



Kinanthreport

WORLD CONFERENCE ON **KINANTHROPOMETRY**

FROM 10th TO 12th JULY, 2014 · Murcia-Spain

MORE INFO

isak@ucam.edu
isak.ucam.edu

ORGANIZED BY



Los Jerónimos Monastery (Guadalupe, Murcia)
Headquarters of the Catholic University of Murcia, the Conference venue

Issue XXVIII August 2013 | Edited by Prof. Fernando Ferreyro Bravo.

KINANTHREPORT 2013 - 1

Newsletter of the International Society for the Advancement of Kinanthropometry

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PRESIDENT'S CORNER

Dear ISAK Members.

I am very excited about this edition of the Kinanthreport, as we share all the new exciting news and changes that are currently underway in the office of our Secretary-General (SG) and we also have a brand new editor for our Kinanthreport, Prof. Fernando Ferreyro Bravo from Mexico. Dr. Clare Hencken of the United Kingdom is our new SG and besides all her expertise, she brings with her a certain beauty and charm to the ISAK council, that makes the president and vice-president seem pale in comparison. The president is much better looking than the vice president, but now the SG has upset the apple cart!! Congratulations also to Clare on her new level 4 status. She certainly deserves it and we are proud of you, Clare.



My thanks and appreciation to our out-going SG, Prof. Mike Marfell-Jones of New Zealand, for all his hard work since taking up the position of SG in 2008. Mike is one of those people who is an absolute work-horse and no task is too much or too difficult for him. Mike, there are no words to express my gratitude for all the hard work and commitment to ISAK over the years. It is much appreciated and the good news is that we still retain you as a past president of our organization. Thank you that we can always rely on you for guidance and expertise. You are of immeasurable wealth to ISAK and your friendship over the years has meant a lot to us.

The biannual ISAK conference formed part of the ICSEMIS 2012, held in Scotland from 19 to 23 July. There was an ISAK symposium of research presentations with internationally-acclaimed speakers, and our members also presented in the wider conference programme. There was also a re-accreditation opportunity for our members, as well as ISAK's biannual general meeting, in addition to its own executive meeting. We had a very busy and exciting time in Glasgow. There was even time for a few beers with friends and one evening we were the guests of João Ricardo Turra Magni, better known by everyone as Caco, at a Brazilian Restaurant. In typical Brazilian style, we ate meat, meat and more meat.

I would also like to thank the out-going editor of the kinanthreport, Dr. Carmel Nottle from the University of South Australia in Adelaide that has resigned from the position after more than 3 years.

Lastly, I would like to encourage each and every one of you to get up to date with all the new procedures and documents in the new SG's office. May I also request your support to 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 to publish our kinanthreport on a regular basis.

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

Dear Colleagues.

I would first like to introduce myself as this is my first report as the new Secretary General. My anthropometrical background began in the USA where I undertook my PhD in Exercise Physiology, with anthropometry serving as an integral part of my research. I thought that I was a good anthropometrist having been trained in the USA using the ACSM protocols, but when I returned to the UK and began my training in ISAK, I quickly realised that this accreditation scheme was superior; it provided a robust and rigorous guide for the practice of manual anthropometry and I was hooked.



Some 11 years later, I have built a company that uses the core skills of anthropometry on a daily basis and I apply the skill across the spectrum of the population, working with elite athletes at one end and morbidly obese patients within a specialist weight management programme. I launched Bodymorph Limited in 2007 and I now employ 23 people, 80% of whom are either ISAK level 1, 2 or 3 anthropometrists. We have several distinct services within Bodymorph Limited. These are Healthmorph, Lifemorph, Sportmorph, Minimorph, Challengemorph and Measurmorph, each targets a particular sub-set of the population and offers bespoke services to optimise health.

We have a clinic in Portsmouth, UK and we also operate in three locations on the Isle of Wight, which is where I live. We use anthropometry to inform diet/nutrition, physical activity and weight loss strategies with non-athletic populations but also to enhance performance in top elite athletes performing in professional sports and the Olympics.

I hope my passion and experience in anthropometry will show in my commitment to take ISAK to another level. I know that a great deal of time has passed since the last Kinanthreport but there have been many changes occurring and it has been very busy so hopefully I can provide some detail of what has been happening. Life seems to be busy in the world of anthropometry and in many ways mirrors the pattern of life generally across the Globe. I am really enjoying getting to know some of you and hope we can share our experiences when we meet next year at the BGM in Murcia, Spain.

Since I became Secretary General, I have been so busy that I have on occasion been overwhelmed with the magnitude of things to be done. I have updated all the forms and systems required to run courses (I. Seven step process, II. Permission to run a course letter, III. Approval letter, IV. Course Submission spreadsheet, V. Application for membership form, VI. Accreditation/free membership registration form, VII. Request for payment, VIII. BGM 2012 headlines). These documents can be viewed in the attachments at the end.

I have taken over the Treasury role from Hans De Ridder so that course approval, course submission, course payment and certificate generation can operate from one hub. I have taken over the membership database and have spent time, and am still spending time, cleansing this database and setting up systems

so we can always stay ahead in our membership status. This is a huge task and I am currently writing to every person on my database to give them an opportunity to pay for fees in arrears and pay forward for a further 4 years of membership.

I would welcome help with this so if you think you are in arrears and do not receive a letter, please email me and let me know as it could mean you are not on the database. If you receive such a letter, you will see there is opportunity for you to send updated contact details, which should ensure that our membership records are in great shape by the next conference and BGM in 2014.



Dr. Dolores Cabañas and Dr. Clare Hencken in Congress ICSEMIS 2012.

I began the course approval process in January 2013, since then we have had 159 courses approved for this year so far and I receive approximately 10-15 emails each day from level 3's requesting permission to run courses all over the world. This has really opened my eyes to the scope of our organisation and I am excited and enthused by the commitment of some of our level 3s and 4s.

