

## Anthropometric Standardization Reference Manual Abridged Edition

Timothy G. Lohman



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This abridged version of the "Anthropometric Standardisation Reference Manual" contains the heart of the original manual - complete procedures for 45 anthropometric measurements. Its style enables it to be used as a supplemental text for courses in fitness assessment and exercise prescription, kinanthropometry, body composition, nutrition, and exercise physiology. It can also be used as a reference for exercise scientists. For each of the 45 measurements included in this abridged edition, readers will find complete information on the recommended technique for making the measurement, the purpose and uses for the measurement, the literature on which the measurement technique is based, and the reliability of the measurement.

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