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"Development of Protocols for
Accurate Measurement of
Body Composition"

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Executive summary

The purpose of this research was to evaluate various procedures and models for estimating body fatness (BF) of the Canadian Forces (CF). After a thorough review of the literature on the measurement of total body density and models of the estimation and description of adiposity. A series of experiments were conducted for: (a) residual gas volume measurement; (b) hydrostatic weighing at maximum expiration and with lung volumes; and (c) these measures of body density by underwater weighing with and without corrections for hydrostatic pressure; and finally (d) test-retest reliability of anthropometric measurements by both experienced and inexperienced technicians. It was concluded that the following tests would be used in the CF field trials: (i) the helium dilution procedure for residual gas volume (RV_{HE}) (Ogilvie et. al. 1957); (ii) hydrostatic weighing at both maximum expiration (HW @ ME) and at lung volume as measured with an SLR automated spirometer (HW @ LV); (iii) an anthropometric variable battery with stature, body mass and independent variables including 10 skinfold thicknesses, 15 circumferences and 9 diameters. The extent of the anthropometric variable list was necessary to ensure of a number of BF estimations known from the literature.

Procedures for the measurement of body fatness of the Canadian Forces were evaluated on a total variable-complete random sample of 155 males and 125 females in 3 age categories (<30 yrs, 30-39.9 years., \geq 40 yrs).

Multivariate comparison of BF by 4 densitometric methods (HW @ ME and HW @ LV, adjusted and unadjusted) showed a significant overall MANOVA ($p < .05$). Adjustment for hydrostatic pressure on HW @ ME made no significant difference ($p < 0.05$, $t = 0.31$) on BF for the total group (21.6 ± 7.29 % BF). However, BF from unadjusted HW @ LV was significantly lower ($p < 0.05$, $t = 2.26$) than BF calculated from adjusted HW @ LV (20.2 ± 7.35 and 22.0 ± 7.23 respectively). No significant difference ($p < .05$, $t = 0.62$) in BF from adjusted HW @ LV and HW @ ME was found. We concluded that (i) BF determined by densitometry was appropriate for this mature, healthy active adult population; (ii) BF determination by densitometry at LV with adjustment for hydrostatic pressure is an appropriate procedure, especially for subjects who do not expire to residual volume.

In the second part of this research we have evaluated 3 models of estimating adiposity. the first is a regression model based on best regressors as selected by maximum R^2 stepwise improvement for all variables, circumference, skinfold thickness and body diameter measurements (CSD). The second is a 'scaling' model where the sum of 5 skinfold (triceps, subscapular, suprailiac, abdomen and thigh) are scaled by stature and body

Executive Summary Cont'd.

mass on the basis of reference CF males and females. This procedure was developed by Behnke and Wilmore (1974) for radiographic fat thicknesses. However Katch and Katch (1983) have applied this procedure to skinfold thicknesses as measured by skinfold caliper. We refer to this procedure as the applied Behnke - Wilmore method - AB. The third model evaluated was the Heath-Carter Somatotype procedure. This procedure does not estimate body fatness but does give a relative measure of adiposity.

Multivariate factorial analysis by sex, age and high/low % fat (HF/LF) levels (based on group median hydrostatic weighing (HW @ ME) showed a significant overall ANOVA ($p < .05$). Overall BF from the AB and CSD methods did not differ from BF by HW @ ME, at any age in either gender. Moreover, the BF results by AB were not significantly different for either HF or LF groups for either gender. The CSD method on the other hand, did significantly underestimate the BF of the HF while overestimating the BF of the LF males and females.

The AB and CSD methods have been cross-validated on an independent CF sample of 109 males, 66 females) and revealed no significant differences from the percent body fat calculated by hydrostatic weighing.

The CF sample of males and females were also evaluated according to the Heath-Carter Somatotype procedure. This method of assessment of adiposity is a linear model with an independent variable of a relative 9 point scale of endomorphy based on Sheldon's somatotype procedure (Sheldon et. al, 1940). The Heath-Carter somatotype demonstrated that the CF sample males and females were more robust and muscular (mesomorphy) than the average Canadian population. However this Gestalt scale, although closely associated to total body fat as measured by hydrostatic weighing, were not as accurate as % body fat predicted by the AB or CSD methods. Also endomorphy scores were considered less useful for the CF purposes and therefore were not pursued further.

We conclude that (i) the applied Behnke-Wilmore method (AB) is the optimal predictive method for this CF population, (ii) the underwater weighing procedure should be used when predicted values are disputed and (iii) residual gas volumes should be measured not just predicted from available RV regressions.

1.2 Objectives of the study

The objectives of this research were:

- (1) to ascertain the optimal equation for the assessment of body composition for an active population (Canadian forces personnel, ages 20 to 55 years)
- (2) to evaluate the importance of musculo-skeletal robustness as an improvement in BF prediction
- (3) to test the generality and practicality of the improved procedures on a CF specific population (cross validation of procedures).

1.3 Problems and Subproblems

In setting the hydrostatic "gold standard", several specific problems of methodology had to be resolved, including:

- (1) difficulties in applying hydrostatic weighing to subjects who are fearful of submersion, or who are unable to exhale completely to residual lung volume while underwater; and
- (2) choosing between alternative methods of assessing residual lung volume.

The question of the practicability of underwater weighing has recently been explored by various authors, with total body density measurement being made at lung volumes ranging from residual volume (RV) to total lung volume (FVC + RV) (Brozek et al, 1949; Girandola et al, 1977; Shephard, Lavallee et al, 1969; Thomas and Etheridge, 1980; Welch and Crisp, 1958; Weltman and Katch, 1981). Although young adults do not normally object to the protocol of hydrostatic weighing, children and older adults very often do. Even with young adults, it is not uncommon to have 15% of volunteers from a random sample refuse cooperation, exhibit an inability to expire maximally, or fail to submerge completely during volumetric measurement. Submersion may change pulmonary blood volume and thus residual volume. However, if gas volumes are retained during submersion as proposed by some authors, the added gas volume is subject to hydrostatic compression (Agostini et al, 1966; Brozek et al, 1949; Carey et al, 1956; Craig and Ware, 1967; Girandola et al, 1977; Jarrett, 1965; Prefaut et al, 1976; Welch and Crisp, 1958). Thus volumes must be measured underwater or appropriate adjustments must be made for lung compression while submerged. Any hydrostatic effect is greater when sitting than when

supine, and the larger the lung volume (FVC + RV), the greater the impact on the corresponding total body volume, underwater weight, density and subsequent body fat calculation. In a large subject, (>90 kg) holding the breath at a vital capacity inspiration of 7.0 l (and residual volume of 1.7 l), the compression would amount to 2%, with a 0.7% error change in the estimation of body fat.

For the determination of residual volume (RV), helium dilution techniques are commonly used (Meneely et al, 1949; Mitchell and Renzetti, 1968; Ogilvie et al, 1957). Another simple approach is an oxygen dilution procedure (Wilmore, 1969; Wilmore et al, 1980). Both the helium and oxygen dilution procedures have been validated by comparison with the nitrogen washout procedure (Ogilvie et al, 1957; Wilmore, 1969).

In meeting the first objective, ie. the choice of an optimum equation for predicting body fatness, there are 2 subproblems:

- 1) a possible "specificity" in the reference population used to develop predictive equations, including the possibility of musculo-skeletal proportions that differ from the general population; and
- 2) a rationale for the selection of a particular predictive anthropometric model.

In the past, many large sample surveys purporting to determine body composition have used body fat prediction equations developed from populations which are unlikely to have been representative of the sample in question, for example, regressions developed on a Scottish urban population of the 1960's have been applied to Canadian Forces personnel (C. Allen and D. Bell, personal communication; Durnin and Womersley, 1974). Generalized prediction equations may give rise to erroneous estimates of body fat if the test sample does not entirely correspond to the original population with respect to such factors as age, sex, ethnicity, nutritional status and habitual activity. Errors are particularly common when the body fatness of athletes is predicted from general population BF equations (Jackson and Pollock, 1977; Katch and Katch, 1983; Sinning, 1978).

In seeking to improve the prediction of body fatness, we have compared anthropometric and hydrostatic data in a relatively large sample (N=280) of men and women, aged 20 to 55 years, a cross-section of the Canadian Forces (CF) population. Examination of the new equations to other samples of the Canadian population (swimmers, aged 13-25 years and older subjects, aged 45-75 years) will help clarify the appropriateness of the proposed approach in muscular and non-muscular groups.

1.4 Model Selection

Three different anthropometric models have been compared: (i) a Linear Regression Model (LRM), based on traditional skinfold and circumference measures; (ii) a Reference 'Scaling' Model (RSM) of the type proposed by Behnke (1959); and (iii) a Somatotype Model (SM), which addresses the issue of incorporating a "Gestalt" of robustness. It is compared directly to non-Gestalt measures of robustness such as independent skeletal diameters (Katch and Freedson, 1982).

The Linear Regression Model proceeds through the following steps to predict body density (and thus body fat):

1. Stepwise maximum R2 improvement for skinfolds, including both log and quadratic transformation of the sum of skinfolds;
2. Stepwise maximum R2 improvement for circumferences (on the basis that circumference measurements may be more easily undertaken by field survey personnel);
3. Stepwise maximum R2 improvement for all variables.

The Reference 'Scaling' Model-applied Behnke-Wilmore (Katch and Katch, 1983) proceeded through three steps:

1. Body fat estimation from the sum of skinfolds scaled for height and body mass;
2. Assessment of musculo-skeletal proportions relative to a reference group;
3. Assessment of the potential contribution of musculo-skeletal proportions (reference frame size) to the description of body composition.

The Somatotype Model proceeded through 4 steps:

1. Assessment of musculo-skeletal and fat proportions (body form) as described in the Heath-Carter (1967) procedure;
2. Assessment of the relationship between each somatotype component (endomorph, mesomorph, and ectomorph) and fat and fat-free fractions of the body as determined by underwater weighing;
3. Assessment of the relationship between the mesomorphic component of the Heath-Carter (H-C) somatotype, and the frame component as estimated from the reference 'scaled' population;

4. Determination of the specific contribution of each index of robustness (mesomorphy and reference frame) to simple prediction procedures.

1.5 Assumptions

The critical assumption in this project is that the underwater weighing/volumetric procedure of densitometry provides a reliable and valid fatness criteria for the population under study. Limitations inherent in this assumption are:

- (i) the density of the fat-free mass (FFM) is constant for all subjects (since the tissues comprising the FFM have different densities, then the components must have mutually compensating densities and proportions);
- (ii) the density of the fatmass (FM) must be constant for all subjects.

1.6 Justification

A simple, reliable and valid method of determining body fatness is important, given the probable impact of excessive amounts of body fat upon health. Obesity is associated with ischaemic heart disease (IHD), hypertension and maturity-onset diabetes mellitus (Lamb, 1984). However, there is some debate as to whether obesity exerts a significant independent impact on (IHD) after allowance for its association with hypertension and an adverse lipid profile. Excess adipose tissue can also limit the performance of physical tasks, especially those that involve displacement of body mass (Astrand and Rodahl, 1977; Shephard, 1977). Moreover, adiposity can be corrected through a combination of proper dietary management and increased exercise (Pollock, Wilmore and Fox, 1984). The need for appropriate BF equations becomes particularly necessary with groups such as the Canadian Forces (CF), where the job demands both strength and endurance, and muscularity is above the average for the general population. Having an appropriate BF equation reduces the likelihood that personnel in such heavy occupations will be advised to undergo unnecessary, unfair and possibly unhealthy "weight loss" requirements. Moreover, an accurate knowledge of body fatness and definition of a realistic "ideal weight" are often initial steps in stimulating an individual to lose fat and adopt a healthy lifestyle.

1.7 Selection of Measurements

The variables chosen for study were representative of current technology. The 47 anthropometric variables selected are comprehensive enough to allow comparisons with 4 major surveys:

- i) The Montreal Olympic Games Anthropometry Project (M.O.G.A.P.), a standard test battery which has been recommended by its originators as part of the Canadian Association for Sport Sciences (C.A.S.S.) Elite Athlete testing protocol (MacDougall et al, 1982). The MOGAP list includes factors necessary for somatotyping by the Heath-Carter procedure.
- ii) The International Biological Program (I.B.P.) offers an anthropometric battery that has been accepted and followed throughout the world, particularly in studies of ethnic populations. The procedures, outlined in Weiner and Lourie (1969), have been used extensively in Canada and throughout the world (Shephard, 1978).
- iii) Guide for Anthropometric Measurements of Canadian Adults (Jette, 1980). Although more limited in scope, these anthropometric procedures have been well documented and have interest in the context of this research, because they also have been applied to a sample of Canadian men and women drawn from the Canadian Forces (Jette, personal communication).
- iv) Behnke and Wilmore (1974). The anthropometric methods described by Behnke and Wilmore in "Evaluation of Body Composition" (1974) are widely used in the United States of America.

Despite the various international standards already proposed, discussions on standardization continue. Proponents of many anthropometric procedures were present in an open committee (chaired by Drs. A. Roche and J. Wilmore) for the re-assessment and standardization of human body measurements held in conjunction with the American College of Sports Medicine, annual meeting in Montreal (1981). Canadian representative were R. Montpetit and R. Forsyth.

2.0 Review of selected relevant areas of the literature

2.1 Overview

The assessment of body fatness is one of the most difficult and controversial problems in the health science field. No practical procedure is presently available to measure body fat directly. Ideally, body composition is determined from 'fresh' cadavers (less than one day post-mortem), this providing a standard to validate anthropometric measurements collected shortly before death. The usual problems with cadaver studies are: (i) only a very small sample of subjects is available, and (ii) the individuals examined have dehydrated bodies or are of unknown health and background. Most of the assumptions applied to studies of body composition are thus based on results from 4-6 cadavers, or are derived from research on domesticated animals.

Researchers will continue to be limited in their evaluation of the chemical composition of the body until a large data base has been collected from non-dehydrated, non-embalmed cadavers, including young disease-free normals, obese and athletic groups. This will surely take considerable time, given current restrictions on this type of scientific investigation. At present, the total of the world body fat data is derived from 42 cadaver dissections, and of these only 25 are very recent (Clarys et. al. 1984; Martin, 1984; Martin et. al. 1985).