I am still running my own business and as a newly appointed level 4 (July 2012), I am also running between 12-18 ISAK courses (Levels, 1, 2 & 3) per year myself. One of the reasons I created the "7 step process" was to try to encourage all course organisers to submit permission letters 8 weeks in advance. I know this is not always possible and there are always extenuating circumstances but this enables all the processes to work efficiently and gives me time to cope with the waves of emails!

Fernando Alacid, our Spanish Webmaster and Level 3 has been a wonderful support to me and I feel that Mike Marfell-Jones, Hans de Ridder and Arthur Stewart have offered their support, experience and common sense to many of my queries and concerns taking on such an important role within ISAK. I cannot tell you how appreciative I am to each of them.

I have also been working hard to establish some organizational and legal elements for ISAK. We now have a UK bank account which enables direct payments using BACS, CHAPS or internet banking and we also have a PAYPAL account so for those of you wanting to pay for course administration, membership fees and manual royalties by credit or debit card, this is now possible in 20 currencies.

We have now completed all the paperwork for registration as a UK Charitable trust. This provides us with many opportunities in the future, maybe we could have travel bursaries for conference attendance, or maybe small research grants. I feel these things will really help us as an organization. However, the processes to do each of these things are slow, so I ask for your patience and support as I work through these tasks.

We are trying to tighten up on some of our rules. This is because we pride ourselves on the rigour the ISAK qualification offers. This promotes the value and credibility of the qualification. All courses should adhere to the Accreditation manual guidelines in their duration, content and teacher-student ratios. Within the ISAK executive council, we would recommend a maximum teacher-student ratio of 1:12, with 1:15 being an exception only used by those with the most experience. Generally, a level 1 course spans 3 days, with 6

hours of theory and 18 hours of practical contact time. A level 2 course spans 4 days with 10 hours of theory and 22 hours of practical and a level 3 course spans 6 days with 18 hours of theory and 38 hours of practical contact time. There are always situations where you might need to deviate from this general practice and in that instance, you should send a copy of the proposed schedule so I can check that you have considered the material you need to deliver within a given timeframe.

With this report, I am also attaching a summary of the BGM (July 2012) headlines, which provide the most dramatic changes within our organisation. These generally relate to membership and accreditation fees, post course submissions timelines and understanding of the new measures (Level 2+) in the 2011 edition of the ISAK manual. We are also now offering a 1-year free membership to all level 1 and level 2 candidates who actually submit their post-course profiles. This membership activation relies on the course examiner resending their course submission excel spreadsheet back to me with the second tab completed detailing those who have fully complied with the accreditation requirements and who submitted post course TEMs within the designated time frame for their level. The 1-year free membership will be managed via (UMC) Unique Membership Codes that allow us to offer private sections on our website with member only access to resources and opportunities.

Additionally all full members should receive a membership card in late 2013/early 2014. Another job for me!

Some other suggestions to mull over relate to continuing professional development (CPD) opportunities. It has come to my attention that, despite the requirement for all level 3s and 4s to adhere to the most recent ISAK manual in our technical teaching and adhere to the accreditation handbook for the design, content and structure of our courses, we have a great deal of disparity and whilst healthy debate regarding our practice is positive, we do not currently re-accredit our teaching technique.

I would like to suggest that level 4s run CPD workshops annually in their local area and that all level 3s 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 apologise for the length of my first report but there has been a lot going on that I wanted to share with you all. One final thing is that, as many of you have found out, my email cannot cope with the volume of correspondence I receive in my own business plus ISAK. As a result I now have a bespoke email address for ISAK Secretary-General work, which is isaksg@bodymorph.co.uk. This will help me process your emails more quickly and also separate my ISAK work conducted as Bodymorph from the organizational business itself.

May I take this opportunity to thank you all for your support.

Best wishes.

Dr. Clare Hencken.
Secretary-General.

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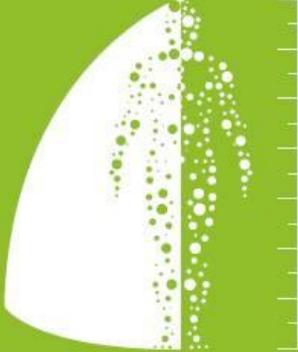
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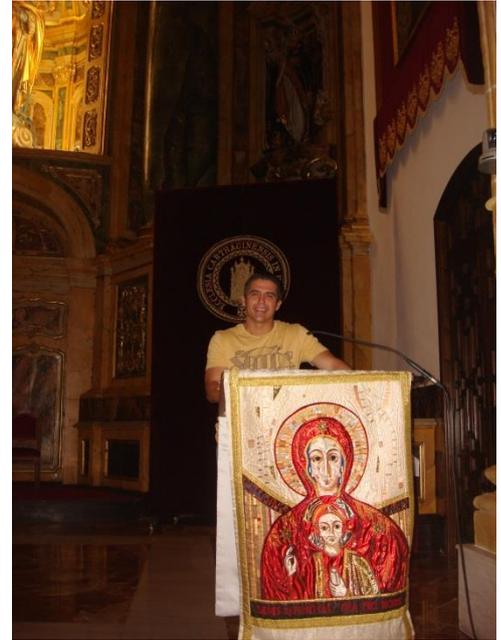
Murcia, located in the southeast of Spain, will host the next World Conference on Kinanthropometry 2014.



During the visit of kinanthreport editor for that city in recent days it was observed that Murcia is a city with great history, beautiful architecture, warm weather and friendly people. It houses the Catholic University San Antonio of Murcia (UCAM) which is located in the former Jeronimos Monastery of St. Peter's Ñora (from XVIII century), which together with its baroque church is declared National Historical-Artistic Monument. This university will host the XV biannual ISAK conference.

