anthropometrist. United Kingdom.



Dr. Shahram F. Mevaloo. Head of Anthropometry and Nutrition Committee. Iran Sport Medicine Federation. Level 4 Anthropometrist and member of ISAK's Executive Committee. Teherán, Iran.



Speakers and titles of the conferences.

SPORTS PERFORMANCE (THURSDAY, JULY 10, 2014).

Prof. Robert Malina. Anthropometry during the puberal transition: Methods and applications in young athletes.

Prof. Manuel Sillero. Tracking anthropometric ballet dancers in pubertal age related to their nutritional status.

Dr. João Ricardo Turra Magni. Quality and error prevention analysis in skinfold calipers.

KINANTHROPOMETRY AND HEALTH (FRIDAY, JULY 11, 2014).

Prof. Luis Bettencourt Sardinha. Utility of novel body indices in predicting fat mass and selected health biomarkers.

Prof. José Ramón Alvero Cruz. Associations of blood pressure and anthropometric variables in children and adolescents.

Prof. José Antonio Casajús Mallén. Kinanthropometry and body composition in specific populations.

KINANTHROPOMETRY AND NUTRITION (SATURDAY, JULY 12, 2014).

Prof. Francis Holway. Importance of the bone structure in sports nutrition.

Prof. Fernando Ferreyro. Anthropometric evaluation used in clinical and hospital nutrition.

Prof. Jesús Francisco Rodríguez Huertas. Antioxidants and kinanthropometry, What's New?.

Visit: <http://isak.ucam.edu/>
Information: isak@ucam.edu

SOMETHING MORE THAN SCIENCE.

The city of Murcia, one of the seven most populated cities in Spain, is located in the south-east of the Iberian Peninsula, and is the capital of the Autonomous Region of Murcia. Its privileged location on the Mediterranean arc creates a favorable atmosphere for murcian people and visitors to enjoy the nice and warm temperatures all year round. From this perspective, Murcia is characterized by presenting insufficient and irregular rains and annual average temperatures around 18 Celsius degrees. More specifically, Murcia is a city with mild winters and hot summers, whose average temperature reaches 25.7 Celsius degrees.

All these geographical and climatic conditions make Murcia an open and dynamic city, a very attractive place to hold conferences and organize cultural activities.

PLACES TO VISIT IN THE REGION OF MURCIA

Caravaca de la Cruz.

This town is located at a frontier enclave between Murcia and Granada. Its population was formed, successively, by Iberians, Romans, and Muslims, and it was built around its castle, erected in the 15th century by the Commandery of the Templars. The main monument of this town in the North-West of Murcia is the Sanctuary of Vera Cruz whose luxurious red marble façade from Cehegin stands out and is the object of a great exaltation of the Holy Cross.



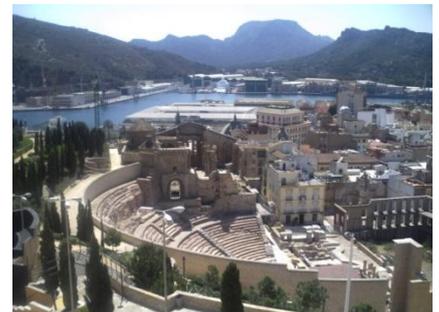
Lorca.



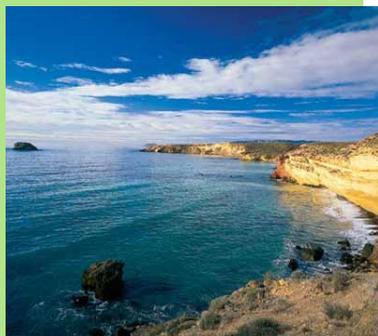
Lorca, whose downtown was declared a historic-artistic site in 1964, is better known as the baroque town for the important baroque legacy of its city centre, one of the most influential in the city, and also known for the historical events that have helped shaped the current Lorca from the Palaeolithic age to our times. The main monuments of this Region include the Milaria Column from the Roman age, the Porch of San Antonio, door of the ancient city walls which guarded the city (10th century), and The Guevara Palace.

Cartagena.