Technical limitations on the direct measurement of body composition have led to various methods of approximating the amount of adipose tissue in humans. The main methods for indirect assessment of stored lipid can be classified as: (i) anthropometric fractionation of body mass; (ii) hydrodensitometry; (iii) indirect chemical analysis; and (iv) the relatively recent methods of echo- and soft tissue (Beta) radiography. This research involves only the first two of these procedures (anthropometry and hydrodensitometry), although we may note that, to date, methods (iii) and (iv) are more complicated, more expensive, and do not appear to offer better accuracy than (i) and (ii).

All indirect methods for evaluating the total fat mass have a priori assumptions which must be met. First, the water component of the body cell mass, particularly the fat-free mass, must be constant: a figure of 73.2% water is usually assumed for healthy subjects. Secondly, the various components of the fat-free mass must each have the anticipated density. Finally, the relative proportions of muscle, bone and residual lean mass must be constant. Many

of the assumed values in fact show considerable variation from one subject to another and within a given subject at different ages (Martin, 1984). The present research will focus particularly on the third of these difficulties (variations in the relative proportions of lean tissue), considering how far an anthropometric assessment of musculoskeletal proportions can help in the indirect assessment of body composition.

The various models used to fractionate body mass on the basis of measurements of subcutaneous fat thicknesses, body circumferences and widths are simple. However, the researcher must accept the inherent assumptions of prediction and statistical manipulation. First, a "gold standard" of body composition must be chosen. Estimations of body composition using dependent anthropometric variables must be checked against a suitable independent variable, such as the indirect densitometric procedure - currently referred to as hydrodensitometry. Secondly, the assumption of homogeneity between a given sample and the population used for the initial development of a prediction equation for any body component such as body fatness, is often contravened. Partly for this reason, a multitude of regression equations (>100) have been proposed to predict body density, and thus the fatness of various populations from anthropometric data (a selection of body fat and body density equations are shown in Appendix 7.2). The most precise equations have varied markedly with the gender, age, ethnicity, state of nutrition and fitness level of the population under study. The influence of musculo-skeletal proportions and differences in such proportions with age, gender, and physical training (fitness), is only partially understood.

Prediction of body density using a 'generalized' equation derived from a large sample with average anthropometric values comparable to the test population has to date been thought to yield the fairest estimates of relative adiposity. Many generalized BF equations are based on quadratic or logarithmic models to allow for the non-linear relationship between skinfold thicknesses and body density. Since the individuals to be evaluated in most populations include not only the young and the average, but also those who are old, very obese or thin and highly athletic, the likelihood of deriving a good "generalized" body fat equation from a small number of anthropometric variables is limited. However, such BF equations are more satisfactory for health screening than one of the many 'sample-specific' BF equations, since comparison can then be made with other national and international standards.

Although more complex and less convenient, a more satisfactory approach when evaluating the fatness of individuals, is to determine total body density from body mass and volume. There are still some problems in converting observations to percent fat, but nevertheless many people regard this procedure as the "gold standard" to be used in evaluating anthropometric procedures. There are various methods available for assessing body volume including gas and water displacement techniques, but the most common is the principle of buoyancy, developed by Archimedes and applied to human body composition by Behnke (Behnke, Feen, & Welham 1942; Welham & Behnke 1942). Body fat content is generally calculated from total body density on the assumption that the body tissue can be viewed as a simple two - component system of fixed density: fat tissue mass (FM) and fat-free mass (FFM) (Behnke et. al., 1942).

Variations of human morphology reflect differences in the amount and distribution of fat, and in the size and shape of the body's lean mass (muscular and skeletal components). Historically, anthropometric techniques have been used to evaluate body form and composition, relating such findings to both the mechanics of movement and the risk of disease (Borelli 1679; Broca 1864; Flower 1907; Galton 1884-85; Kretschmar 1930; Quetelet 1871; Sheldon et al. 1940; Viola 1932, cited in Harrison et al., 1977). Although there have been extensive descriptions of such body builds as the "habitus phtisicus", early investigators failed to consider the possibility that body form might be a consequence rather than a cause of disease. The use of anthropometry to describe an optimal body form for elite athletes has a long tradition in this century (Sheldon et. al. 1940; Shephard 1978; Tanner 1964; Welham and Behnke 1942). This tradition has inspired an attempt to found a new discipline of kinanthropometry, which would apply the methods of physical anthropology to human movement studies, including sport, elite athletic performance and growth (Ross 1976). Modern forms of somatotype evaluation form one part of this proposed discipline. A great deal of scientific investigation has been stimulated, applying to sports groups all manner of anthropometric procedures and models (Carter 1972, 1975, 1980; Katch and Katch 1983; Ross et. al. 1978; Sinning 1978, 1984; Wilmore 1983).

The simplest methods of assessing body composition remain anthropometric models that employ body stature and mass, thickness of subcutaneous fat or body circumferences and diameters. Ratios of stature to body mass and determinations of "excess" mass have some attraction as very simple tools for the epidemiologist, but they have limited usefulness for the prediction of body composition in the individual, since changes in body mass do not always reflect increases or decreases in body fatness.

An athletic person can be 'overweight' but not 'overfat'. Nevertheless, indices relating stature and body mass have often been used to provide a preliminary indication of obesity (Benn, 1971; Garn, 1984; Lee et al., 1981; Society of Actuaries 1959; Metropolitan Life, 1959, 1982). A stature/mass ratio is also the sole determinant of the ectomorphic component of body form as described by the Heath-Carter Somatotype Model (Heath and Carter, 1967).

Individual anthropometric variables can be highly correlated with a more general measure of body composition, eg. body density is often quite closely related to abdominal circumference or to summed individual skinfolds. However, allowance must be made for several factors in any anthropometric fractionation of body mass:

- i) inter-individual and ethnic differences in the fat patterning of subcutaneous adipose tissue;
- ii) sex-specific essential fat and gender related differences in the distribution of subcutaneous fat;
- iii) the non-linear association between subcutaneous fat thickness and body density;
- iv) the effects of age upon the density of lean tissues;
- v) possible ethnic differences in the composition of lean tissues;
- vi) possible differences in fat distribution and body composition induced by training (Hovak, Hyatt and Alexander 1968; Katch, Michael, and Jones, 1980; Kirellis and Cureton 1947; Malina 1979; Womersley, Durnin, Boddy, and Mahaffy 1976), poor nutrition, bed rest (Cohn et. al., 1980; Shephard 1978; Sidney, Shephard and Harrison, 1977), or a non-gravitational environment.

The most common procedure for estimating body composition is a regression model which assumes a strong linear association between a specified independent variable (body density, as an indicator of relative body fatness) and the dependent anthropometric measures. The first such BF regression was developed almost 40 years ago (Keys and Brozek, 1949). There has subsequently been occasional refinements of the statistical methodology used in the estimation of body composition which include (i) logarithmic transformations (Durnin and Womersley 1974), (ii) power functions (Jackson and Pollock, 1977, 1978; Jackson, Pollock and Ward, 1980), and (iii) use of principal component analysis (Shephard et al. 1969). Various 'group-specific' and population 'generalized' body fat equations are now available (Appendix 7.2). However,

it seems probable that in any linear model and for any given list of anthropometric variables, samples of different age, sex, ethnicity, and physical activity patterns will be best described by differently weighted combinations of skinfolds, circumferences, and diameters. 'Generalized' BF equations are more dependable for describing a sample with substantial variation in body fatness, but are still invalid for extreme cases such as very thin or obese individuals and very muscular athletes.

An alternative tactic for the description of body composition was developed by Behnke and co-workers (Behnke 1959; Behnke 1961a, b; Behnke and Wilmore 1974; Taylor and Behnke 1961) from the anthropometric model of Matiegka (1921). Matiegka's model, in essence, was the first attempt to fractionate body mass into four components - adipose tissue, muscle, bone and residual masses - using anthropometric measurements. The residual component was derived from the differences between total body mass and the other 3 component masses. Although not very widely used in the early part of this century mainly because his 4-component model could only be accurately determined by cadaver dissection, such innovative ideas have given rise to alternatives to the linear regression model. The Behnke 'Reference group' model is a similar approach to that of Matiegka (1921), presenting fat level as a relative figure, scaled by stature and mass and compared to a "reference" population. In the most complete treatise describing this procedure, Behnke scaled the body circumferences and diameters of Naval and athletic subjects to reference data obtained from a sample of male and female U.S. adults using stature and mass as scaling variables (Behnke 1959, 1961; Taylor and Behnke 1961). More recently the data used for comparison has been described as the "Reference Man" and the "Reference Woman", terms original ascribed to Brozek and Keys (1953). Katch and Katch (1983) extended the Behnke concept of 'scaling' anthropometric variables to include a scaled sum of skinfolds. The Behnke method has two advantages: (i) musculoskeletal "robustness" is linked to the body fatness of subjects, based on the characteristics of large reference samples and (ii) Behnke and co-workers have always insisted on the need for a densitometric validation of their technique. The results of this analytic method are often illustrated by somatographs, which show percentage differences from the reference group means in an easy form for visual comparison.

A final possibility is to describe the body form and composition indirectly, using a somatotype model of the

type developed by Sheldon et. al. (1940), and more recently elaborated by Heath-Carter (1967). Sheldon's original somatotype model assumed three body characteristics: linearity (ectomorphy), muscularity (mesomorphy), and obesity (endomorphy), determining these as a subjective "Gestalt". Heath and Carter elaborated the concept, substituting objective for subjective data. The revised methodology has been used extensively by some physical education and anthropology researchers to describe the musculo-skeletal proportions of an individual including the athletic and the non-athletic (Carter 1970, 1978, 1980a, b, 1981, 1982, 1983; Carter and Heath 1971; Carter et. al. 1983; Heath 1977; Heath and Carther 1966, 1967).

The associations among body composition factors (fat and fat-free masses), musculo-skeletal proportions, and somatotype are neither clear nor extensively reviewed in the literature (Lohman et. al. 1978; Orvanova et al., 1984; Ross and Ward 1982; Slaughter and Lohman 1976; Stepnicka 1980; Szmodis 1977; Tucker 1983; Walker 1978; Walker and Tanner 1980; Wilmore 1970).

2.2 The Determination of Body Composition by Hydrodensitometry and its Limitations as a Reference Standard.

Although many methods are currently available for estimating body density and percent body fat, hydrodensitometry will be employed as the 'gold' standard for body composition assessment. This widely used technique is based on the Archimedian principle of buoyancy, which may be stated as:

"if a solid object is placed in a fluid and its mass is heavier than the equivalent volume of the fluid, its mass underwater will be lighter than its true mass by an amount equal to the volume of fluid displaced."

Thus, the less dense an object, the more buoyant it will be, and the less it will weight underwater.

Archimedes has been immortalized for his hydromechanical investigations of the adulteration of the golden crown (actually composed of gold and silver) of Emperor Hiero in the 2nd century B.C. Archimedes thus developed two-component hydrodensitometry.

Measurement of Body Density by Volumetric procedures

The fatness of humans is commonly assessed by densitometry, with a 2-component model being used to transform total body density into fat and fat-free masses. The underwater weighing technique developed by Behnke and colleagues, for U.S. Navy personnel (Behnke, Feen, and Welham, 1942) and applied to robust football players (Welham and Behnke, 1942), is the most widely used procedure for calculating total body density (BD). This densitometric procedure has not changed drastically in over 40 years. Subjects have been weighed underwater in both horizontal (Katch, 1968) and seated positions, at maximum expiration (Akers and Buskirk, 1969; Behnke and Welham, 1942; Brozek and Keys, 1949; Welham and Behnke, 1942), at functional residual capacity (FRC), and total lung volume (TLV) (Girandola et. al., 1977; Ostrove and Vaccaro, 1982; Timson and Coffman, 1984; Thomas and Etheridge, 1980; Welch and Crisp, 1958; Weltman and Katch, 1981).

In the standard densitometric procedure, body volume is determined from weight loss due to fluid displacement during total body submersion in water; the basic Archimedian equation for determining total body density is:

$$BD = \frac{M}{V} \quad (1)$$

Body mass (M) has always been easily determined by weighing the individual on some 'balance-beam' scale, but body volume (V) is a more difficult variable to measure. In Behnke's original hydrodensitometric procedure, the body volume was calculated by the weight loss due to submersion, obtained by subtracting the mass in water (M_w) from the mass in air (M_a). In estimating the displaced volume, the mass of water was corrected for both its density (D_w) from the observed water temperature, and for residual gas volumes (V_{rg}) within the body; thus:

$$V = \frac{(M_a - M_w)}{D_w} - V_{rg} \quad (2)$$

An alternative Archimedian volumetric procedure to underwater weighing has applied the measure of the actual volume of water displaced (V_{dw}) by the submerged body (Allen et al., 1959 a,b; Allen et al., 1956). Simple elevation of the water on a graduated scale as the body is submerged gives an accurate measure of total body volume (V). The volume of the water displaced must be corrected for water temperature (T_w) and any residual gas

volume (V_{rg}). Although both hydrostatic procedures provide results which are similar, the measurement of weight loss in underwater weighing is generally considered more accurate than collection of displaced water (Ward et al., 1978). The equation for body volume by the measurement of volume displacement is:

$$V = \frac{(M_a - M_{dw})}{D_w} - V_{rg} \quad (3)$$

In either of these hydrostatic weighing procedures, adjustments must be made for two internal gas volumes for these will increase the buoyancy, and therefore decrease the density of the body. The two internal gases are: (i) visceral gas (V_g), and (ii) residual (lung) volume (RV). The volume of air which is trapped in the lungs at the end of a maximal expiration is called the residual volume (RV). This residual gas is relatively large, with values for young adult males ranging from 1200 to 1600 ml (Wilmore 1969) and females 600 to 2000 ml (Sloan, 1967; Sloan et al., 1962). Since residual volume is large and varies with age, it should be measured rather than predicted, at least in older adults. In children free of lung disease, it has been argued that calculations of residual volume based on a fixed percentage (28%) of vital capacity (VC) are as accurate as actual measurements of RV (Shephard et. al., 1973; Shephard, 1982).

On the other hand, visceral gas (gastro-intestinal gas, or flatus) (V_g), ie. gas trapped in the stomach and intestines, is usually small in magnitude, depending on previous food or carbonated drink consumption (Durnin and Satwanti, 1982). Therefore, V_g is rarely measured; rather, it is the usual practice to assume a constant value of 100 ml (BTPS) (Buskirk, 1961).