For ISAK members, this is an event we should not miss, as different topics of Kinanthropometry will be discussed to keep us updated. In turn, it will be a place where we will be able to get to know people from around the world, **I INVITE YOU TO ATTEND!**

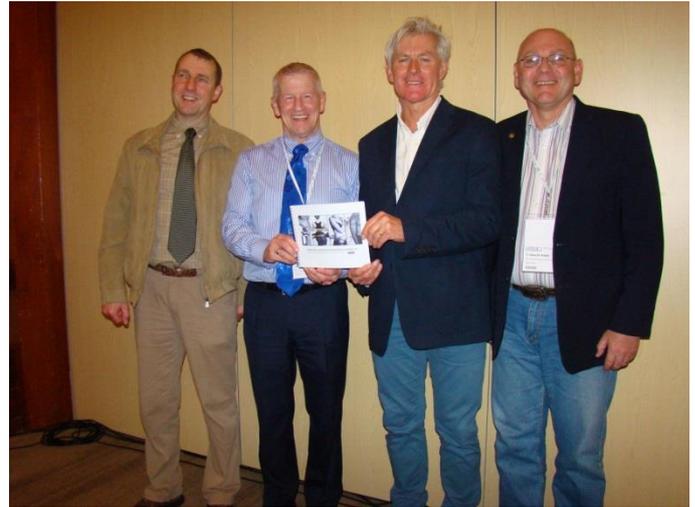
For more information, you can contact the Dr. Francisco Esparza (general coordinator of the conference) by email: fesparza@ucam.edu or isak@ucam.edu



Dr. Fernando Alacid (webmaster), Dr. Francisco Esparza (Council member) y Prof. Fernando Ferreyro (Kinanthreport editor).
Picture of the main hall in the World Conference venue.

ISAK MANUAL, NEW EDITION.

In the last XIV biannual ISAK conference in Glasgow, which formed part of the ICSEMIS 2012, the new 2011 edition of the ISAK manual, authored by Arthur Stewart, Michael Marfell-Jones, Timothy Olds and Hans de Ridder, was formally presented.



The ISAK Manual, the International Standards for Anthropometric Assessment, is the publication upon which the ISAK Accreditation Scheme is based.

The Manual defines (from previous definitions and descriptions from a series of classic textbooks and congresses throughout the twentieth century), sets of anthropometric landmarks and measurement variables whose use enables a comprehensive assessment of the size, shape and composition of the human body. It also provides comprehensive technique guidelines and equipment recommendations. The standardisation provided by the Manual facilitates both national and international data comparison and aggregation, resulting in a quantum enhancement of our breadth of knowledge of human morphology.

This Manual is, therefore, the cornerstone of all practical tuition in the ISAK Anthropometry Accreditation Scheme and, as such, is required for all ISAK anthropometrists, both trainees and trained.

The manual is given out as part of all ISAK accredited courses. Course organisers and/or examiners, please e-mail the supplier closest to you to order copies of the manual. It is suggested that you do so at least one month before an intended course to ensure that the manuals arrive in time.



INTERNATIONAL STANDARDS FOR ANTHROPOMETRIC ASSESSMENT (2011)

Arthur Stewart, Michael Marfell-Jones, Timothy Olds, Hans de Ridder

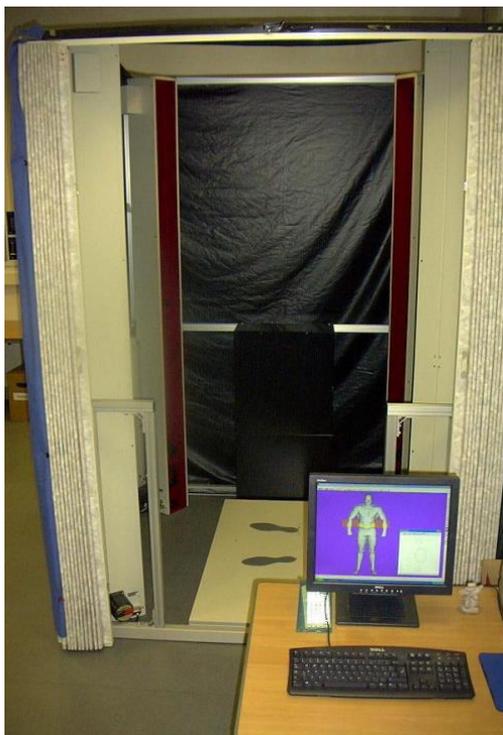


3D DIGITAL ANTHROPOMETRY

A STUDY OF OFFSHORE WORKERS IN THE NORTH SEA.

By Matthew Byers, Robert Ledingham and Arthur Stewart.

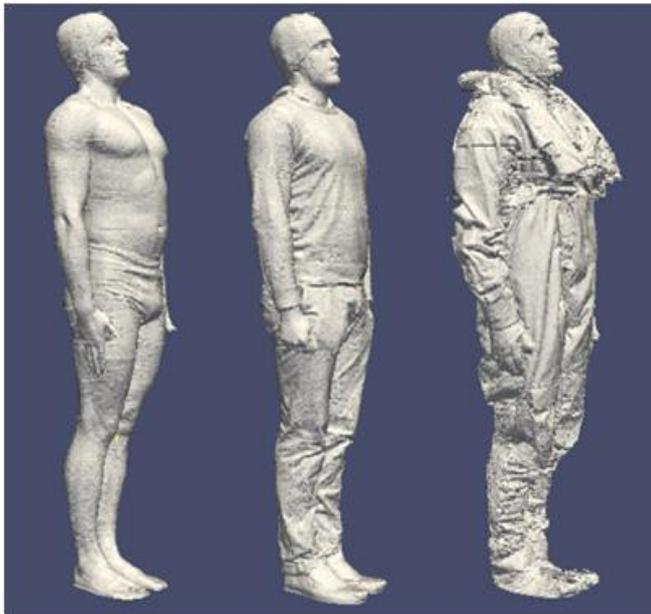
Matthew: I am currently involved in a 6 week placement at the Centre for Obesity Research & Epidemiology (CORE) at Robert Gordon University in Aberdeen, Scotland. Aberdeen is the hub for North Sea Oil industry and I have been working on a project funded by Oil & Gas UK, with KTP associate Robert Ledingham under supervision of Dr Arthur Stewart and the Technology Strategy Board, involving the size and shape of the UK's offshore workforce. This primarily involves developing a systematic and sustainable protocol for measuring size and shape using 3D scanning techniques. We hope to discover which physical dimensions may facilitate or constrain safe working practice in an offshore environment. Today over 46,000 employees work on installations in the North Sea, but the size data we have on the workforce was collected in the mid-1980s.



