



## ISAK Anthropometry Accreditation

The International Society for the Advancement of Kinanthropometry (ISAK) was founded as an organisation of individuals whose scientific and professional endeavour is related to Kinanthropometry.

ISAK has defined and approved an international anthropometry accreditation scheme, which is now taught in over 40 countries world-wide. The scheme involves 4 levels of accreditation which involve varying levels of profiles leading up to instructing courses. Accreditation lasts for four years.

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### Level 1 Anthropometrist (Restricted Profile)

Level 1 requires demonstrated ability to adequately measure a Restricted Profile with precision. A Restricted Profile incorporates:

- 2 base measures
- 5 girths
- 2 breadths
- 8 skinfolds

**Pre-requisites:** None

### Level 2 Anthropometrist (Full Profile)

Level 2 is designed to obtain experience in more anthropometric techniques and requires demonstrated ability to adequately measure a Full Profile. A Full Profile incorporates 39 anthropometric dimensions including:

- 3 base measures
- 8 skinfolds
- 9 segment lengths
- 13 girths
- 6 bone breadths

**Pre-requisites:** Accreditation at ISAK Level 1 for at least 6 months

### Level 3 Anthropometrist (International Instructor)

A Level 3 Anthropometrist has satisfactory theoretical knowledge and substantial experience about anthropometry to be able to instruct and accredit Level 1 and 2 anthropometrists, and is a financial member of ISAK.

**Pre-requisites:** Bachelor's degree or equivalent in human movement science, nutrition, sports medicine, medicine, functional anatomy or similar. Completion of ISAK Level 2 course, significant experience in anthropometry, as judged by a Criterion Anthropometrist and current ISAK membership.

### Level 4 Anthropometrist (Criterion)

A Criterion Anthropometrist has many years of experience in taking measurements, a high level of theoretical knowledge, has been involved in large anthropometric projects, is a financial member of ISAK and has a publication record in anthropometry.