Thus the final body density equation for hydrostatic weighing then becomes:

$$BD = \frac{M_a}{\frac{(M_a - M_w)}{D_w} - (RV + 0.100)} \quad (4)$$

Assumptions and Limitations in Calculating % Body Fat.

Unfortunately, unlike Emperor Hiero's crown, the density of the human body is the accumulative effects of many components which show some variation in both their proportions and their densities. In the 2 - component model, overall body density (BD) is assumed to reflect the proportions of the fat (FM) and fat-free masses (FFM), and their respective densities (d_f and d_{ffm}).

Thus, total body density is given by:

$$BD = \frac{(F + FFM)}{\frac{F}{d_f} + \frac{FFM}{d_{ffm}}} \quad (5)$$

Since FM plus FFM equals unity, the proportion of fat can be derived by substitution:

$$F = \frac{1}{(BD) \frac{(d_f)(d_{ffm}) - (d_{ffm})}{(d_f - d_{ffm})} - \frac{(d_f)}{(d_f - d_{ffm})}} \quad (6)$$

The density of ether extractable fat (d_{fm}) is generally assumed to be 0.900 g/cm³ (Brozek, 1956; Brozek et al., 1963; Fidanya et al., 1953; Siri, 1961). The density of adipose tissue can vary slightly from 0.900 to 0.940 g/cm³ (Martin, 1984).

The density of the non-fat portion (d_{ffm}) has been vigorously debated with substantial differences suggested between athletes, the young, and the elderly (Martin, 1984). A figure of 1.100 g/cm³ is typical of young healthy individuals (Brozek et al., 1963; Siri, 1961). Lohman and his co-workers have recently shown that the density of the FFM is lower in children (1.080 g/cm³) based on measurements of total body water, body density, and bone mineral content (Lohman et al., 1985). Also, an estimate of 1.063 g/cm³ has been made for 80 year old men (Norris et al., 1963).

Estimations of the overall variation in body composition will be influenced slightly by the standard deviation of the density of the fat ($S.D._{fm}$), and more considerably by the variation in the densities of the fat-free mass ($S.D._{ffm}$) and the whole body ($S.D._{BD}$) (Bakker and Struikenkamp, 1977). Thus, the variance in the estimates of body composition, assuming $d_f = 0.900 \text{ g/cm}^3$, $d_{ffm} = 1.095 \text{ g/cm}^3$, and a population average body density for males of 1.060 g/cm^3 , is:

$$(S.D._{fm})^2 = 13(S.D._{ffm})^2 + 20(S.D._{BD})^2 \quad (7)$$

Depending on the subject's age, disease state, or sex, inter-individual variability in the density of the fat-free mass can vary from 1.057 g/cm^3 (osteoporotic) to 1.19 g/cm^3 (osteosclerotic) (Werdein and Kyle, 1960) due to changes in bone mineral content. Although a mean density for the FFM ranging from 1.095 g/cm^3 (Brozek and Keys, 1953) to 1.100 g/cm^3 (Siri, 1961) has been generally acknowledged for the average population, some authors have recorded total body density values for young athletic males as high as 1.102 g/cm^3 (Behnke, 1963) and 1.104 g/cm^3 (Michel and Katch, 1968).

A recent study of professional Canadian football players, found values ranging from 1.057 g/cm^3 to 1.130 g/cm^3 (ie. +18 to -12% BF). In this athletic sample, 8 of 29 had a total body density greater than 1.100 g/cm^3 , and 18 of 29 subjects had less than 3% BF, ie. less than minimal essential fat. Twelve of the athletes with questionable body fat estimates in this study (18/29) were Caucasians and six were from African ancestry (Black Americans) (Adams et. al., 1982).

Although ethnic differences in bone mineral content and bone mass are known (Broman et. als., 1958; Mazees and Christiansen, 1982; Trotter et. al., 1958, 1960), the bone density in response to strenuous athletic training and participation would appear to be a more significant factor in the body composition of athletes (Nilsson and Westlin, 1971). This is due to increased bone density and 'breaking' strength as a result of increased mineral deposition (Atkinson and Weatherall, 1967; Burr, 1980). Mineral salts account for approximately 90% of bone density (Burr, 1980). Similarly, there is a loss of bone mineral content of approximately 1% per year after 50 years (Sorenson et. al., 1968).

However, for normal healthy individuals, the d_{ffm} of 1.100 g/cm^3 , serves as a valid estimate for the calculation of FFM (Pollock, Wilmore and Fox, 1984). Substitution of these density values for F and FFM in equation (6) allows conversion of the measured body density (BD) to body fat (BF) as a percentage of the total body mass (%BF):

$$\%BF = 100 \left(\frac{4.95}{BD} - 4.50 \right) \quad (8)$$

$$\%BF = 100 \left(\frac{4.57}{BD} - 4.142 \right) \quad (9)$$

Equation (8) was developed by Siri (1961) and equation (9) was produced by Brozek et. al. (1963).

2.2 Theory of Lung Volumes in Body Density Assessment Residual Volume.

The measurement of RV has been recognized as a major source of error in body density calculations since the earliest usage of volumetric methods (Behnke et. al., 1942; Rahn et. al., 1949). This volume of gas constitutes between 25 and 30 percent of the total lung capacity (TLC) in normal young subjects. RV estimation rather than actual measurement of residual gas can lead to significant errors in body volume determinations. This is especially true in the elderly or those suffering from respiratory diseases. The volume of air remaining in the lungs increases with age (Kaltreider et. al., 1938), particularly with chronic obstructive lung diseases (Mitchell and Renzetti, 1968; Stubbing et. al., 1980b), and smoking (Shephard, 1982). Residual volume also increases during exercise (Stubbing et. al., 1980a).

The physiological closing pressure and elastic properties of the lung and chest wall affect the rate and the degree of increase in residual volume and functional residual capacity (Agostini et. al., 1966; Dahlback, 1978; Hong et. al., 1969, and Robertson et. al., 1978).

The most common procedures for determining residual volume are: (i) body plethysmography, (ii) open-circuit nitrogen washout, and (iii) closed-circuit gas dilution procedures, either oxygen dilution (Wilmore, 1969; Wilmore et. al., 1980) or helium dilution (Meneely et al., 1949; Mitchell and Renzetti, 1968; Ogilvie et al., 1957). Both gas dilution procedures have been shown to be both reliable and valid techniques for the measurement of RV, and are both technically simple and relatively inexpensive for either field studies or laboratory applications.

Residual Volume and Densitometry

Although hydrostatic weighing is simple in principle, technical problems can arise in practice, particularly if subjects are not accustomed to being in a submerged state without air. One requirement of traditional

hydrodensitometry is a 'complete' expiration of air from the lungs (ie. to residual volume) while submerged. However, subjects who are older, or who have a 'fear of the water', may not adequately expel all their air (Weltman and Katch, 1981; Shephard, 1978).

Recently, research has focused on the procedure of underwater weighing with the subject retaining a volume of air during submersion (Girandola et. al., 1977; Ostrove and Vaccar, 1982; Sawka et. al., 1978; Thomas and Etheridge, 1980; Welch and Crisp, 1958; Weltman and Katch, 1981). Underwater weighing has taken place at TLC (Timson and Coffman, 1984; Weltman and Katch, 1981), at functional residual capacity (FRC) (Thomas and Etheridge, 1980) and at approximately 50% of vital capacity (VC) (Welch and Crisp, 1958).

Although hydrostatic pressure has little significant effect on the residual gas volume, it has been shown that pressure on the lungs during submersion can have a significant effect on larger lung volumes such as total lung capacity (TLC), inspiratory capacity (IC) and vital capacity (VC) (Agostini et. al., 1966). However, the fundamental problem is how to assess body volume at this increased lung volume during submersion. This increased volume can range from less than one liter at RV to 6 or 7 liters at total lung capacity (TLC). No author, as yet, has proposed a theoretical adjustment for hydrostatic pressure on lung volume during submersion.

Hydrostatic Pressure and Residual Volume

Hydrostatic pressure, ie. the force of compression due to the weight of water, has important effects on the chest and lung volumes during submersion. Agostini and colleagues (1966) estimated that the magnitude of the hydrostatic pressure on the chest was 20 cm H₂O when seated in a vertical position, submerged up to the neck. A similar value of 20 cm H₂O was found by Flynn (1975) with subjects seated in water up to the level of the 7th cervical vertebrae. Interestingly, they found that a value of 25 cm H₂O was required to bring the subject's reduced lung volumes back to the dry land values.

The effect of hydrostatic pressure on the RV at shallow depths was considered insignificant by Craig and Ware (1967); however, other lung volumes have been shown to be reduced 1-13% when subjects were submerged to the neck (Bondi et al., 1976; Etheridge and Thomas, 1980; Girandola et. al., 1977; Robertson et. al., 1978; Timson and Coffman, 1984). On the other hand, Girandola et. al., (1977) reported an increase in the RV while submerged. The increased RV may have been due to pulmonary vascular engorgement (central blood volume) or some unanticipated

effect of submersion on the stomach or diaphragm (Lanphier and Camporesi, 1982). Several other authors have also found increases in RV with submersion. Carey et. al., (1956) showed a non-significant increase in RV (5%), and Lawther (1969) demonstrated a significant increase in the RV of young children who were submerged up to the neck, but a decrease in the RV of older subjects.

Much of the research has shown a decrease in RV with submersion. (Agostini et. al., 1966; Bondi et. al., 1976; Brozek et. al., 1949; Jarrett, 1965).

The effect of hydrostatic pressure at relatively shallow depths has been found to be inconsistent with regards to total or partial lung volume. While some authors consider the effects of submersion on larger lung volumes as inconsequential (Craig and Ware, 1967; Welch and Crisp, 1958; Weltman and Katch, 1981), others have cited significant changes due to hydrostatic pressure.

Prefaut et. al., (1976) showed total lung capacity (TLC) to be reduced when the subject was submerged to the neck. These authors ascribed the difference in lung volume to a decrease in the maximum static pressure on the chest. However, the loss of thoracic recoil may have diminished this proposed effect.

Girandola et. al., (1977) reported significant decreases in the forced vital capacity (FVC), inspiratory reserve volume (IRV), total lung capacity (TLC) and functional reserve capacity (FRC), during submersion. As the lungs become completely filled with air, the effects of hydrostatic pressure become more significant, eg. (forced vital capacity (FVC) decreases by 8.9%. The in-water and out-of-water lung volumes do exhibit a close linear relationship and a high correlation ($r=0.95$) (Girandola et. al. 1977).

Theoretical Adjustment for Hydrostatic Pressure

A theoretical adjustment of lung volume for hydrostatic pressure during submersion has not been discussed in the literature, but can be derived knowing the actual lung volume and the depth below the water. The depth of the central locus of pressure, or "centre of pressure" of the lungs as described by Jarrett (1965), of a subject submerged to the neck is 19 cm. below and 7 cm. behind the sternal angle. The distance from the sternal angle to the level of the chin is approximately 9-10 cm. on the average reference unisex person (Ross and Wilson, 1973). However, in the downward tucked position necessary for hydrostatic

weighing, an additional 12 cm. may be added to account for the increased submersion. Therefore, the hydrostatic pressure on the lungs in the tucked position would be calculated for a total depth of 40 cm, or a pressure of 40 cm H₂O. It would of course be necessary to guaranty that the body does not float toward the surface when the subject has filled the lungs with air.

Since gas volume is reduced by 50% at 975.4 cm H₂O, a depth of 40 cm represents a theoretical gas volume adjustment of 2% for hydrostatic pressure.

Vital Capacity

To measure body density at any lung volume (LV), it is also necessary to accurately measure vital capacity while the subject is seated in the water. Shephard and Cox (1980) have shown that SRL automated spirometers are an accurate method of measuring expired lung volumes. The hot-wire anemometer flow measuring devices have an error of measurement of FVC of 2%, ie. a volume of 30 ml. These electronic spirometers have the additional advantage of providing both a printed output as well as a digital one.

3.0 Methods

3.1 Subjects and Data Collection

A group of subjects were tested by the methodology described in 3.1 to 3.4 (Group 1), and cross-validated on a second similar group (Group 2) as described below:

Group 1: a large sample of Canadian Forces personnel (125 females and 155 males) as a basis for the development of the body fat regression equations;

Group 2: a large sample of Canadian Forces personnel (66 females and 109 males) were measured by D.C.I.E.M. personnel, and served as a sample for cross-validation of the derived body fat regression equations.

Military personnel for Group 1 were drawn as a stratified random sample of 320 subjects from four CF bases:

Airforce - CFB Trenton, Ontario
 Army - CFB Petawawa, Ontario
 Navy - CFB Halifax, Nova Scotia
 Support - CFB Downsview, Ontario

The requested sample for Group 1 is shown in Table 3.1 below:

Table 3.1 Requested random sample for Group 1

Discipline	Age (years) and Numbers of Subjects							
	<30		30-39		40-49		>50	
	M	F	M	F	M	F	M	F
Airforce	10	10	10	10	10	10	10	10
Army	10	10	10	10	10	10	10	10
Navy	10	10	10	10	10	10	10	10
Support	10	10	10	10	10	10	10	10
	80		80		80		80	
	160 males, 160 females							

Individual personnel were selected from the base files by the officers in charge of Physical Education and Recreation.

The sample included officers and enlisted personnel from across Canada. Entry into the study was part of the daily routine. Selection was thus independent of any factors known to be associated with body composition.

A total of 280 subjects (155 males, 125 females) arrived for the scheduled testing. The majority of the incomplete data sets occurred in the 40-49 and >50 years age categories, particularly for females. Other age categories were somewhat over-represented in the final sample as shown in Table 3.2.

Table 3.2 Actual sample obtained for Group 1.

Age (yrs)	Males			Females			Total		
	Exp.	Obs.	Diff.	Exp.	Obs.	Diff.	Exp.	Obs.	Diff.
<30	40	57	+17	40	60	+20	80	117	+37
30-39	40	37	- 3	40	43	+ 3	80	80	0
40-49	40	39	- 1	40	16	-24	80	55	-25
>50	40	22	-18	40	10	-30	80	32	-48
Total	160	155	- 5	160	125	-34	320	280	-40

A certain number of subjects could not undergo, or did not wish to complete, part of the testing, usually the under water weighing. Of the 280 initial subjects, only 253 completed the entire test battery (147 males and 106 females: Table 3.3).