Robert: We have been using CORE's fixed 3D scanner – a Hamamatsu BLS 9036 (Hamamatsu Photonics, Japan – depicted below) to examine the effect of posture and clothing assemblage on body volume and space requirements. We are nearly ready to begin our pilot study awaiting the arrival of a portable 3D scanner – the Artec L (Central Scanning, UK; used in the animations industry) which we will validate against the fixed scanner to ensure validity of findings. Shortly thereafter data collection will begin on a representative sample of the UK's offshore workforce (n=600) with the portable 3D scanner.

Matthew: Before beginning work at CORE I wasn't fully aware of the wide array of different tasks to which anthropometric measurements can be applied and was amazed to discover its many uses and huge potential. Having gained the expertise for

measuring using skinfold calipers, bone calipers and other manual equipment in my ISAK level one qualification, I understand the constraints of acquiring precise and accurate measurements. When the opportunity to use 3D scanning techniques arose, I was aware of the need to quantify measurement error, and understand the utility of 3D scanning accordingly. However an integration of both manual and digital



techniques may prove invaluable in this and other studies as it will enable the extraction of data which has previously been inaccessible, or very time consuming and challenging to gather.

Robert: We plan to acquiring 9 scans on individuals in phase one of the study: in three different positions and with three different clothing assemblages. This initial data will identify which body dimensions will be of most interest for the main study (phase three). Phase two will involve calibration and benchmarking the portable scanner to the existing static scanner and establishing a standard operating procedure. Phase three will be the most important part of the study,

using a stratified sample of the offshore workforce (by weight) using the portable 3D scanner. During phase four this data will be aggregated and analyzed, informing future design of a wide variety of safety clothing, equipment and workspace ergonomics in the offshore oil industry. Preliminary data show a ~44 litre increase in volume from form-fitting clothing (L) to survival wear (R).

Matthew: In light of increasing capabilities of technology and decreased costs of equipment, kinanthropometry will undoubtedly advance in leaps and bounds by making new techniques of measurement common practice. The use of 3D scanning has given me insight into its many different applications, and an understanding of why it is of interest to professionals in so many different disciplines (e.g. fashion, safety, sport, healthcare, equipment manufacturing). My appreciation of other emerging technologies that can be used to gather anthropometric data is very limited but I am excited to work with and see the advancement of the discipline through such technologies.



Arthur: It is heartening to see young researchers embrace the new technological developments which have the potential to enhance our discipline of kinanthropometry and contribute to wider scientific knowledge in a very positive way.

Matthew is a 3rd year Sports and Exercise Science undergraduate at RGU. Recently he successfully completed his ISAK level 1 course and is currently collecting his profiles.

Robert is a graduate of Sports and Exercise Science (Hons) at RGU where he gained his ISAK level 1. He is now the Knowledge Transfer Project Associate. He has registered for a higher degree in conjunction with this project.

Arthur is an academic and ISAK Criterion Anthropometrist (long passed his chronological fulcrum!) and is the principal investigator of the study. His skills at operating the 3D scanner have long since been surpassed by Robert and Matthew. He hopes still to be able to teach them a thing or two about anthropometry!



**ROBERT GORDON
UNIVERSITY • ABERDEEN**

NEWS FROM IRAN

KINANTHROPOMETRY AND ELITE SPORT DEVELOPMENT CONGRESS IN IRAN.

The 4th national Congress on Sport Management and Elite Sport Development in Iran was held in the beautiful city of Gorgan, Gloestan. One of the main themes of the congress was Sport talent identification programs in Iran. Dr. Shahram F. Mevaloo as a key-note speaker delivered his presentation, the results of a national research project on kinanthropometric characteristics of Iranian students, emphasizing different ethnic groups throughout the nation.

In this research project, using ISAK standards, more than 3,100 9-12 years old boys and girls were assessed in all 30 provinces. Somatotype and body composition indices were analyzed and main morphologic patterns discovered. The sponsor of the project is the Ministry of Sport and Youth and the practical findings will be used in strategic management of elite sport in Iran.



SATELLITE WORKSHOP OF THE CONGRESS.

After Congress, 3 satellite workshops were held, one of them being the “Fitness Assessment of Employees”. In the workshop, Dr Shahram F. Mevaloo, with the assistance of Dr Hossein Kazemipur, delivered some practical issues about kinanthropometric considerations in the field of employees’ health assessment and fitness. Main concepts such as body composition indices, standard skinfold thickness measurements, norms and related nomograms and their interpretations were among the topics covered in the workshop.



ISAK COURSE IN SPORT MEDICINE FEDERATION.

The 67th ISAK course in Iran was held in I.R.I. Sport Medicine Federation in May 2013. Dr. Shahram Mevaloo and Mrs. Nikravesh were course instructor and executive coordinator, respectively. Sport physicians, sport physiotherapists, elite coaches and physical education experts were among course participants.



NEWS FROM JE LINDSAY CARTER KINANTHROPOMETRY CLINIC (JELCKC).