Cartagena is a city with more than 2,500 years' history, which offers the traveler some monumental testimonies of its splendid historical past at its corners and streets, such as its greatest exponent, the Roman Theater, built in the times of Emperor Augustus and currently restored, clearly differentiating between original and new materials.



Sun and beach



The seas on a single coast (Mar Menor and Mediterranean), impressive cliffs, heavenly and lonely beaches with endless white sand, lively ports and wild coves with reflective waters, more than 3000 hours of sunshine a year and warm temperatures (even in winter), with annual average of 18 Celsius degrees. This is Costa Cálida, the ideal destination to enjoy some of your most unforgettable rest days, whether summer or winter. From the fishing village of Aguilas to the white dunes of El Mojón beach, there are kilometers and kilometers of beaches and lonely coves which await the bather, the surfer, the fisherman and the scuba diver and which are spread all across San Pedro del Pinatar. There, the visitor can also find some enchanting and picturesque fishing villages. Thus, you should not miss visiting the beaches of Águilas, Lorca, San Javier, Cartagena, Los Alcázares, San Pedro del Pinatar, la Unión, Mazarrón and La Manga.

ISAK MANUAL 2011, SPANISH EDITION.

In recent days it was concluded the spanish translation of the ISAK manual 2011, International Standards for Anthropometric Assessment.

This work was done by a Spanish group led by Dr. Francisco Esparza-Ros. For those interested to buying the book or information about it, please send an email to fesparza@ucam.edu



PROTOCOLO INTERNACIONAL PARA LA VALORACIÓN ANTROPOMÉTRICA (2011)
Arthur Stewart, Michael Marfell-Jones, Timothy Olds, Hans de Ridder
Responsable de traducción: Francisco Esparza-Ros



HYDRATION BY DR. ALICIA CANDA.

In Madrid the I International and III National Hydration Congress was held and the investigation group led by Dr. Alicia Anda Moreno presented the communication titled "*Basal hydration status in Spanish high performance athletes. Assessment by bioelectrical impedance*".

The summary of this communication can be downloaded at <http://www.nutricionhospitalaria.com/mostrarrevista.asp?id=389>



**I International
and III National
Hydration
Congress**

Palacio Municipal de Congresos de Madrid
December 3-4, 2013

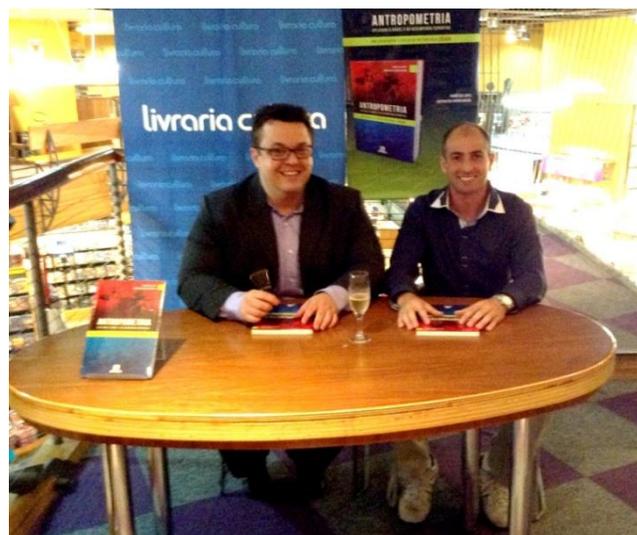
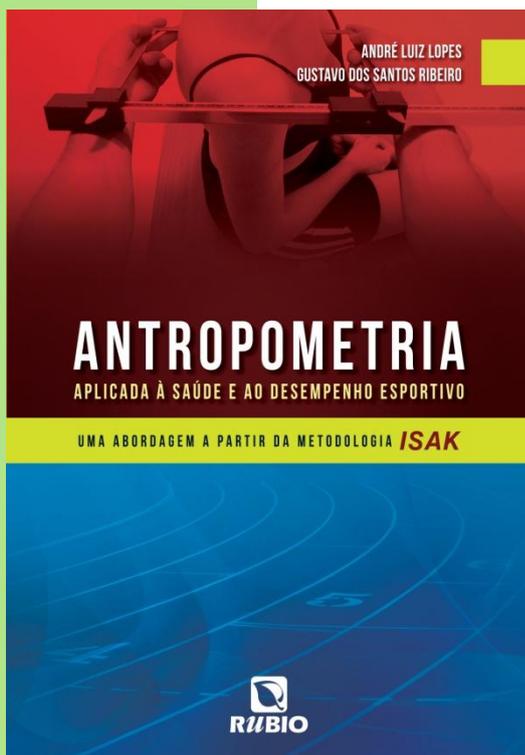
KINANTHROPOMETRY BOOKS.