Table 3.3 Actual sample completing all tests for Group 1.

Age (yrs)	Males			Females			Total		
	Exp.	Obs.	Diff.	Exp.	Obs.	Diff.	Exp.	Obs.	Diff.
<30	40	56	+16	40	53	+13	80	109	+29
30-39	40	36	- 4	40	35	- 5	80	71	- 9
40-49	40	36	- 4	40	15	-25	80	51	-29
>50	40	19	-21	40	3	-37	80	22	-58
Total	160	147	-13	160	106	-54	320	25	-67

Due to the small sample size in the older categories (40-49 and >50 yrs), these two age groups were subsequently pooled into a >40 yrs. category.

The pooling of subjects from two age categories into one representing middle-aged subjects might affect the distribution of the data. Table 3.4 shows the age distribution of the subjects divided into 5 year intervals. The g_1 (skewness) and g_2 (kurtosis) values for each age interval distribution indicated that:

- (i) only males in the >50 yrs. interval had significantly skewness of ages,
- (ii) female in both the 35-39.9 and 50-54.9 yrs. intervals were significantly skewed, and
- (iii) neither of the complete age distributions were significantly skewed.

After pooling the subjects, the distribution of ages were more evenly representative of all ages.

Table 3.5 Distribution characteristics of 3 age groups (<30, 30-39, >40) in Group 1 of CF.

Age (yrs.)	Sex	N	X	SD	g_1	g_2
<30	M	56	24.1	2.63	0.24	-1.05 **
	F	53	24.7	2.86	-0.09	-0.94 *
30-39	M	36	35.9	2.40	-0.29 *	-0.55
	F	35	33.8	2.44	0.22	-1.28 **
>40	M	55	47.4	5.53	0.93 **	0.68
	F	18	45.7	4.84	0.63 *	-1.24 **
Total	M	147	35.7	10.88	0.29 *	-0.90 *
	F	106	31.3	8.36	0.86 **	0.23

* $p < 0.05$

** $p < 0.01$

Group 2 - Canadian Forces Subgroup

This random sample of Canadian Forces personnel (66 females and 109 males) was measured by D.C.I.E.M. staff in an independent study (1980-1981). The subjects were recruited from CFB Toronto and CFB London (Ontario). The ages ranged from 17-49 years for males (mean age = 27.5 ± 8.54 years) and 19 - 56 years for females (mean age = 32.7 ± 9.14 years).

Measurements taken on these subjects included stature, mass, 7 skinfold thicknesses (triceps, biceps, abdomen, subscapular, suprailiac, anterior thigh, medial calf), four body and limb circumferences (neck, flexed biceps, abdomen 2 and calf), and two bone diameters (bicondylar humerus and femur). Hydrodensitometry was used as the criterion measure for body density and relative body fat was determined by the equation of Brozek et al. (1963).

Table 3.4 Distribution characteristics of the age ranges in Group 1

	Age (y)	n	$\bar{x}_{age} \pm$ S.D.	g_1^+	g_2^+
Males:	<25	38	22.5 ± 1.48	-0.16	-1.27
	25-29.9	19	27.2 ± 1.12	+0.01	-1.06
	30-34.9	13	33.3 ± 1.38	-0.64	-1.00
	35-39.9	24	37.4 ± 1.40	+0.26	-1.19
	40-44.9	26	42.7 ± 1.60	-0.25	-1.08
	45-49.9	13	47.8 ± 1.20	+0.25	-0.48
	50-54.9	18	51.7 ± 1.46	+0.94*	-0.50
	>55	4	60.5 ± 2.75	-0.01	-5.26*
	Group	155	36.2 ± 11.01	+0.22	-1.01
Females:	<25	30	22.3 ± 1.58	-0.61	-0.24
	25-29.9	30	27.3 ± 1.31	+0.22	-0.96*
	30-34.9	26	32.2 ± 1.38	+0.30	-0.84
	35-39.9	17	36.8 ± 1.19	+0.90*	+0.98
	40-44.9	12	42.1 ± 0.95	-0.65	+0.04
	45-49.9	4	47.2 ± 1.06	-0.41	+1.40*
	50-54.9	6	52.7 ± 1.48	-0.88*	-1.73*
	>55	4	60.5 ± 2.74	-0.05	-5.26*
	Group	125	31.7 ± 8.44	+0.79	+0.10

+ g_1 = skewness; g_2 = kurtosis

* sig. g_1 ($p < .05$)

** sig. g_2 ($p < .05$)

3.2 Measurement of Residual Volume

The closed-circuit helium dilution technique was used to measure residual lung volume. The RV methods described here have been taken from the literature (Ogilvie et al., 1957). Although other procedures are available including oxygen dilution (Wilmore, 1969, Wilmore et al., 1980) and nitrogen washout (Cournard et al., 1941), we have found the helium dilution procedure to be very reliable (test/retest coefficient of $r = 0.98$, with a difference of 44.6 ± 47.4 ml between duplicate readings). It is also quick and inexpensive.

The key components of the RV procedure are:

- (i) a hyperoxygenated gas with helium and nitrogen components serves as the dilution gas;
- (ii) the gas is distributed throughout the alveolar gas volume by dilution from a single breath of fixed volume (Ogilvie et al., 1957) as compared to distribution of gas molecules over 6 breaths (Mitchell and Renzetti, 1968).
- (iii) the volume of gas to be inhaled was fixed at 2.0, 3.0, or 4.0 liters with the intent of approximating 75% of FVC for each individual.

A five litre anaesthesia bag was flushed and filled to 2, 3, or 4 litres with a mixed gas containing: helium 10.65%, oxygen 25.1% and nitrogen 64.3%.

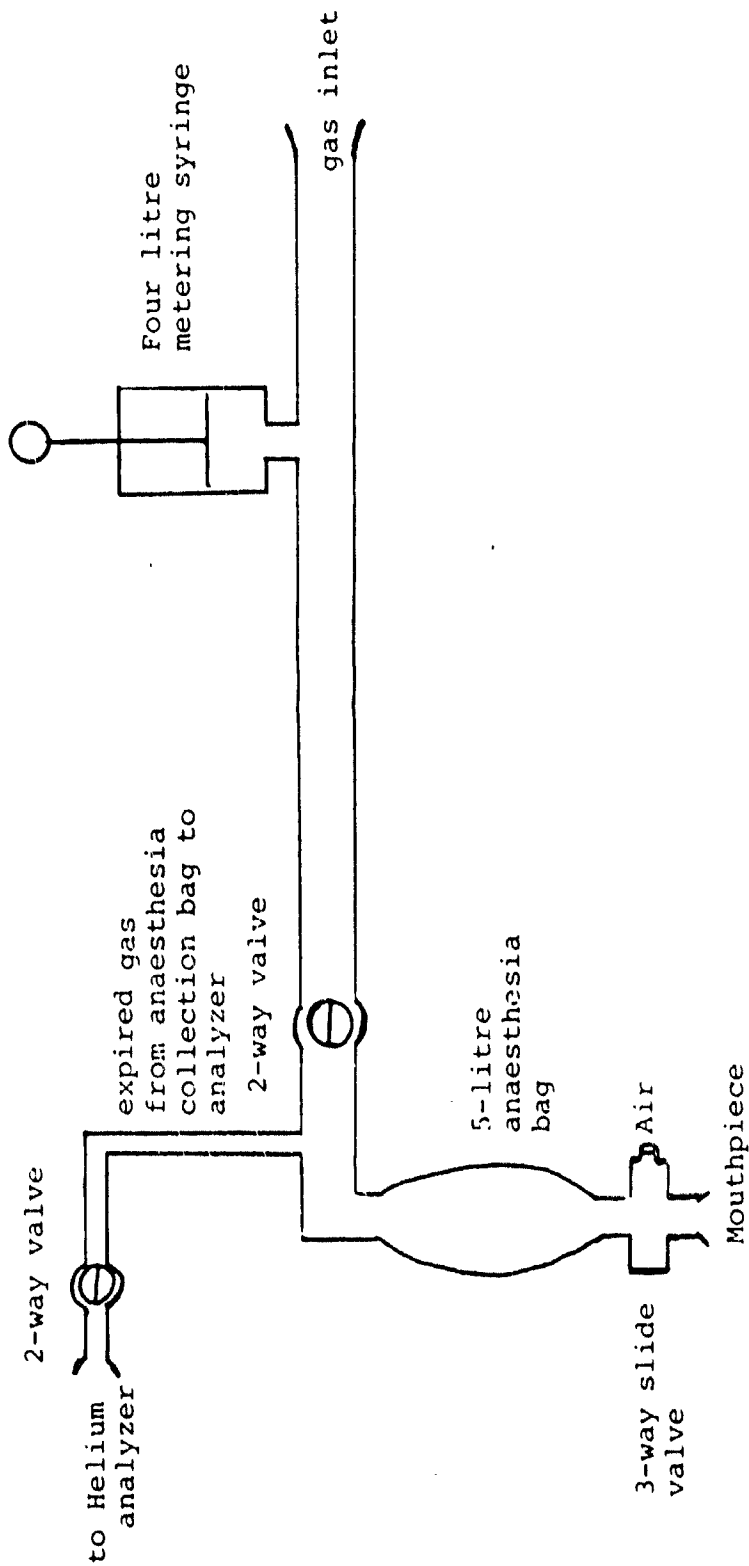
The apparatus is shown in Figure 3.1. One end of an anaesthesia bag was fitted to a three-way sliding valve with a clean mouthpiece attached at the input port. The three-way valve connected the subject to either room air or the rebreath bag. The other end of the bag was attached to the tank of mixed gas by a 2-way valve and rubber tubing.

A calibrated syringe, placed between the tank and the 2-way valve, was used to fill the anaesthesia bag accurately. A second 2-way valve connected the rebreathing bag to the helium analyzer for analysis.

The Cambridge Gas Analyser system consisted of a Katharometer (model C742787), a galvanometer (model L433919), a six volt battery power source (Cambridge Gas Analysis Instruments), and a microcatheter sample pump (Beckman Instruments, series 551, Palo Alto, California).

The pump was used to move the gas sample through the system to the analyser. The percent helium values were read from an analog scale on the galvanometer. All values and fittings in the system were checked carefully for leakage.

Figure 3-1 Helium Dilution Single Breath Apparatus for Measuring Residual Volume (Ogilvie et al., 1957).



At the beginning of each trial, the helium gas was passed through the analyser to establish the initial helium concentration.

Test Administration

The subject sat comfortably in front of the analyser, wearing a noseclip and a tightly fitting mouthpiece. After expiring to residual volume, the sliding valve was opened to the rebreath bag. The subject inhaled the entire contents of the bag and held this gas in the lungs for ten seconds counted out as "one thousand-and-one, one thousand-and-one...". At the end of the time as checked from a clock, the subject expired maximally into the bag and the sliding valve was closed. The contents were then mixed and analyzed. After approximately 2 minutes, trial 2 was conducted in a similar fashion. If the first two trials were not identical, a third trial was included, and the two closed values were then used for that subject.

Calculation of RV by helim dilution was done as follows:

$$RV = \frac{V_{\text{bag}_{\text{he}_2}} (F_{I_{\text{he}_2}} - F_{E_{\text{he}_2}})}{F_{E_{\text{he}_2}}} - DS_{\text{BTPS}}$$

where:

- RV = residual volume (ml)
- $V_{\text{bag}_{\text{he}_2}}$ = volume of helium gas mixture in the holding bag at the beginning of the procedure
- $F_{I_{\text{he}_2}}$ = the inspired fraction of helium at the beginning of the procedure
- $F_{E_{\text{he}_2}}$ = the expired fraction of helim at the point of equilibrium
- DS_{BTPS} = external dead space of the mouth piece and valve corrected to BTPS (=65 ml)

3.3 Measurement of Total Body Density

The density of the body was determined by the Archimedian principle of buoyancy, ie. $D=M/V$. The body volume was assessed by measuring the difference between the mass-in-air (M_a) and the mass-in-water (M_w), since the weight loss is equal to the weight of the water displaced. This volume must be corrected for both the density of the water (which is temperature dependent), and

for any residual gas volumes, eg. residual volume (RV), vital capacity (VC), gastrointestinal gas (GI) and air trapped in hair and clothing.

The gas content of the gastrointestinal tract, hair and clothing is not usually measured; rather a volume of 100 ml (BTPS) is substituted for what is assumed to be a relatively constant volume (Buskirk, 1961). Neglecting this correction leads to a potential error of 0.14% and 0.17% in predicted body volume based on average body volumes of 73.60 l. and 59.40 l. for males and females, respectively.

The measurements required for the proper determination of body density are:

- (i) body mass in air - M_a (in kg),
- (ii) body mass submerged in the water - M_w (in kg),
- (iii) water temperature (in $^{\circ}\text{C}$),
- (iv) data for RV calculation from the helium dilution procedure:
 - (a) initial gas (helium) concentration - $F_{I_{\text{He}_2}}$
 - (b) final gas (helium) concentration - $F_{E_{\text{He}_2}}$
 - (c) gas volume in the bag - $V_{\text{bag}_{\text{He}_2}}$ (in l),
 - (d) gas temperature (in $^{\circ}\text{C}$),
 - (e) barometric pressure (in mmHg),
- (v) lung volume seated in water (in l),
- (vi) mass of equipment (weight belt, chair, nose clips) in water (in kg).

The pool water temperature was recorded from a mercury-probe thermometer at the beginning of each test. In the laboratory, the pool is electrically heated, and averages 31°C . However, during field testing, the swimming pool water temperature was only heated to $25\text{-}28^{\circ}\text{C}$. The temperatures were recorded to the nearest full degree centigrade.

Body mass in the air was measured by a balance-beam scale (Health-O-Meter) calibrated with known weights prior to the study, and balanced prior to each day's testing. The subject was weighed without footwear, in light clothing (swimsuit, shorts and light shirt, approximate mass 0.2 kg), and measurements were made to the nearest 0.1 kg. It is important that the scale be situated on a flat surface while all measurements are being made.

The underwater weighing system constructed at the University of Toronto, School of Physical and Health Education consists of a square-section tank measuring 205 cm x 122 cm x 122 cm, with a weighing apparatus suspended

from an overhead beam of structural aluminum. A 15 kg Chatillon autopsy scale, accurate to 0.2% of full scale, is used to measure underwater weight. A chair used by the subject is attached to the scale via an adjustable pulley. This adjusting mechanism allows the subject to be oriented vertically at the proper depth in the water, ie. seated in the chair submerged to the neck.