The JE Lindsay Carter Kinanthropometry Clinic (JELCKC) and Archive is a unit within SPRINZ at AUT Millennium Institute. SPRINZ is the acronym for Sport Performance Research in New Zealand. Stephen Hollings, ISAK L3, has been appointed as the Sport Science Educator – Kinanthropometry, and has responsibility for the delivery of service, research and education from the JELCKC.

The JELCKC conducted an ISAK Level 1 course in May 2013. There were 11 participants from a variety of backgrounds that included personal trainers, sports coaches, nutritionist and dieticians. The course was taught by ISAK Level 3's Kelly Sheerin and Stephen Hollings. The participants are each now collecting their 20 subject profiles that are due in early September.

The JELCKC held a writing retreat from Saturday, May 25th to Tuesday, May 4th at Patria Hume's family holiday home at Vivian Bay on Kawau Island in Auckland's Hauraki Gulf.

The seven attendees from the JELCKC team were Patria Hume (JELCKC Director, ISAK 4), Kelly Sheerin (JELCKC Deputy Director, ISAK 3), Stephen Hollings (JELCKC Educator, ISAK 3), PhD student members Lisa McDonnell (ISAK 3), Anna Lorimer (ISAK 2) and Scott Brown (JELCKC research assistant) and Bath University exchange student Peter Griffiths (JELCKC research assistant).



Stephen, Scott, Patria, Lisa, Kelly and Peter at the writing retreat.

The focus for the retreat included:

- JELCKC annual planning (archive, teaching, clinics service).
- JELCKC archive development.
- JELCKC service report template.

In addition to the specific JELCKC planning and outcomes, each team member also analyzed data, wrote journal manuscripts for theses, and shared ideas regarding research processes, and team building. All team members helped cook meals and participated in the social team building activities. Lindsay Carter was sent a report on the outcomes of the retreat, and through his positive feedback continues to be a source of inspiration to the JELCKC team members.

The Kinanthropometry Project Archive (KAP) continues with Lindsay Carter unearthing more treasures in the shoeboxes stored in his garage in San Diego! Most of these are making their way to New Zealand where they are carefully catalogued and stored. We hope to be able to launch internationally the KAP website later in the year.

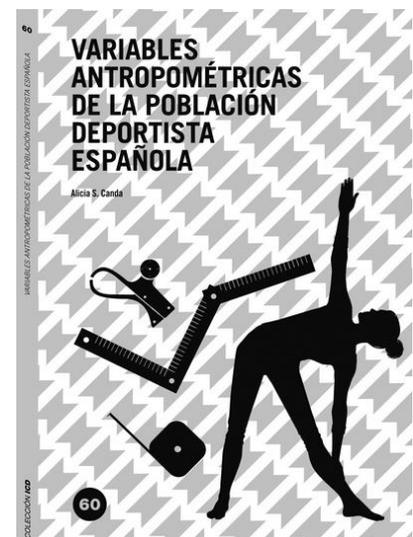
The Archive has been used by Dr. Duncan McFarlane of the University of Hong Kong who has undertaken a project in collaboration with JELCKC members to develop a portable digital body-image dissatisfaction scale for health professionals. The KAP was able to supply a large number of somatotype photograph images for the project.

ABOUT KINANTHROPOMETRY

This is a new section where you can find literature and papers related to the Kinanthropometry.

DIGITAL BOOK.

The Dr. Alicia Canda (from Spain) presents the digital book named "Variables antropométricas de la población deportista española (Anthropometric variables from Spanish athlete population)", which can be downloaded free online, you only need to complete a form on "Registro": <http://revistasdigitales.csd.gob.es/index.php/ICD>



MEMORIES OF ICY PATH WHILE WALKING ON, DR. ANUP ADHIKARI

MEMORIES OF ICY PATH WHILE WALKING ON AND THE PEOPLE WHO HELPED TO MOVE ON.

Anup Adhikari, Ph.D, Level 4 Anthropometrist and Photoscopic Somatotype Rater (ISAK).



When I immigrated to Canada few years ago, after organising many ISAK Level 1 and 2 courses in India, I thought it would be an easy job for me to run workshops in a developed country like Canada. But when I tried to enter into the mainstream of Canadian life, it was than what I realised. I knocked on different doors, especially on the doors of my known houses in Canada, to open and run ISAK courses, but the doors were not opened (maybe my appeals were not that convincible). But it was Prof. Mike Marfell Jones, the Secretary General of ISAK, who inspired

me from time to time whenever I touched base with him and each of his mails inspired me a lot to go forward.

After one and half years of full effort, dietitians of Canada came forward to run the ISAK courses in full phase with all their efforts and for them only I made it possible to run the courses in Canada.

Prof. Mike came forward once again to help me when he came to know that I have limited equipments and on his request Dr. Joao Ricardo Turra Magni, director of CESCORF (Equipamentos Para Esporte Ltda), from Brazil send me sufficient equipment (CESCORF) to run the workshop properly. These are the memories that remind how tough the scenario was for a new settler like me in Canada. But the wheels are now rolling and we have conducted many Level1 courses this year and another 3 more courses are coming up in Canada. When I see the rolling wheels, I don't see only the wheels but recollect the faces of the people who helped me to roll it on an icy path.

I don't know whether I am successful or not, but I am grateful to Prof. Mike Marfell Jones, who inspired me time to time from the very beginning when I first started my courses in India and later on in Canada when his help and guidance were really needed when I was alone and new to this country. Thank you Professor for all you have done for me.



Picture where the Sadhu (holy man or priest) from Indian Hindu Temple is organizing ISAK course.

COURSE REPORTS

2012.

AUT UNIVERSITY, J.E. LINDSAY CARTER KINANTHROPOMETRY CLINIC (NEW ZEALAND).

The AUT University JE Lindsay Carter Kinanthropometry Clinic ISAK Level 1, 2, and 3 courses were held in September, 2012 at the new AUT Millennium campus in Auckland, New Zealand.