ANTHROPOMETRY APPLIED TO HEALTH AND SPORT PERFORMANCE: AN APPROACH BASED ON THE METHODOLOGY ISAK.

Ancient civilizations had already demonstrated interest in investigating how the measures of man could influence other aspects of society. Since then, numerous studies have been conducted to assess the proportion, composition and peculiarities of each individual and populated. Characterized by using body measurements to predict performance variables or function, anthropometry has been applied over the centuries in related areas such as ergonomics and Anthropology.

With a modern and objective approach, *Anthropometry Applied to Health and Sport Performance: An approach based on the methodology ISAK* explores the basic concepts of anthropometry, making a tour through the history and evolution of the measurements in the human body, from its beginnings to the present day, analyzes the importance of identification and measurement of the human being to healthcare; contextualizes obesity and adipose tissue, and exemplifies these with body indices, describing in detail the methods, formulas, measurements and anthropometric assessment tools.

Aiming to meet the needs of the students and professionals of Physical Education and Nutrition, the book is extremely useful for work in hospitals, clinics and academic institutions as an instrument used to establish the best diagnoses and prescriptions for the individual, be it sick, sedentary or high performance athlete.



Authors:

Prof. André Luiz Lopes.

Prof. Gustavo Dos Santo Ribeiro.

NEWS.

THE FOOTBALL ASSOCIATION INCORPORATES ISAK COURSES ONTO ITS EDUCATION PROGRAMMES.



Last year The Football Association (The FA) celebrated its 150th year anniversary. Coinciding with this landmark, The FA also opened its new national training centre, Saint George's Park (SGP) at Burton-Upon-Trent in Staffordshire, England.

The centre will be the base for all coaching and development work undertaken by the FA, and the training and preparation grounds for all of the England national football teams.

This year has also seen an update of the FA's Fitness Trainers Award. The award has been updated from a single, standalone qualification to a pathway of awards designed to better meet the needs of physical performance coaches working at different levels of the game.

As part of the update, and working in close collaboration with Dr. Clare Hencken (ISAK General Secretary), we recently piloted a Level 1 ISAK Award geared specially towards football.

The award aimed to further educate practitioners on the broad application of anthropometry in the profiling and tracking of players and to standardise the procedures used by each practitioner to perform skinfold measurements and to analyse the acquired data.

The pilot proved a resounding success and we are already in the process of planning future Level 1 and designing Level 2 Awards to be hosted at SGP early next year.

Paul Stretch, Academy Head of Sport Science and Conditioning at Millwall Football Club, reported *“The ISAK level 1 developed the necessary practical skills required to take these measurements as well as an understanding of why the data is collected in this way. Millwall Football Club will benefit greatly from having skilled practitioners in their setting. In doing so facilitating the process of creating a high performance environment in which the players are given every opportunity to succeed. The course practitioners were highly skilled, knowledgeable and enthusiastic about the subject. The location was excellent and the course was thoroughly enjoyed”*.

Additionally, Jonathan Fenner, Lead Academy Sport Scientist at Wolverhampton Wanderers Football Club also provided feedback saying *“I found the course was well planned with a good amount of practical element so that the techniques being taught could be practiced. The course teachers were very helpful and provided good advice for my questions”*.

Paul Smith, Formerly Head of Academy Science and Medicine at Norwich City Football Club commented *“I thoroughly enjoyed the ISAK’s Level 1 course held at St Georges Park. I found it extremely relevant to my work with developing athletes especially in relation to using the structured and objective assessment as a way of monitoring maturation to ensure training programs are appropriate to each individual. The content of the course was evidenced-based and gives clear guidelines to best practice in this area and is a must do for anyone whose scope of practice involves collecting anthropometric measurements regularly”*.