The hydrostatic weighing chair was designed to offer a stable support for the subject. As shown in Figure 3.2, the square tubular structure was constructed of inexpensive 3 cm ABS plastic plumbing pipe. Chair segments were drilled with small (0.4 cm) holes so that the chair would not float. Although the size of the chair (60 x 60 x 90 cm) was sufficient to provide comfortable seating for both tall and broad subjects, experience has shown that a further modification for head clearance would be desirable for very tall subjects, such as certain classes of athletes.

Measurement of body density at various field locations was accomplished by employment of a suitable platform and scale support. This structure was made adjustable for use in swimming pools. A triangular plexiglass and aluminum support (Figure 3.3) provided: (i) a solid platform for the vertical scale support, (ii) a clear visual field and accessibility of the subject, and (iii) unobstructed space for manipulation of spirometry hoses and equipment. A frontal plexiglass plate was added to reduce any wave motion effects on the suspended hydrostatic chair and subject. In addition, the pool supervisor in most cases, agreed to restrict usage of the aquatic centre to research personnel and subjects; this also minimized any wave effects.

While the portable apparatus could not be faulted from the viewpoint of safety, the position of the primary technician, from an ergonomic standpoint, was less than desirable. Depending on the water level, the main support surface was normally set approximately 20-30 cm above the water. The operator responsible for interacting with the subject sat on the pool edge, another 15-20 cm above the water. While the manipulation of the spirometry hose for the subject was not difficult, the operator was obliged to hunch over, reaching down some 30-40 cm. This position was tiresome, and would only be acceptable for short term field studies. While performing the same tasks in the laboratory, the operator may sit or squat at the side of the tank, slightly below the water line. With this arrangement, the management of the subject, data collection, and general safety are all optimal.

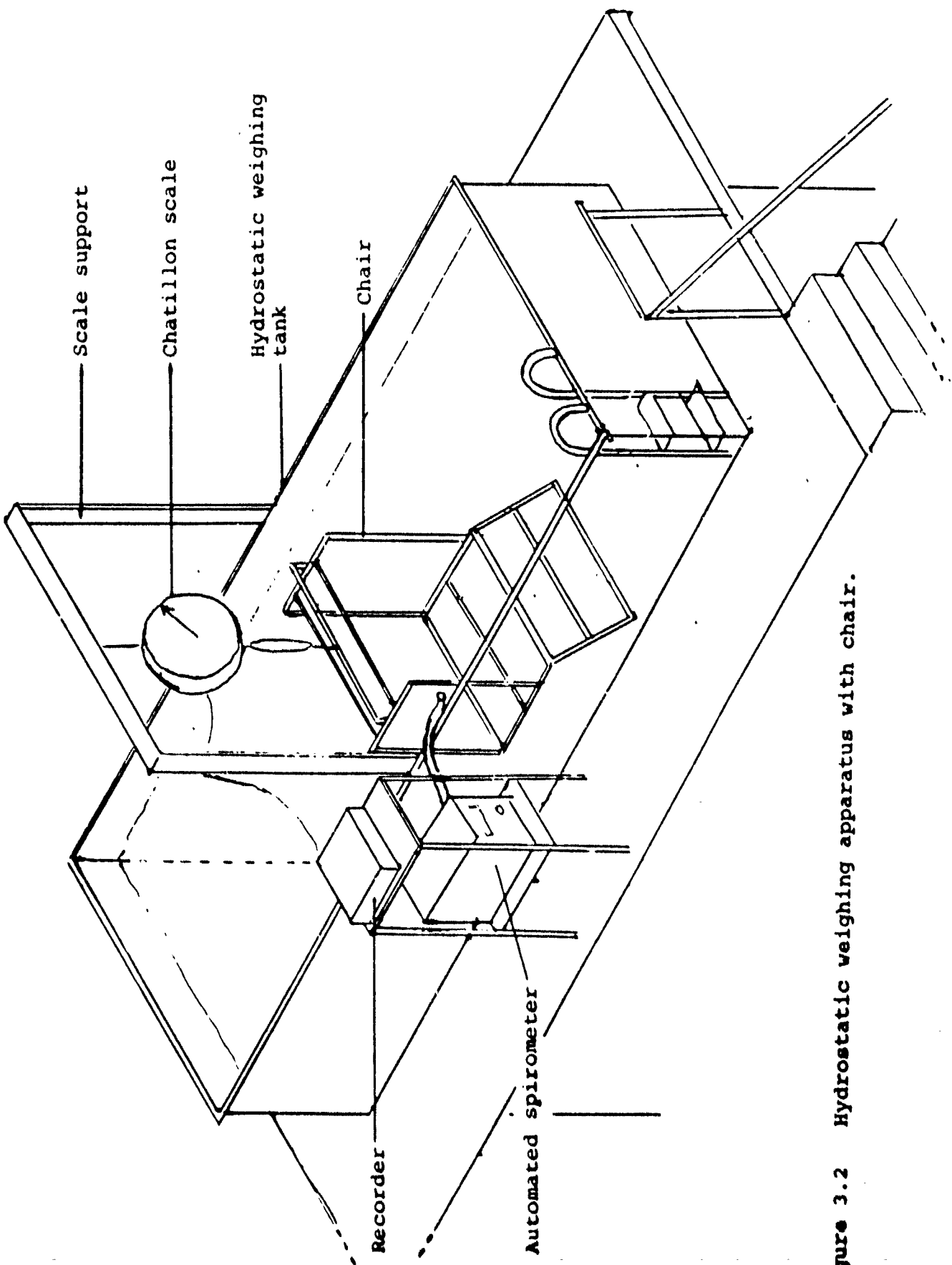
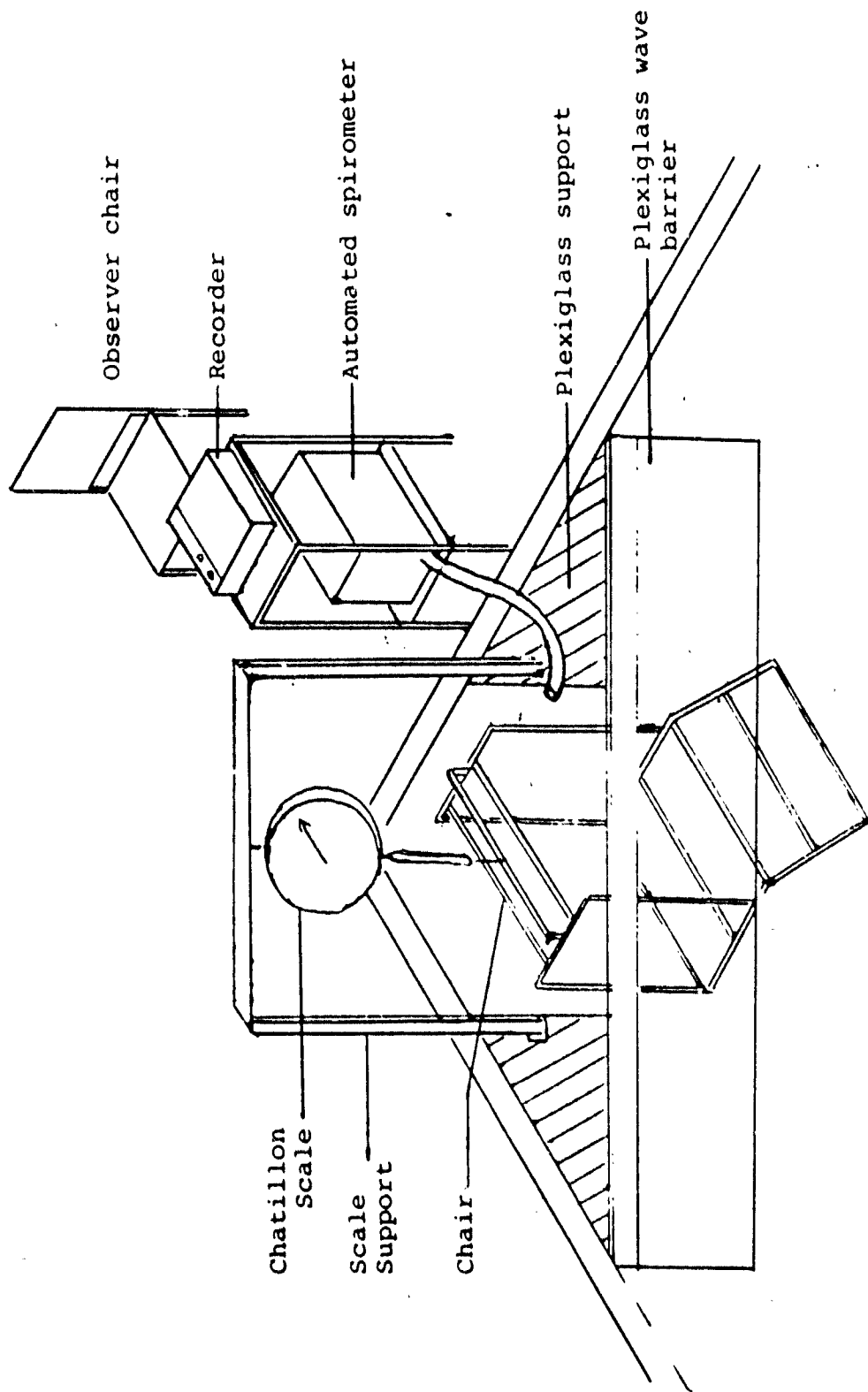


Figure 3.2 Hydrostatic weighing apparatus with chair.

Figure 3.3 Plexiglass frame and scale support.



Accuracy of reading the Chatillon Scale is not a serious problem from the seated position on the platform. If a technician were observing the scale arm from an extreme angle, parallax can cause the apparent reading to be slightly above or below the actual reading.

The problem of parallax was avoided by having a second technician responsible for reading and recording the scale values as well as the spirometric data. This operator sat comfortably, directly in front of the scale face at the same height as the dial.

The principal operator was responsible for: (i) providing information to the subject, (ii) assuring that the subject follows the necessary procedures while in the water, (iii) maintaining technical accuracy, e.g. seeing that lung volume is collected properly with the automatic spirometer, (iv) assuring the subject's safety, and (v) acting as a co-recorder of scale readings. When this principal operator was seated normally on the platform, he was 30 cm below and 60-80 cm away from the scale.

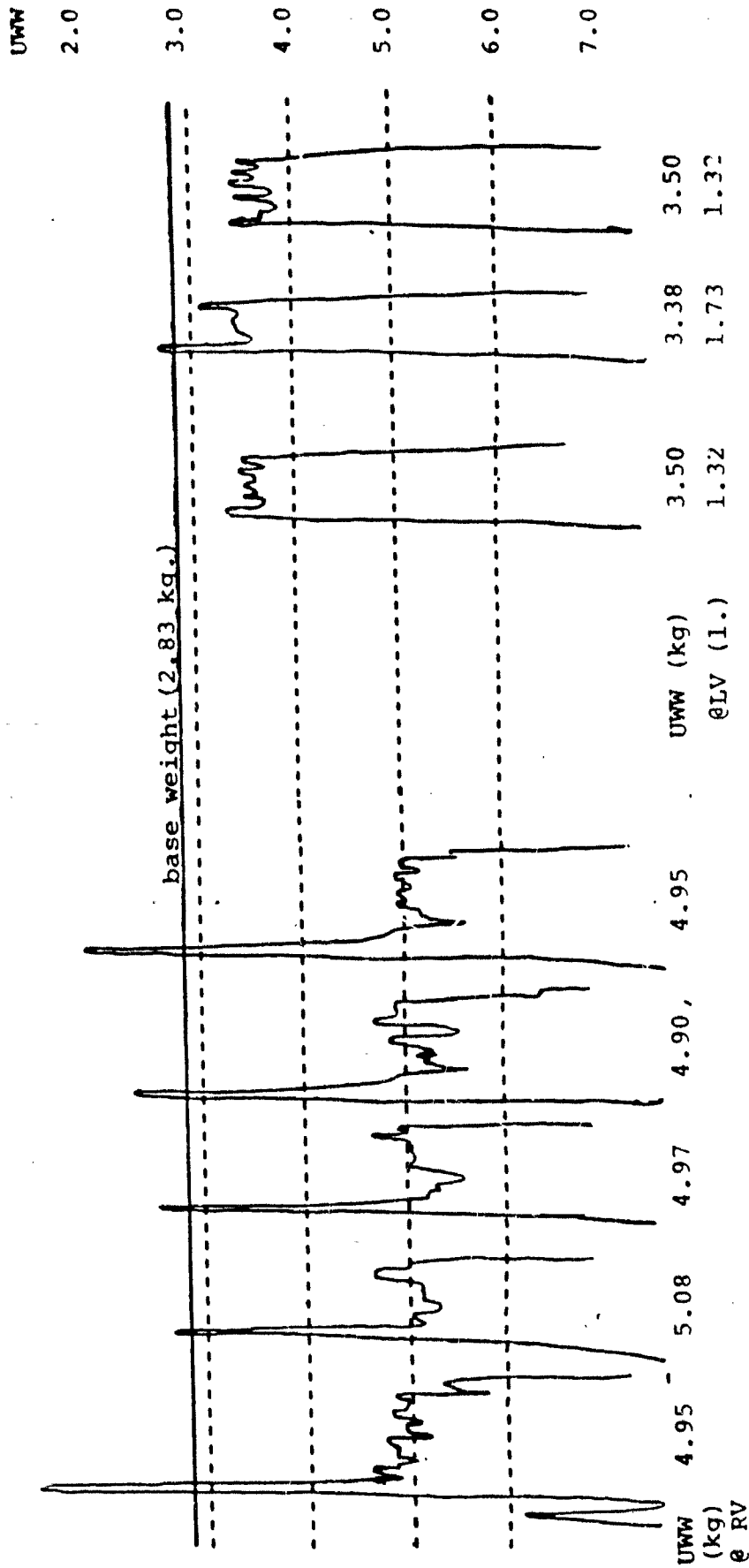
The underwater weight was determined in two ways: (i) read directly from the Chatillon Scale by each of the operators, and (ii) recorded on a 2 channel strip recorder (Can Lab Linear 1200) as the fine movement of the Chatillon Scale arm sensed by a potentiometer on the spindle of the arm. The accuracy of the electronic recording system was 0.10 Kg. of under waterweight. Figure 3.4 shows a typical tracing of the underwater weight in which the oscillations of the scale can be seen; the central locus is the accepted value for the underwater weight (including chair weight).