The instructors Professor Patria Hume (L4) and Mr. Kelly Sheerin (L3) were ably assisted by level 3 candidates Mr. Stephen Hollings and Ms. Anna Lorimer for the duration of the course. Anna and Stephen helped with course preparation and examination administration plus provision of two lectures each and hands-on practical teaching of the ISAK techniques.

The course was attended by 14 Level 1 candidates and six level 2 candidates. The mix of New Zealand and Australian candidates with experience in nutrition, coaching, physiology and sport science led to a great course with good discussion on the use of anthropometry.

Jane Hall and Natasha Paget of the AUT Short Course office provided course advertising and enrolment procedures. SPRINZ postgraduate students Scott Brown, Lisa McDonnell, Marissa Downes, Sunesh Singh and Sian Allen were models for the examinations. SPRINZ postgraduate students Rita Malcatta was a model for the level 2 teaching sessions. The new revised ISAK manual, launched at the BGM in August in Glasgow, was used for the course.

By Patria Hume.



AUT Millennium

AUT UNIVERSITY
**J.E. LINDSAY CARTER
KINANTHROPOMETRY
LABORATORY**



Level 3 candidates Mr Stephen Hollings and Ms Anna Lorimer measuring bi-acromial breadth



The AUT University JE Lindsay Carter Kinanthropometry Clinic ISAK Level 1, 2, and 3 course candidates and instructors Professor Patria Hume (L4) and Mr Kelly Sheerin (L3).

2013.

KINEDEP (CHILE).

On April 2013, Ariel Hoppmann (L3) ran concurrent level 1 (18 participants) and level 2 (1 participant) courses with Chilean and Mexican participants. During this three-day training, these enthusiastic students greatly enjoyed the practical components of the course. They measured each other's skinfolds, girth, amplitude, and got to know each other quite well on a personal level.



NATIONAL INSTITUTE OF PHYSICAL EDUCATION (INEF) IN MADRID (SPAIN).

The past June an ISAK L1 and L2 course was held at the National Institute of Physical Education (INEF) in Madrid. The director was Dr. Francisco Esparza-Ros (L4). Other teachers were Dr. Fernando Alacid (L3) and Prof. Manuel Sillero (L3).

This course was organized by the Spanish Group of Kineanthropometry (GREC) that is within the Spanish Federation of Sports Medicine (FEMEDE). The course was very interesting and high-quality, encouraged by the level of the students many of whom were teachers from different Spanish universities.



UVM (MEXICO).

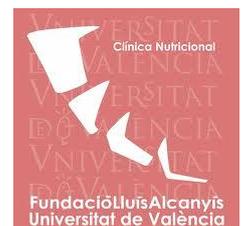
The past July, in the University of the Valley of Mexico (Monterrey campus) two Level 1 courses were conducted, where the instructor was Prof. Fernando Ferreyro Bravo (L3).



CLINICAL NUTRITION, LLUIS ALCANYÍS FOUNDATION, UNIVERSITY OF VALENCIA (SPAIN).

Also in July a Level 1 course was conducted in the Clinical Nutrition of the Lluís Alcanyís Foundation, University of Valencia in Spain.

The course had 29 students and 3 instructors: Dr. Dolores Cabañas (L3) of the Complutense University of Madrid, Prof. José Miguel Martínez Sanz (L3) of the University of Alicante and Prof. Fernando Ferreyro Bravo (L3) of the Autonomous University of Yucatan (L3 - Mexico).



UNIVERSITAT DE VALÈNCIA

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.
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ISAK COUNCIL MEMBERS

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Dr. Fernando Alacid (Spain).
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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 others members may like to be made aware of.

For me it is an honor to be the Kinanthreport editor and this is my first edition. I hope you enjoy it.

Kind regards.

Fernando.



Prof. FERNANDO FERREYRO BRAVO.

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Integral Unit of Healthcare (UAIS).
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Reviewer of text in English.



Jennifer Ellen Davis (ISAK L1).

Integral Unit of Healthcare (UAIS).
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ATTACHMENTS

I. SEVEN STEP GUIDE.



1	<p>Complete a course permission letter (using the template) detailing the venue and proposed date for your course. (This should be 8 weeks before the proposed start of the course).</p>
2	<p>Send the course permission letter to Dr. Clare Hencken isaksg@bodymorph.co.uk</p> <p>Please note that the regular administration for course approvals is done every 2 weeks so if your request is for a course that is running immediately (within 2 weeks), you must mark your email as urgent.</p>
3	<p>When you run your course, make sure you record the spelling of the first and last name of each candidate (as it is to appear on the certificate). If you require a template for this, please request one from Dr Clare Hencken.</p>
4	<p>As soon as you have completed the course (within 2 weeks), email the course submission form to Dr. Clare Hencken Please note this requires the scores out of 20 for each candidate and is the first tab on the Excel worksheet.</p> <p>This will initiate the preparation of an INVOICE, which will be sent to you by Dr. Clare Hencken.</p>
5	<p>Please send proof of payment to Dr. Clare Hencken via email (details of the payment options are on the invoice).</p> <p>Once payment is received, certificates will be generated and sent to you (the course administrator).</p>
6	<p>Please do not send out certificates to any candidates until they have submitted their post course profiles (these must be within the correct time frame which is 4 months for level 1, and 6 months for levels 2, 3 and 4).</p>
7	<p>Once you have received post course profiles, resend the course submission form, "post course report" to Dr Clare Hencken (tab 2 on the Excel worksheet). Please also send in the accreditation forms for each candidate, which provide contact details for our database. THIS SHOULD BE WITHIN 7 MONTHS OF THE COURSE EXAM DATE.</p> <p>Upon receipt, candidates will be given 1 year free membership and their details will be registered. They will receive an email from Dr Clare Hencken with their membership number. Please note membership cards will only be issued to FULL paying members.</p>

II. PERMISSION TO RUN A COURSE LETTER.



THE INTERNATIONAL SOCIETY FOR THE ADVANCEMENT OF KINANTHROPOMETRY

To:
Dr. Clare Hencken
Criterion Level 4 Anthropometrist/ISAK Secretary General
c/o Bodymorph Ltd
Unit 1, St George's Business Centre
St George's Square
Portsmouth
PO1 3EY
UNITED KINGDOM

Dear

I wish to apply for approval for the running of an ISAK course (*please complete the table below:*

Level	1	Dates (Start-end)	-	Proposed number of candidates:	
Venue:					

The CA(s) or Level 3 Anthropometrists) responsible for teaching and examining the courses will be (*please state the name of the ISAK accredited level 3 or 4*).

