



ISAK Anthropometry Course

WHERE DO I NEED TO GO?

Location: AUT Millennium, 17 Antares Place, Rosedale, Auckland.

Please ensure you are onsite each day by 8:45 am for a 9 am start time.

Minimum time required for accreditation is 24 hours delivered over 3 days. These hours include **both** theory and practical time with a Level 2/3 instructor.

WHAT WILL BE PROVIDED DURING THE COURSE?

An ISAK course manual and learning resources (learning portal) including lecture material will be provided to each participant.

All equipment for use during the course will be provided, however, those wishing to purchase their own set prior to the course may do so (see costs below). Please note: access to measurement equipment for height, mass, skinfolds, girths and bone breadths is essential for the successful submission of your profiles post-course.

EQUIPMENT

Equipment available for purchase before, or during the course:

- Anthropometry Tape - \$ 45.00
- Bone Caliper - \$ 65.00
- Skinfold Caliper - \$80.00

WHAT DO I NEED TO BRING TO THE COURSE?

Please bring your lunch and drinks daily or alternatively you purchase them from the onsite café or Subway. Food can be stored in our fridge if required located in the downstairs student area. Please also bring with you a pen and notebook if you wish to make notes additional to those provided.

WHAT DO I NEED TO WEAR?

Males: sports shorts for marking and measurement. Boxer shorts and underwear are not acceptable.

Females: crop top, singlet and sports/lycra shorts for marking and measurement.

Important: Please cut your fingernails for the comfort of the other participants in the course. Note: we will ask you to do this if nails are longer than your fingertip.



WHAT DO I NEED TO DO POST-COURSE?

Participants are required to collect 20 restricted profiles (subjects) using the spreadsheet provided for submission within 4 months (level 1), or six months (level 2 and 3), from the last day of the course.

ISAK ACCREDITATION & MEMBERSHIP

As part of your registration fee payable prior to course commencement, ISAK accreditation and membership are covered for a 4 year period. ISAK-accredited anthropometrists must reaccredit before their 4 year period expires. Note: All ISAK accredited anthropometrists must be member of ISAK.

ISAK CERTIFICATE

Digital certificates are issued by ISAK, upon successful submission of your 20 restricted profiles using the spreadsheet provided. This will only occur provided all outstanding course fees have been paid. Notification of successful submission will occur via the email provided by you.

WITHDRAWL/ REFUND POLICY:

A refund will only be provided if the withdrawal is in writing (via email) within 21 days of the course date. If you are no longer able to attend but have a replacement, you can transfer their name in your place provided sufficient information is provided.

Further questions can be answered by contacting our office via email: spc@autmillennium.org.nz on record in anthropometry.