An automated spirometer (SRL M-10) was positioned near the support so that the intake tube could easily be extended to the subject in the water. The spirometer was calibrated for volumes of 1, 2, 3, and 4 litres with a metered calibrating syringe. The accuracy of measurement of forced vital capacity (FVC) has been shown to be 30 ml, or $\pm 2\%$ (Shephard and Cox, 1980). This accuracy level falls within the standards of the American Thoracic Society ($\pm 3\%$ or 50ml).

Procedure 1: Hydrostatic weighing at maximal expiration

The method for hydrodensitometry at maximal expiration to residual volume (HW_{me}) is as follows:

Figure 3.4 Typical tracing of the underwater weight showing oscillations of the scale. (ID. #254, male, 40 yrs., 175.4 cm., 72.7 kg., FVC= 5.67 l., RVHe=1.78 l., RVpred.=1.94 l.)



UWW selected= 4.95 kg.

$D_B @ ME = 1.058$ g/cc.
BF= 17.6%

$D_B @ LV = 1.0563$ g/cc.
BF= 18.5%

- i) The subject was instructed in advance both by written and verbal communication to fast for 5 to 6 hours prior to testing while avoiding all carbonated drinks.
- ii) The subject was asked to wear a light-weight nylon bathing suit.
- iii) Upon arrival in the test area, the subject was asked to void both the bladder and the GI tract if possible.
- iv) The subject carefully read and signed the consent forms.
- v) At the hydrostatic weighing station, seated out of the water, the subject was asked to perform the pulmonary function test (forced vital capacity (FVC); forced expiratory volume in 1 second (FEV 1.0) and peak flow rate (PF)) 3 times on the automated spirometry. The average of the two highest scores was recorded for each variable.
- vi) Measurement of residual volume (RV) by helium dilution.
- vii) Measurement of body mass in air.
- viii) The subject was re-instructed as to the purpose of the underwater testing and procedures. (At this time some subjects chose to withdraw from any further involvement in the testing. In accordance with the consent form and conditions agreed with the University of Toronto Office of Research Administration (ORA), such subjects could continue with other sections of the body composition evaluation, or retire from the study as they wished).
- ix) The subject, fitted with a 2.8, 4.0, or 5.2 kg. scuba weight belt, was asked to lower himself carefully into the water using the steps, and to sit in the submerged hydrostatic chair. The weight belt mass underwater was recorded for later underwater weight adjustment; this belt had corresponding volumes of 0.56, 0.58, and 0.60 l for the 3 masses in air. These volumes were used to correct for the chair/equipment weight.

- xi) The subject was given further preliminary instructions, and was fitted with a standard noseclip, if desired.
- xii) The subject practiced the breathing procedure by performing 2-3 maximal expiration trials to residual volume.
- xiii) The subject completed 5-7 trials in which maximal expiration to RV was done underwater.
- xiv) The underwater weight was taken to be the average of the 3 highest but consistent values recorded within ± 10 gm. If the subject was not completely submerged on a given trial, that trial was disregarded.
- xv) The subject was then prepared for the second procedure, ie. hydrostatic weighing at any lung volume (HW_{1V}). During the field testing, the hydrostatic weighing at maximal expiration HW_{me} preceded the HW_{1V} . The ordering of the testing procedure was necessary because the time to learn the HW_{me} procedure is more prolonged, and in theory, the HW_{1V} does not require much learning (Weltman and Katch, 1981).

Procedure 2: Hydrostatic weighing at any lung volume

This second procedure (HW_{1V}) was not very different in the preparation, pre-test, or habituation phases from HW_{me} . The procedure was as follows:

- i) The subject was informed about the purpose and technique to be used in the second procedure and the nose clip was positioned.
- ii) The subject took a breath, not necessarily maximal, and submerged the head approximately 10 to 15 seconds. While a tight seal around the mouth piece was requested, any air leakage was clearly visible.
- iii) When the subject re-surfaced, the air still held in the lungs was expired into the SRL M-10 spirometer; this expired volume of air was recorded both from the digital display (visual) and from the strip recorder (hard copy) in much the same way as the simultaneous underwater weight.

- iv) The practice sequence was repeated 1-2 times to familiarize the subject with the new procedure.
- v) The test sequence involved 3 repeats of the procedure, or until 2 trials were completed correctly.

Calculations of total body density (BD) and percent body fat (%BF)

The general formula for calculating body density (BD) is mass/volume, where density is expressed as g/cm³, and body mass and volume are in kilograms and liters, respectively.

The formula for calculating body density using underwater weighting at maximal expiration is:

$$BD_{me} = \frac{M_a}{\frac{(M_a - M_w)}{d_w} - (RV + 0.1)} \quad (8)$$

The formula for calculating body density using underwater weighing at vital capacity is:

$$BD_{VC} = \frac{M_a}{\frac{(M_a - M_w)}{d_w} - (LV + RV + 0.1)} \quad (9)$$

The percentage of body fat was determined from the simple algebraic equation of Brozek et al. (1963) that incorporates the average densities of the fat (d_{fm}) and fat-free (d_{ffm}) tissues (0.900 g/cm³ and 1.10 g/cm³, respectively):

$$BD = \frac{(FM + FFM)}{\frac{FM}{d_{fm}} + \frac{FFM}{d_{ffm}}} \quad (10)$$

Since the density of the whole system equals the FM plus the FFM (ie. FM+FFM=1), then:

$$BD = \frac{1}{\frac{FM}{d_{fm}} + \frac{FFM}{d_{ffm}}} \quad (11)$$

The proportional contribution of the fat is derived by rearrangement of equation (11):

$$(12) \quad \%BF = \frac{1}{\frac{(d_{fm})(d_{ffm})}{(d_{fm}-d_{ffm})} - \frac{d_{fm}}{(d_{fm}-d_{ffm})}}$$

This equation is then reduced by substitution of the average densities of the FM and the FFM (Brozek et. al., 1963):

$$\%BF = 100 \left(\frac{4.57}{BD} - 4.142 \right) \quad (13)$$

3.4 Procedures for anthropometric body composition assessment.

Anthropometric variables can be grouped into 3 categories:

- i) Linear measurements, including:
 - stature
 - lengths
 - diameters (widths)
 - circumferences (girths, casings)
- ii) Mass
- iii) Skinfold thickness

All measurements must be made accurately by a skilled and experienced anthropometrist. The reliability and validity of any measurement can decrease considerably when performed by inexperienced personnel. Anthropometric measurements must be learned by the anthropometrist through both proper teaching of protocols and hours of practice. The author was trained in the anthropometric protocols of the International Biological programme. The reliability of each measurement by this anthropometrist lies between 0.90 and 0.99. The validity and reliability of these measurements are discussed elsewhere.

Anthropometric Protocols

The 47 anthropometric measures used in this study come from 4 sources:

- i) International Biological Programme (IBP) (Weiner and Lourie, 1969; Weiner and Lourie, 1981);
- ii) Montreal Olympic Games Anthropometric Program (MOGAP) protocols (Borms et al., 1979; Ross et al., 1982);
- iii) Behnke and Wilmore (1974);
- iv) Heath-Carter Somatotyping (Heath and Carter, 1967; Carter et al., 1983).

Table 3.6 compares and contrasts the 4 sources. The primary protocol used in this study was the IBP handbook "Practical Human Biology", (Weiner and Lourie, 1981) which is a reprint of the original IBP handbook "Human Biology: A Guide to Field Methods", (Weiner and Lourie, 1969). The anthropometric procedures described by Weiner and Lourie have been followed with only 4 exceptions: (i) flexed upper arm (bicep) circumference, and (ii) chest depth (antero-posterior chest width), plus a clarification of (iii) suprailiac/iliac, and (iv) subscapular skinfolds. The description of upper arm circumference contracted in the IBP protocol requires measurement of the tensed arm with elbow bent at 90° and the humerus in the same longitudinal axis as the trunk. Thus the tape around the arm is held in the horizontal plane. By contrast, the Somatotype, MOGAP and Behnke and Wilmore protocols require the maximally flexed arm to be held perpendicular to the axis of the body with the tape around the arm in a 90° cross-sectional plane to the axis of the upper arm. To meet the requirements of the Heath-Carter Somatotype protocol, contracted biceps circumference was defined by the MOGAP/H-C protocols.

The chest depth is defined by IBP and MOGAP as the maximal antero-posterior distance from the sternum to the tip of the spinous process at the union of the 3rd and 4th sternbrae, in a plane perpendicular to the body axis. Ross and Marfell-Jones (1982) use the term mesosternale level for the application point of the spreading caliper olive tip. The timing of the measurement is "end of normal expiration (end tidal)" (Ross and Marfell-Jones, 1982, p.89). However, the fundamental difference in the

Table 3.6. Variable List, with indication of source, recommendations and procedures made in other studies

No.	Variable	Source				Comment
		IBP	MOGAP	B&W	OTHER	
1	Stature cm.	x	x	x	HC	
2	Sitting Height cm.	x	x	x		
	Skinfolds					
3	Biceps	x	x	x		
4	Triceps	x	x	x	HC	
5	Subscapular	1.	x	x	HC	1. IP= Left Scapula
6	Suprailiac		x	x		
7	Iliac (supra- spinale)	x	x		HC	
8	Chest	x	x	x		
9	Mid-axillary	x	x	x		
10	Abdomen	x	x	x		
11	Anterior Thigh	x	x	x		
12	Calf (medical)	x	x	x	HC	
	Circumferences					
13	Head	x	x	x		
14	Neck	x	2	x		2 MOGAP above larynx
15	Shoulder			x		
16	Chest	x	x	3		3 not for women -below breast
17	Abdomen 1		x	x		
18	Abdomen 2	x		x		
19	Gluteal	x	x	x		
20	Thigh	x	x	x		
21	Knee			x		
22	Calf	x	x	x	HC	
23	Ankle	x	x	x		
24	Upper Arm Flexed	4	x	x	HC	4. IBP Protocol arm not elevated

25	Upper Arm	x	x	x	
26	Forearm	x	x	x	
27	Wrist	x	x	x	
	Diameters				
28	Shoulder			x	
29	Biacromial	x	x	x	
30	Chest (Transverse)	x	x	x	
31	Chest (Ant.-Post.)	5	x		5. IBP= standing subject
32	Billiac (biilio- cristal)	x	x	x	
33	Bitro- chanteric			x	
34	Bicondyiar Femur	x	x	x	HC
35	Ankle	x		x	
36	Bicondyiar Humerus	x	x	x	HC
37	Wrist	x		x	
38	Hand	x			
	Lengths				
39	Total Arm L.	x			
40	Total Arm Segment	x			
41	Forearm Segment	x			
42	Ht. of Acromion		x		
43	Ht. of A.S.I.S.	x	x		
44	Ht. of Tibiale	x	x		
45	Tibiale Length	x			
46	Foot Length	x	x		
47	Body Mass	x	x	x	HC

Calculated lengths

Upper Arm Segment	x			
Hand Segment	x			
Trunk Length			x	
Leg length			x	
Head Ht.			x	

two protocols is the body position during measurement, i.e. standing verses seated (IBP and MOGAP protocols, respectively). Past experience with both protocols, particularly with respect to very tall subjects, which is common in athletic populations, has led to acceptance of the MOGAP procedure for A-P chest depth. It is easier to be consistent with the subjects seated and the calipers placed over the right shoulder and into the mesosternal position.

Two skinfolds on the right lateral side of the trunk at the level of the ilium were taken: (i) suprailiac SF in the mid-axillary line (Behnke and Wilmore, 1974; Ross and Marfell-Jones, 1982), and (ii) iliac or supraspinale SF as defined by Heath-Carter, IBP and MOGAP protocols. This was done to allow description by Heath-Carter endomorphic components, and calculation of BF using prediction equations which require iliac SF in the anterior axillary line such as Durnin and Womersley (1974) and Drinkwater and Ross (1980).

The MOGAP protocol has been extensively used in the assessment of elite athletes (Borms et al., 1979; Carter et al., 1982). This protocol includes the variables necessary to estimate body shape and musculo-skeletal proportions using the Heath-Carter protocol, but it does not include all the measurements necessary to test various body composition prediction equations or methods for the fractionation of mass (Behnke and Wilmore, 1974).

The subscapular skinfold in the IBP protocol states "... the skinfold is picked up under the inferior angle of the left scapula ..." (Weiner and Lourie, 1981, p. 41). Most protocols today, including that of Durnin and Womersley (1974), have the subscapular skinfold raised inferior to the right scapula. The skinfolds in the Nutrition Canada surveys have also been taken on the left side of the body. However, there is general agreement that no statistical difference in skinfold readings exist between measurements on the right vs the left side of the body (Jette, 1982).

The current anthropometric standards for Nutrition Canada Surveys (Demirjion, 1980), the Canada Fitness Survey (Bouchard, 1984), and past and present research on the Canadian Forces (Jette, 1984 personal communications; Bell and Cox, 1983) have been based on the IBP protocols.

Finally, the Behnke-Wilmore procedures as described in "Evaluation and Regulation of Body Build and Composition" (1974), are very widely used in the United States. The development of the "reference man" and 'reference woman' by Behnke required a more extensive list of circumferences and diameters. Behnke used many more circumferences than most

protocols incorporate; specifically, the additional girth measures include: shoulder, 2 abdominal, knee and ankle. Similarly, eight measures of body diameter were taken including: left and right wrists, ankles, knees and elbows. While both right and left extremity widths were not measured the following Behnke and Wilmore diameters were included:

- bideltoid (shoulder)
- biacromial
- chest
- biiliac (biiliocrystal)
- bitrochanteric
- knee (bicondylar femur; right)
- ankle (right)
- elbow (bicondylar humerus; right)

The Behnke and Wilmore (1974) procedures do not include any body segment lengths. For a complete description of linear proportionality, limb and trunk lengths were included. The majority of these measurements were done according to the IBP protocol as shown in Table 3.6, with the only exception being the height of the acromion from the floor which was taken from Ross and Marfell-Jones (1982); this protocol allows the addition of measurements of trunk length, head and neck height.