I confirm that the course/s will be organised and run according to the ISAK Anthropometry Accreditation Scheme standards and guidelines. I confirm I will be using the most recent copy of the ISAK International Standards for Anthropometric Assessment Manual (2011 edition) and when I am teaching a level 2 or 3 course, I am aware of the new measures that I must now teach.

I (*please select one*) like my course to be advertised on the ISAK website
Yours sincerely,

(*Please provide your correct contact details*)

Name:
Postal address
Email address

III. APPROVAL LETTER.



THE INTERNATIONAL SOCIETY FOR THE ADVANCEMENT OF KINANTHROPOMETRY

C/o Bodymorph Ltd
Unit 1, St George's Business Centre
St George's Square,
Portsmouth, PO1 3EY
UNITED KINGDOM

Recipient address:

Your course code for all
administration is:

Dear *****

I have great pleasure in granting approval for you to run an ISAK Level course. The details of your course permission are in accordance with the information recorded below

Level	*	Dates (Start-end)	**/**/13 - **/**/13	Proposed number of candidates:	
Venue:					

Approval of this course also carries with it, approval to use the ISAK logo in order to advertise your course. After the course there are three steps required of you.

Step 1: Immediately following completion of your course and examination, please send in your "Course Submission File" (attached) detailing all attendees from your course with their practical examination score (whether they have met the threshold or not). An ISAK invoice will then be sent with details of payment methods included.

Step 2: Once payment has been received by ISAK, certificates will be dispatched to you at the address stated on your Course submission file. These can be given to your candidates once you have verified their intra-tester reliability as determined by their 20 post course profiles. Other than in exceptional circumstances {beyond the candidates control}, candidates who do not submit their 20 post course profiles within the agreed time scales (4 months for Level 1 and 6 months for Levels 2, 3, & 4 from the date of the practical exam) will have failed and their certificates MUST be destroyed.

Step 3: After the relevant post course period for the level you have taught, you are now required to complete a Post course report (the second tab of the Course Submission File attached). This will ensure that only those who have met all accreditation requirements are given membership and accredited status.

If you have any queries with regard to these steps, do not hesitate to contact me at the above address

Yours Sincerely,

Dr Clare Hencken
ISAK Secretary-General
Email: isaksg@bodymorph.co.uk
Telephone: (+44) 2392831720

IV. COURSE SUBMISSION SPREADSHEET.

Course submission file (original format in Excel).

		←←	COURSE CODE		NOTE 1: Your data goes in Columns A and B Starting at Cell A1
		←←	EXAMINER		
		←←	LEVEL		
		←←	INSTITUTION		
		←←	LOCATION		
		←←	DATES		
		←←	FULL MAILING ADDRESS FOR CERTIFICATES		
		←←	including email		
		←←			
		←←			
				PRACTICAL	
		←←		EXAMINATION	
Level 1		←←		SCORE	
		←←	NAME	Score	NOTE 2: Names must be written EXACTLY as they are to be printed out on each certificate.
		←←	NAME	Score	
		←←	NAME	Score	
		←←	NAME	Score	
		←←	NAME	Score	
		←←	NAME	Score	
Level 2					
		←←	NAME	Score	
		←←	NAME	Score	

Post course report (original format in Excel).

		NOTES:			
←←	COURSE CODE	Note 1: Please make sure you enter your details starting on cell A1			
←←	EXAMINER				
←←	LEVEL				
←←	INSTITUTION	Note 2: Please make sure you EXACTLY match the names with those submitted on your Course Submission File.			
←←	LOCATION				
←←	DATES				
←← ←← ←← ←← ←← ←←	FULL MAILING ADDRESS FOR CERTIFICATES including email	Note 3: Please complete the post course report by entering the practical examination score and indicate whether the candidate successfully submitted their post course TEMs within the allocated period.			
				Practical examination score	Post course TEM submission [yes/no]
Level 1					
←←	NAME	Score			
←←	NAME	Score			
←←	NAME	Score			
←←	NAME	Score			
←←	NAME	Score			
Level 2					
←←	NAME	Score			
←←	NAME	Score			
←←	NAME	Score			
←←	NAME	Score			
←←	NAME	Score			

V. APPLICATION FOR MEMBERSHIP FORM (COMPULSORY FOR LEVEL 3 AND 4).

Title	Miss	Ms	Mrs	Mr	Dr	A/Prof	Prof
Forename							
Surname							
Mailing address	Billing address for payment (if different)						
Street (or PO Box)	Street (or PO Box)						
Suburb (or town)	Suburb (or town)						
State (or territory)	State (or territory)						
Country	Post code	Country	Post code				
Telephone							
E mail address							
Professional position (e.g. lecturer)							
Affiliation / Organisation (e.g. University)							
Membership category (Please tick the relevant options below)							
Please note: A minimum of 4 years membership is payable to reduce handling costs							
Full	Developed country- £80 GBP [4years @ £20 per year]			Developing country- £40 GBP [4years @ £10 per year]			
Student	Developed Country £40 GBP [4years @ £10 per year]			Developing country -£20 GBP [4years @£5 per year]			
Accreditation: Highest ISAK Accreditation Level completed at time of application (Please tick)	1	2	3	4			