Dr. John Iga.

Head of Sport Science, The Football Association.

A ROYAL DOCTOR.

DR. FRANCISCO ESPARZA MEMBER OF THE ROYAL ACADEMY OF MEDICINE AND SURGERY OF MURCIA.

Last November the conference of reception as academian of the Royal Academy of Medicine and Surgery of Murcia was held by the Dr. Francisco Esparza-Ros, Council Member and ISAK L4.

The title of the conference was "The Doctor and the Athlete Broken" (in spanish "El Médico y el Deportista Roto").



COURSE REPORTS.

2013.

LEVEL 1.

SECDSREHU "EVALUATIVE SERVICES FOR SPORTS SCIENCE AND HUMAN PERFORMANCE" (PUERTO RICO).



During the year 2013 Prof. Carlos J. Padilla Colon, currently starting a research clinic veteran under the Department of Research and Development and a Ph.D. candidate in philosophy with specialization in Physical Activity and Sport Sciences from the University of Leon in Spain, organized ISAK Level 1 course in the Central American Stadium in the City of Mayagüez P.R. The assistants to this course were Professors of Physical Education, Nutritionists, Sports Coaches and Therapists from all over Puerto Rico. These professionals enthusiastically promote further ISAK courses at their jobs, to their customers, and throughout the island.



In addition, for the month of October, 2013 professor Carlos Padilla with Dr. José Vicente, a professor at the University of Puerto Rico, PhD, FACSM, worked at the Convention of Physical Education and Recreation of Puerto Rico a presentation on anthropometry applied to body composition in the elderly by establishing the importance of applying anthropometric measurement and evaluation in the population aged 65 years or more. In addition, a level 1 certification is expected to be provided during the month of May, 2014 in Orlando, Florida.

UNIVERSITY OF ZARAGOZA (SPAIN).



At the University of Zaragoza in Spain, from October 24 to 26, 2013 two ISAK courses (level 1 and 2) took place under the direction of Francis Holway. Professors that also participated were the Dr. José Antonio Casajús, Dr. Mayté Aragonés and Dr. Alicia Canda.



Universidad
Zaragoza

LEVEL 2.

MEDICAL ASSOCIATION OF RIO GRANDE DO SUL (PORTO ALEGRE, BRAZIL).



The picture shows the 1st edition of an ISAK level 2 course, which took place in the past year (September 05 to 08, 2013) at the Medical Association of Rio Grande do Sul. Among the participants were professionals of nutrition and physical education. The instructor was Paulo Sehl.

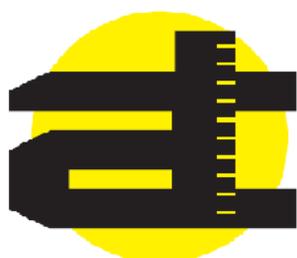
In 2012 and 2013, Paulo Sehl conducted a total of seven ISAK courses of certification in Brazil (Porto Alegre city). It had strong support from the company Cescorf equipments and, especially, from Dr. João Ricardo Turra Magni.

"I am happy to contribute to the advancement of Kinanthropometry in Brazil. I appreciate the confidence of the students and professionals who participated in these courses, as well as Francis Holway (L4), to encourage my job as instructor." Paulo Sehl.

AUTONOMOUS UNIVERSITY OF NUEVO LEÓN (MEXICO).



Last September, 2013 in the Autonomous University of Nuevo León (Faculty of Sport Organization) a Level 2 course was conducted by instructor Prof. Fernando Ferreyro Bravo.



anthrotools

INDIANA STATE UNIVERSITY (USA).

On November 23rd– 27th, 2013 Dr. Alvaro N Gurovich, PT, PhD, FACSM organized and instructed an ISAK Level 2 course at the Department of Applied Medicine and Rehabilitation at Indiana State University, Terre haute, IN, USA. This is the first ISAK Level 2 course taught in the United States in many years. People from 5 different states (New Jersey, Pennsylvania, Minnesota, Colorado, and California) attended the course and they have all come back to their hometown ready to spread the word of ISAK. A special thanks to Mrs. Victoria Rosenfeld, RD, CSSD from Princeton University Athletics who strategically helped recruiting participants from the sports nutrition field.