Anthropometric Conventions

Anthropometric descriptions are given with reference to 3 primary planes with the subject standing erect:

- the Sagittal plane (antero-posterior axis)
- the Transverse plane
- the Frontal plane

Landmarks sites

There are various landmarks which can be marked as reference points for the accurate placement of instruments such as anthropometers, sliding calipers and skinfold calipers. The following points were marked on the standing subject with a red dermatographic pencil:

- 1) mid-upper arm: a dot was placed on the lateral aspect of the arm, midway between the superior and lateral border of the acromion and the tip of the olecranon process of the ulna. A point horizontal to this dot was placed on the anterior mid-line for the biceps skinfold and on the posterior mid-line for the triceps skinfold.

- ii) mid-axillary line: a dot was placed on the mid-axillary line, 3 cm above the ilium for the placement of the suprailiac skinfold.
- iii) anterior axillary line: a dot was placed on the line of the anterior axillary border (armpit), at the level of the iliac crest (7 cm above the anterior superior iliac spine).
- iv) mid-thigh: a dot was placed halfway between the mid-inguinal point and the upper anterior point of the patella, with the knee flexed at 90 .

Measurement techniques

i) Linear measurements

Body stature was measured in a free standing position with the feet closed and head in the Frankfurt (horizontal) plane. The instrument used was a Siber - Hegner GPM anthropometer of the Martin type. The foot of the anthropometer was fixed to the floor and the top attached to a wall support. Subjects were assisted into a stretched posture by the application of gentle pressure on the mastoid process (Weiner and Lourie, 1969, Ross and Marfell-Jones, 1982).

Body diameters are useful measures of both body and skeletal size. Measurements of linearity (limb length, trunk length, head and neck height) and non-linearity (limb thickness, trunk thickness) can be incorporated into both 'Gestalt' and 'non-Gestalt' models of body physique.

Like all anthropometric measurements, lengths and diameters require detailed knowledge of body landmarks and standardized procedures. Body lengths and some larger widths (shoulder, chest, biacromial, biiliac, bitrochanteric) are made in a standing anatomical position. Following identification and marking of landmarks, the subject stands facing away from the anthropometrist. Measurements proceed in a systematic order so that speed and accuracy of measurement are maintained, but not at the expense of the subject's convenience. Once the standing measurements have been completed, the seated measurements are taken (knee and ankle widths, foot and shank length, and sitting height). The calipers are positioned as described in Ross and Marfell-Jones (1982); Weiner and Lourie (1981), and Behnke and Wilmore (1974). Behnke and Wilmore (1974) provide the most extensive list of body diameters.

The anthropometric equipment used in this research was the Siber - Hegner anthropometer which includes a large sliding caliper (A) and small sliding bone caliper (B). All body lengths and some larger widths (shoulder, chest, biacromial, biiliac, bitrochanteric) were made with the large anthropometer. Other small diameters (elbow, wrist, hand, knee, ankle) were measured with the small sliding caliper (Table 3.7).

Table 3.7 Instruments used in measuring body length and diameters measurements

(Widths)		(Lengths)	
Standing			
Shoulder	A		
Biacromial	A	Acromial Height	A
Chest	A	Spinale Height	A
Biiliac	A	Tibial Height	A
Bitrochanteric	A		
		Total Arm Length	A
Elbow	B	Total Arm, Segment	A
Wrist	B	Forearm Segment	A
Hand	B		
Sitting			
Knee	B	Shank	A
Ankle	B	Foot length	A
		Sitting Height	A

(A = Anthropometer; B = Sliding Caliper)

The scale on the large anthropometer can be read to 0.1 cm., eg. biacromial width 39.1 cm; the vernier scale of the small sliding calipers is accurate to 0.01 cm., eg. elbow diameter 6.12 cm. However, the data read from the sliding caliper was recorded to only 1 decimal place, eg. 6.1 cm., since the best estimates of tolerance are 1-2 mm (Borms et al., 1979; Weiner and Lourie, 1969).

A flexible Lufkin metal tape was used to measure all body girths. The tape was checked against a one meter steel measuring ruler.

The major source of error when taking body circumferences is the compression of soft tissues with the tape. Unless care is taken to exert only a constant light pressure of the tape on the body segment being measured, considerable error can arise. The test-retest reliability of girth measurements by a trained anthropometrist is similar to skinfolds, ie. 0.90 - 0.96.

A second important source of error is the displacement of the tape from the horizontal plane around the body segment (with the exception of flexed bicep girth as previously mentioned).

The following 15 body circumferences were measured in this study:

- head
- neck
- shoulder
- chest
- abdomen 1
- abdomen 2
- gluteal
- thigh
- knee
- calf
- ankle
- flexed upper arm
- relaxed upper arm
- forearm
- wrist

All measurements were made according to the Behnke and Wilmore (1974) protocol except the chest circumference for females; chest girth in females was taken at the same position, mesosternal, as the males. This decision was based on the desire for primary compliance, as required by the IBP protocol.

(ii) Body mass

Body mass was measured on an accurately calibrated balance-beam scale (Health-O-Meter, Continental Scale Corp., Bridgeview, Illinois), and recorded at a precision of 0.10 kg. (Borms et al, 1979). The subject was lightly clad in a bathing suit only, adding approximately 100 gms. It was not possible to measure all subjects in the early morning as testing was scheduled from 8:30 a.m. to 5:00 p.m. Thus, the subjects were asked to void bladders and GI tracts before weighing. They were instructed prior to the

testing not to avail themselves of food or drink 6 hours prior to the scheduled body composition test appointment.

(iii) Skinfold thickness

Skinfold thicknesses were measured with a Harpenden skinfold caliper (Bull Instruments Ltd., England). These calipers are designed to exert a constant pressure of 10 g/mm^2 of caliper face over a face area of 35 mm^2 . While measurements are usually recorded to 0.2 mm (Canadian Standardized Test of Fitness, 3rd ed., 1985), some researchers read to the nearest 0.1 mm (Ross and Marfell-Jones, 1982).

A double fold of skin and subcutaneous fat is picked up with the thumb and index finger such that: (i) the fold includes a double layer of skin and subcutaneous fat, and (ii) the caliper is placed one centimeter from the anthropometrist's fingers, but on the exactly pre-determined site as defined by the protocol. The caliper jaws are closed on the fat fold for 2 seconds of full pressure, the reading taken, and the caliper removed.

While the movement of the caliper needle should slow after 2 seconds, this is not always the case; however, the protocol requires caliper reading after 2 seconds of tissue compression.

The 10 skinfold measurements which were taken include:

- biceps
- triceps
- subscapular
- suprailiac
- iliac (supraspinale)
- chest
- mid-axillary
- abdomen
- anterior thigh
- medial calf

3.5 Prediction of body fatness

Two methods of estimating body fatness were evaluated:

- (i) multiple regression analysis of independent anthropometric variables against the dependent variable, ie. percent body fat (as determined by hydrodensitometry), and

- (ii) a model in which the sum of skinfolds, adjusted for stature and mass, is transformed to an index of relative body fatness (Behnke and Wilmore, 1974; Katch and Katch, 1983) as presented in section 3.6.

Multiple regression models using (i) skinfolds, (ii) circumferences, and (iii) all variables are outlined in sections 3.6 and 3.7.

Prediction of Estimation of Body Fatness

When determining an appropriate body fat prediction equation, the following statistical and biological considerations must be satisfied:

- (i) the characteristics of the primary group of subjects being used for the determination of the estimations must be clearly defined,
- (ii) the ratio of the number of variables entered into the regression equation to the number of subjects tested must be considered and should be >1:20,
- (iii) the variables selected must not be highly correlated amongst themselves (multi-collinearity),
- (iv) account must be taken of the non-linear association of body density with the independent variables,
- (v) allowance must be made for the effects of age and gender on the observed relationships.

Regression Procedure

The Maximum R^2 Improvement procedure (MAXR) as described in the SAS Users Guide (1979) was employed. The R^2 of each variable, or combination of variables, was examined for each new variable entry by using a switching algorithm searching for the greatest R^2 . Variables are included in the model only if they attain <0.10 probability levels from the partial F test.

The difference between the MAXR and normal stepwise techniques is that any exchanges of variables in the MAXR model are made after the examination. However, in the stepwise procedure, removal of variables with small partial F ratios precludes any consideration of the effects of the addition of the 'best of the remaining' variables.

Group Homogeneity: Normality and Outliers

Samples were tested for group homogeneity, and where necessary, the effect of eliminating outlying values tested. While Dixon's test (Dixon, 1950) is suitable for samples of <25, suspected outliers in samples >25 can be identified by the technique of Grubbs (1969):

$$C = \frac{(X_i - \bar{X})}{S.D.}$$

where X_i = outlier value

\bar{X} = mean value of the sample

S.D. = standard deviation of the sample

C = critical value (a critical value for elimination of a suspected outlier is $C > 0.10$)

To reduce the set of anthropometric variables to a more manageable and appropriate regressor set, a preliminary factor analysis was carried out by gender. This procedure identified variables which were closely related to the fat and fat-free components (Jackson and Pollock, 1976; Meleski, 1980; and Thorlund et al, 1984 a,b). The percentage of variance accounted for by each factor in both the rotated and unrotated positions served as a criterion for the optimal grouping of variables. Mukherjee and Roche (1984) suggested that a preliminary non-statistical selection was also useful in reducing the number of variables.

To reduce the effects due to a high correlation among the independent variables, the correlation matrix was scrutinized. Selected variables were: (i) highly correlated with the dependent variable, and (ii) not highly correlated with each other. For example, since the subcutaneous skinfold thicknesses were highly correlated with each other, the sum of skinfolds was used to reduce the potentially confounding effects of multi-collinearity.

Since the relationship between body density and skinfold thickness is curvilinear, a better fit should be obtained with a log or quadratic transformation. Therefore, the following derivations of skinfold thicknesses were examined in relationship to body density and relative body fatness from hydrodensitometry:

- (i) one or more skinfolds (chosen from the 10 measured),
- (ii) sum of skinfolds (sum of 10, 5, 4, 3, 2),
- (iii) log sum of 4, 3 and 2 skinfolds,
- (iv) quadratic transformations of sum of skinfolds.

The relationship of circumferences to body fatness is also thought to be curvilinear (Hogdson et al, 1984). The need for log transformed relationships were evaluated by linear regression analysis.

3.6 Body fat estimation from skinfold thickness

Relative body fat prediction equations were developed using a reduced set of anthropometric variables as discussed in section 3.5.

Determination of the best model is based on:

- (i) maximum R^2 improvement (MAXR)
- (ii) the smallest standard error of the estimate (S.E.E.)
- (iii) Mallow's $c(p)$ criterion (Mallow, 1973).

The subsets of variables with $c(p)$ less than or equal to the number of variables is the least restrictive condition for the optimal model (Mallow, 1973; Mukherjee and Roche, 1984).

The generality of the 'best' model is then cross-validated against a second group of males and females having a similar background, occupation and age as the main sample.

Behnke Scaling Model of (AB) body fat prediction from skinfold thicknesses

The procedure of Behnke and Wilmore (1974) has recently been adapted (Katch and Katch, 1983) for use with 5 skinfolds (triceps, subscapular, suprailiac, abdomen and thigh) rather than radiographic measurement of fat thickness. The sum of skinfolds (SF) is scaled by the 3F factor, ie. $3(\text{mass/stature})^{1/2}$, where stature is measured in decimeters (dm). Body fat is then calculated from:

$$\% \text{ BF} = \frac{\text{SF}}{(3F)(K_{\text{sf}})} \quad (14)$$

where K_{sf} is a constant derived from reference data, and is determined as:

$$K_{\text{sf}} = \frac{\text{SF}_{\text{ref}}}{\frac{3 M_{\text{ref}}^{1/2} \text{BF}_{\text{ref}}}{\text{Stat}_{\text{ref}}}} \quad (15)$$

where BF_{ref} is a reference body fat based on a suitable standard such as hydrodensitometry, M_{ref} and Stat_{ref} are reference body mass (kg) and stature (dm).

In the present research, the reference values are sex and age-specific group mean values for stature, mass, % body fat from hydrodensitometry, and sum of 5 skinfolds. Table 3.8 gives an example of a K_{sf} calculation, and Table 3.9 gives the reference values used for the CF sample.

Table 3.8 An example of K_{sf} calculations for reference young males (Katch and Katch, 1983)

Stature = 18.42 dm. (or 184.2 cm.),
 Mass = 72.16 kg.
 Sum 5 SF = 67.3 mm. (triceps, subscapular,
 suprailiac, abdomen, thigh)
 Mean %BF = 15.3%

$$K_{sf} = \frac{67.3}{3 \left(\frac{72.16}{18.42} \right)^{1/2} (15.3)}$$

$$= 0.741$$

Table 3.9 Sample description of 'reference' Canadian Forces (CF) personnel

Age (yrs)	< 30	30-39	> 40
Males:			
5 SF (mm)	73.6	89.2	88.6
Ht (cm)	173.8	173.9	174.9
Ht (dm)	17.38	17.39	17.49
M (kg)	75.1	78.9	79.5
% BF	16.3	19.5	21.7
AGE (yrs)	24.1	35.9	47.6
K_{sf}	0.724	0.716	0.634
N =	57	37	61
Females:			
5 SF (mm)	87.8	99.4	101.5
Ht (cm)	164.1	164.0	165.3
Ht (dm)	16.41	16.40	16.53
M (kg)	60.4	62.3	64.0
% BF	23.2	26.8	27.1
AGE (yrs)	24.8	34.0	45.9
K_{sf}	0.658	0.634	0.635
N =	60	43	22

3.7 Body fat estimation using all variables

3.8 Body fat estimation using circumferences only

Relative body fat prediction equations were developed using all variables from the reduced list. The best regression model for all variables for each sex was derived from the following list of variables:

- (i) all skinfolds
- (ii) sum of skinfolds
- (iii) log of sum of skinfolds
- (iv) circumferences from the reduced variable set
- (v) bony diameters from the reduced variables set
- (vi) stature
- (vii) age.

The best models of circumferences only and all variables were derived by:

- (i) maximum R^2 improvement
- (ii) minimum standard error of estimate (S.E.E.)
- (iii) Mallows' $c(p)$ criterion.

The models chosen were then cross-validated on the other Canadian Forces group.