Payment terms: Money Transfers should be sent to:

Lloyds TSB bank
Sort Code: 77-25-02
Account No: 21269160
IBAN: GB97 LOYD 7725 0221 2691 60
BIC: LOYDGB21B80

If you have a PayPal account, you can go to the Send Money option and enter ISAK@bodymorph.co.uk and your fees will be paid to the ISAK PayPal account. If you do not have a PayPal account, you can pay using all main credit/debit cards:



[Please circle appropriately]

Name on card: _____
Card number: _____
Start date: ___ / ___ / ___ End date: ___ / ___ / ___ CSV number (3 number security code) _____

VI. ACCREDITATION /FREE MEMBERSHIP REGISTRATION FORM (FOR LEVEL 1 AND 2).

This information will be used to populate the accreditation and membership database

Candidate details:				
Title				
Forename				
Surname				
Mailing address				
E mail address				
Professional position (e.g. lecturer)				
Organisation (e.g. University)				
Course details:				
Course title				
Course date				
Course organiser/examiner				
Location of course				
Accreditation:				
Level completed (Please tick)	1	2	3	4
Membership:				
Full		Student		

Please complete and submit to your course organiser with the electronic TEM submission form.

VII. REQUEST FOR PAYMENT.



International Society for the Advancement of Kinanthropometry

To: From: Dr Clare Hencken
Secretary General
Bodymorph Ltd,
Unit 1 St George's Business Centre,
St George's Square, Portsmouth,
PO1 3EY, UNITED KINGDOM.
Email: ISAKSG@bodymorph.co.uk
Tel: (+44) 2392831720

Invoice Number: IS***13***
Invoice Date:

Description:	Price £ (GBP)
Total:	£

Payment terms: Money Transfers should be sent to:

Lloyds TSB bank
Sort Code: 77-25-02
Account No: 21269160
IBAN: GB97 LOYD 7725 0221 2691 60
BIC: LOYDGB21B80

if you have a PayPal account, you can go to the Send Money option and enter ISAK@bodymorph.co.uk and your fees will be paid to the ISAK PayPal account.

If you do not have a PayPal account, you can pay using all main credit/debit cards:



Please circle appropriately

Name on card: _____

Card number: _____

Start date: __ / __ End date: __ / __ CSV number (3 number security code) ___

Billing address (including post/zip code): _____

VIII. BGM 2012 HEADLINES.



International Society for the Advancement of Kinanthropometry

In order to assist those of you organising and running courses. The following information highlights the major changes you need to be aware of that were agreed at the ISAK council meeting (July 18th 2012 in Glasgow, Scotland).

Guidelines for approving post course measuring profiles:

For Level 1: the time available for the 20 post course profiles has been reduced from 6 months to 4 months from the date of the practical exam.

For Levels 2, 3 and 4: the time available for the 20 post course profiles remains at 6 months from the date of the practical exam.

The ISAK rules regarding extensions for post course profile submissions are that there is flexibility. Examiners need to be clear that extensions will only be granted if there are appropriate exceptional circumstances i.e those beyond the control of the candidate.

Guidelines for re-accreditation:

Certification and accreditation for Level 1 expires 4 years and 4 months from the date of the practical examination.

Certification and accreditation for Levels 2, 3 and 4 expires 4 years and 6 months from the date of the practical examination.

Re-accreditation for all levels requires the verification of technique and accuracy in the form of a 3-subject practical exam in the presence of a Level 3 (instructor) or a Level 4 (criterion) anthropometrist. Inter and Intra-tester reliability must be met in accordance with the targets set for each level. ISAK also requires 20 x post course profiles (either Restricted or Full depending on the level being re-accredited) to be submitted within the same time guidelines as set previously (4 months for Level 1 and 6 months for Levels 2, 3 and 4).

Reaccreditation when certification is out of date:

ISAK has an expectation that people re-accredit before their current accreditation expires other than in exceptional circumstances. [Exceptional circumstances are determined as a circumstance beyond an individual's control].

Membership:

All Level 1 and Level 2 candidates who complete their course successfully will now be offered 1 year's free membership. In order to ensure that each candidate is added to the accreditation and membership

registers, they will need to submit a form with their post course profiles which will generate the issuance of a membership card. In accordance, there is an expectation that the organiser/examiner send in a report (template attached) either 4 months after a Level 1 course or 6 months after a Level 2, 3 or 4) detailing the candidates who successfully sent in their post course profiles with confirmation that the certificates for those who did not complete their post course profiles have been destroyed.

ISAK manual royalty:

As of 2013, ISAK Manual royalties for students attending all students (who are expected to receive the most recent ISAK manual) will be included in the accreditation fees invoice to course organisers/examiners.

All course organisers/examiners are expected to teach from the most up-to-date ISAK Manual (2011 edition, published June 2012) which includes 3 new measures for Levels 2, 3 and 4.

Fees as of July 2012:

ISAK Manual royalty fees for 2012-14 are as follows:

- £1.50 (GBP) for developed countries
- £1:00 (GBP) for developing countries

ISAK accreditation and re-accreditation fees are as follows:

- £20 (GBP) for developed countries
- £8 (GBP) for developing countries

ISAK membership fees per year are as follows:

- £20 (GBP) for developed countries
- £10 (GBP) for students in developed countries
- £10 (GBP) for developing countries
- £5 (GBP) for students in developing countries

If you have any queries regarding this or any other ISAK related business, please contact in the first instance:

Dr. Clare Hencken (Criterion Level 4 Anthropometrist)
Secretary General ISAK
C/o Bodymorph Ltd
Unit 1, St George's Business Centre
St George's Square,
Portsmouth, PO1 3EY
UNITED KINGDOM
Email: isaksg@bodymorph.co.uk
Telephone: (+44) 2392831720