**Indiana State
University**

Department of Applied Medicine
and Rehabilitation

From left to right: Kim Beals (Pittsburgh, PA), Karen Gibson (La Crescent, MN), Krista Austin (Colorado Springs, CO), Rachel Baker (Pittsburgh, PA), Victoria Rosenfeld (Princeton, NJ), Dr. Alvaro N Gurovich (Terre haute, IN), and Mary Ann Kelly (Joshua Tree, CA).

2014.

LEVEL 1.

UNIVERSITY OF ALICANTE (ESPAÑA).

On January 31st, 2014 a level 1 certification course organized by the School of Kineanthropometry of the Spanish Federation of Sports Medicine and the Spanish Group of Kineanthropometry (FEMEDE-GREC) took place. This course was at the University of Alicante, Spain.



From left to right: seated the course coordinator, Dr. José Enrique Sirvent Belando and teachers of the course Dr. José Ramón Alvero Cruz, Dr. Francisco Esparza-Ros y Dr. Fernando Alacid Cárceles.

ISAK OFFICE BEARERS.

For full contact details, profiles and photographs of the office bearers please see the ISAK web site.

PRESIDENT.

Prof. J. Hans de Ridder.
School of Biokinetics.
Recreation and Sport Science.
North-West University, Potchefstroom Campus.
Potchefstroom, 2520.
SOUTH AFRICA.
Telephone: +27 18 299 1791.
Fax: +27 18 299 1825.
Email: hans.deridder@nwu.ac.za

VICE-PRESIDENT.

Dr. Arthur Stewart (Scotland).
Email: a.d.stewart@rgu.ac.uk

SECRETARYGENERAL.

Dr. Clare Hencken (Great Britain).
Email: isaksg@bodymorph.co.uk

PAST-PRESIDENT.

Prof. Michael Marfell-Jones (New Zealand).
Email: profmike@clear.net.nz

ISAK COUNCIL MEMBERS

Dr. Francisco Esparza (Spain): fesparza@ucam.edu
Dr. Guillermina de León (Mexico): gdeleon@uach.mx
Dr. Shahram Faradjzadeh Mevaloo (Iran): sfaradjzadeh@yahoo.com
Dr. Lola Cabañas (Spain): lolacaba@med.ucm.es

WEBMASTER

Dr. Fernando Alacid (Spain).
Email: falacid@ucam.edu

MEMBER CONTACT DETAILS

Don't forget to inform the ISAK Secretariat when your contact details change, particularly your email address. If you don't, we have no way of getting in touch with you when we need to. Equally, since this Kinanthreport won't reach those whose email addresses are out of date; please feel free to forward it to ISAK members whose addresses (to your knowledge) are incorrect.

FROM THE EDITOR.

Please remember that you can send me information that you would like included in the next edition of the Kinanthreport at any time. As a member I am relying on you to let me know what you would like to see in the report and to provide me with information that you feel other members may like to be made aware of.

In future editions we will have new sections, which I hope will be of interest to you. For example, "*Memories of*" where we comment on the professional and scientific life of different personalities related to Kinanthropometry.

Before signing off I would like to acknowledge the unconditional support of the Technical Team (Jenny and Mario), who help make these publications possible.

For me it is an honor to be the Kinanthreport editor. SEE YOU IN MURCIA!

Regards.

Fernando.



PROF. FERNANDO FERREYRO BRAVO.

Department of Sports Nutrition.
Integral Unit of Healthcare (UAIS).
Coordination of Promotion and Dissemination Sports.
Autonomous University of Yucatán.
41 Street, Col. Industrial.
Zip Code 97155.
Mérida, Yucatán, México.
Email: fferreyro@uady.mx; isak.yucatan@gmail.com;
fernando.ferreyro.bravo@gmail.com
Telephone: (+52)9991634898.



TECHNICAL TEAM.

Reviewer of text in English.



Jennifer Ellen Davis.

Integral Unit of Healthcare (UAIS).
Coordination of Promotion and Dissemination Sports.
Autonomous University of Yucatán.

IT Support Manager



Mario Guillermo Boeta Pineda.

Computer Systems Engineer,
Master in Management of
Information Technologies.