3.9 Musculo-skeletal proportions and somatotype (Heath-Carter procedures)

The technique of somatotyping most commonly used today was developed by Heath and Carter (1967). This procedure employs anthropometric measures to give a more reliable estimate of Sheldon's conceptual 'whole' somatotypes (Sheldon et al, 1940) which, in the past, were judged subjectively. The 3 primary components of somatotype are:

- endomorphy (component 1)
- mesomorphy (component 2)
- ectomorphy (component 3)

Each of the 3 components of somatotype are defined by a normalized scale, originally 1 to 7 (Sheldon et al, 1940), but later redefined as 1 to 9 (Heath, 1963; Sheldon et al, 1969). More recently, with the development of computer programmes and regressions for the calculations of somatotype (Carter, 1980; Heath and Carter, 1967), each component of somatotype has been considered as a continuous variable from a minimal rating of 0.1 (Ross and Marfell-Jones, 1982) to a maximum in the general range of 9. The anthropometric variables required for the Heath-Carter Somatotype (H-C) calculation are outlined in Table 3.10.

3.10 Anthropometric variables collected for the determination of Heath-Carter somatotype

- (i) Stature (cm)
- (ii) Mass (kg)
- (iii) Skinfolts (mm)
 - triceps
 - subscapular
 - iliac (supraspinale)
 - medial calf
- (iv) Circumferences (cm)
 - flexed upper arm
 - calf
- (v) Diameters (cm)
 - bicondylar humerus (elbow)
 - bicondylar femur (knee)

Endomorphy

The sum of 3 skinfolts (3SF), triceps, subscapular and iliac, are entered into a cubic equation to predict an endomorphy score (I):

$$I = - 0.7182 + 0.1451 (3SF) - 0.00068 (3SF)^2 + 0.0000014 (3SF)^3 \quad (16)$$

Ross and co-workers (Ross and Marfell-Jones, 1982) refer to an adjustment of the endomorphy score for stature by scaling data to the stature described by the unisex phantom (170.18 cm, Ross and Wilson, 1973). This adjustment was made for comparison, and will be referred to as endomorphy -2 (I-2). It is calculated as:

$$I-2 = \frac{170.18 (I)}{(Stature)} \quad (17)$$

Mesomorphy

The assessment of musculo-skeletal robustness by the Heath-Carter 2nd component, mesomorphy, used corrected circumferences and body diameters in combination with stature.

The maximal girths of the biceps (flexed) and calf are adjusted by reducing circumference for the overlying skinfold thickness (triceps and medial calf skinfold thicknesses, respectively).

The bony diameters used in H-C somatotyping are the bicondylar humerus (elbow) and bicondylar femur (knee). These variables are standard 'non-Gestalt' measures of musculo-skeletal robustness (Behnke and Wilmore, 1974; Metropolitan Life, 1980).

The regression equation for calculation of the H-C second component (II, Mesomorphy) is:

$$II = 0.858 (E) + 0.601 (K) + (0.188 (B-TSF)) \\ + (.161 (C-CSF)) - (0.131(S) + 4.50$$

where:

E = elbow or bicondylar humerus diameter (cm)
 K = knee or bicondylar femur diameter (cm)
 B = flexed upper arm circumference (cm)
 C = calf circumference (cm)
 TSF = tricep skinfold (cm)
 CSF = medial calf skinfold (cm)
 S = stature (cm)

Ectomorphy

The third H-C somatotype component, ectomorphy, is assessed from stature and mass, using a ponderal index, ie. $[\text{stature}/(\text{mass})^{1/3}]$. The regression equation for ectomorphy (III) is:

$$III = \frac{0.732 (\text{Stature})}{(M)^{1/3}} - 28.58 \quad (18)$$

The scores for ectomorphy have qualifiers; where the index is less than 40.75, but greater than 38.28, the regression equation is modified to:

$$III = \frac{0.463 (\text{Stature})}{(M)^{1/3}} - 17.63 \quad (19)$$

If the index is less than or equal to 38.25, a minimal rating of 0.1 is assigned (Ross and Marfell-Jones, 1982) since negative values are unrealistic. For average males (170 cm) and females (160 cm), the minimal body mass to achieve a score of 0.1 would be 87.8 kg and 73.2 kg, respectively.

Analysis of Somatotype

While a somatotype is a conceptual whole, it is most often viewed as 3 separate components whose scores are each derived from specific anthropometric variables. Thus the description of somatotype must include both the component parts and the entire somatotype in order to completely assess the variation of body build.

Means, variance and standard deviations can be calculated for each somatotype component, ie. endomorphy (endomorphy -2), mesomorphy, and ectomorphy. Also traditionally included in a descriptive analysis of somatotype is the ponderal index score, ie. $[\text{stature}/(\text{mass})^{1/3}]$.

However, to describe the true 'Gestalt' nature of somatotype, single scores have been used to describe each individual in a 3-dimensional (3-D) space. Traditionally such displays of somatotype, called somatoplots, were 2-dimensional (2-D) representations of the 3-D space. The 2-D displays were used to represent the subjects visually by sex, age, or activity group. However, it should be stressed that such 2-D somatocharts do not always provide a satisfactory measure of the true distance between somatoplots because of the 3-D nature of the endo-, meso-, ectomorphy components (Carter et al, 1983; Duquet and Hebbelinck, 1977). Therefore, 2-D and 3-D analysis of somatotype dispersion should include: (i) somatotype dispersion distance (SDD), and (ii) somatotype attitudinal distance (SAD), respectively.

Two-dimensional somatotype analysis

The bidimensional analysis of somatypes considers the distance between somatopoints in a 2-D somatoplot. The somatotype dispersion distance (S.D.D.) is the distance between any two somatypes on a somatoplot. The mean somatoplot is calculated from an X-Y grid as:

$$X = III - I$$

$$Y = 2(II) - (III + I)$$

where: I = endomorphy score
 II = mesomorphy score
 III = ectomorphy score

The somatotype dispersion distance (SDD) is then calculated as:

$$SDD_{1,2} = (3(X_1 - X_2)^2 + (Y_1 - Y_2)^2)^{1/2} \quad (20)$$

where (X_1, Y_1) and (X_2, Y_2) are the coordinates of somatoplots 1 and 2.

The somatotype dispersion mean (SDM), or the somatotype dispersion index (Ross and Wilson, 1973), is the scatter about the mean (S) in 2 dimensions and is calculated as:

$$SDM = \sum_{i=1}^n (SDD_i / n) \quad (21)$$

where SDD_i is the distance from somatotype (S_i) to the mean of the somatoplot (S). The variance of this dispersion is S_D^2 .

Three-dimensional somatotype analysis

Although graphical representation of 3-D space is more complicated, it is the best method of analysis of somatotype. Carter and co-workers (Carter et al, 1983) have presented a sophisticated, analytic procedure called the somatotype attitudinal distance (SAD), which describes the distance between somatopoints in a true three-dimensional way. The SAD has a scatter about the mean (S) called the somatotype attitudinal mean (SAM) with a variance, S_A^2 .

$$SAD_{1,2} = ((I_1 - I_2)^2 + (II_1 - II_2)^2 + (III_1 - III_2)^2)^{1/2} \quad (22)$$

where I, II and III represent endo-, meso-, and ectomorphy respectively, and the subscripts are between 2 groups. The somatotypes attitudinal mean (SAM) is calculated as:

$$SAM = \sum_{i=1}^n (SAD_i / n) \quad (23)$$

The distance between any two somatoplots in the 3-D comparison is an actual distance, while the distance between the 2 somatopoints when pictured in 2-D is only a projection since the X and Y coordinates must first be derived. The 3-D somatotype was used in this analysis as its attitudinal distance is preferred because of the reduced variance of the distribution about the mean somatoplot (S).

Calculation of variance

It is common nowadays to use tests of significance not just a simple mean of components in the analysis of somatotypes. The measure of variability of somatotypes within a population, about a group mean (S), for both two- and three- dimensional somatoplots, are calculated as:

$$S_D^2 = \text{SDD}_i^2 / (n-1) \quad (24)$$

$$S_A^2 = \text{SAD}_i^2 / (n-1) \quad (25)$$

Prior to testing the significance between group somatotype means, a test of homogeneity (equality of variance) is necessary for either SDM or SAM. Carter et al, (1983) recommend a Hartley's F_{\max} test as described by Winer (1971):

$$3-D: \quad F_{\max} = \frac{S_1^2}{S_2^2} = \frac{\left(\frac{\text{SAD}_1^2}{(n_1 - 1)} \right)}{\left(\frac{\text{SAD}_2^2}{(n_2 - 1)} \right)} \quad (26)$$

Tests of significance between independent group somatotype means are derived from the sum of squared deviations of the somatotype attitudinal distance, ie. $\text{SAD}_{1,2}$, and compared by either a t-test or analysis of variance.

$$t \text{ value} = \frac{(\bar{S}_1 - \bar{S}_2)}{\left[\frac{(\text{SAD}_1^2) + (\text{SAD}_2^2)}{(n_1 + n_2 - 2)} \right] \left[\frac{1}{\bar{n}_1} + \frac{1}{\bar{n}_2} \right]^{1/2}} \quad (27)$$

$$F \text{ value} = \frac{\left(\frac{SS_{\text{treatment}}}{df_{\text{treatment}}} \right)}{\left(\frac{SS_{\text{error}}}{df_{\text{error}}} \right)} = \frac{\sum_j n_j (\bar{S}_j - \bar{U})^2 / (n-1)}{\sum \sum (\text{SAD}_j)^2} \quad (28)$$

Reference data for Canadian somatotype characteristics are shown in Table 3.11, from Bailey et al., (1982). This data is a subsample (N=2520) of the 13,599 participants in the YMCA-LIFE program, categorized by sex and age (15-69 years). Although it is a relatively large sample, it is probably biased towards the more physically active members of the community. This reference group data is employed in the analysis because SDM and SAM are provided for each sex and age-specific group.

Table 3.11. Reference Canadian somatotypes characteristics by age and sex. The scores for the Heath-Carter computer calculations are based on 2520 YMCA volunteers studied by Bailey et al. (1982); (Mean \pm S.D.).

Sex	Age (yrs)	N	Endo	Meso	Ecto	SDM	SAM
Male	15-19	161	3.02 (± 1.43)	4.65 (± 1.51)	2.75 (± 1.38)	4.91	2.16
	20-29	205	3.66 (1.52)	5.04 (1.23)	2.13 (1.19)	4.70	2.07
	30-39	213	4.07 (1.49)	5.38 (1.32)	1.80 (1.04)	4.42	2.00
	40-49	203	4.11 (1.25)	5.23 (1.23)	1.65 (0.97)	3.84	1.76
	50-59	231	4.14 (1.15)	5.49 (1.16)	1.59 (0.87)	3.63	1.64
	60+	187	3.94 (1.16)	5.11 (1.14)	1.71 (0.96)	3.77	1.69
Female	15-19	235	4.33 (1.21)	3.69 (1.08)	2.41 (1.04)	3.78	1.69
	20-29	219	4.42 (1.19)	3.75 (1.18)	2.39 (1.08)	3.85	1.74
	30-39	200	4.47 (1.33)	3.87 (1.03)	2.34 (1.08)	3.88	1.76
	40-49	262	5.24 (1.41)	4.35 (1.34)	1.85 (1.01)	4.25	1.93
	50-59	248	5.37 (1.29)	4.43 (1.27)	1.74 (1.01)	4.02	1.81
	60+	156	5.35 (1.34)	4.69 (1.35)	1.62 (1.08)	4.36	1.97

Reference data for the athlete groups are drawn from the most recent Olympic profiles of somatotype available (Carter, 1984). The mean and standard deviations of each somatotype component are given by sex and by sport. The values are given in Table 3.12, below.

Table 3.12 Reference athlete somatotype characteristics by sex and by activity. Heath-Carter somatotype based on the data of Carter (1984); (Mean \pm S.D.)

Activity	Sex	N	Endo	Meso	Ecto	SDM	SAM
Swimming	M	98	2.1 ± 0.6	5.0 ± 0.8	2.9 ± 0.7	4.57	1.79
	F	59	3.2 ± 0.8	3.9 ± 0.7	3.0 ± 0.9	3.22	2.86
Rowing	M	150	2.2 ± 0.6	5.2 ± 0.9	2.5 ± 0.8	3.46	1.28
	F	51	3.1 ± 0.8	3.9 ± 0.9	2.8 ± 0.8	3.05	1.36

Comparisons of the 'Gestalt' somatotype score and components were made for selected anthropometric variables which are measures of musculo-skeletal robustness. Anthropometric variables can be compared to somatotype component scores, e.g. sum of skinfolds versus endomorphy, but such analyses must be approached with caution since the interpretation of results can be misleading. Independent anthropometric variables and somatotype may, or may not, be related.

If a variable is not a somatotype calculating component, it is treated independently. Regression analyses of SDD or SAD and independent variables, eg. abdominal circumference provide proper measures of association (partial r and even multiple correlations, r^2). Methods of regression analysis were evaluated by tetrachoric correlation, and tested for significance by chi-square.

4.0 Results

4.1 Sample

The mean ages of the <30, 30 to 39, and >40 yrs. groups were 24.1 and 24.8 yrs., 35.9 and 34.0 yrs., and 47.6 and 45.9 yrs. for males and females, respectively.

The male and female Canadian Forces sample characteristics are described by age groups in Tables 4.1. There is a significant increase in body mass for each age group (<30 yrs. = 60.4 and 75.1 kg.; 30-39 yrs. = 62.3 and 78.9 kg.; and >40 yrs. = 64.0 and 79.5 kg., for females and males, respectively).

There was a significant increase in the stature of both males and females in the older age category (>40 yrs.), with 1.2 and 1.3 cm. differences in height for the females and 1.1 and 1.0 cm. differential for the males of the <30 and 30-39 yrs. age groups respectively.

Table 4.1 Reference study data for female (N=125) and male (N=155) Canadian Forces personnel by age group.

	Groups by Age		
	<30	30-39	>40
Females:			
N	60	43	22
Age (yrs)	24.8	34.0	45.9
Stature (cm)	164.1	164.0	165.3
Mass (kg.)	60.4	62.3	64.0
Males:			
N	57	37	61
Age (yrs)	24.1	35.9	47.6
Stature (cm)	173.8	173.9	174.9
Mass (kg.)	75.1	78.9	79.5

4.2 Residual Volumes

Two pre-study evaluations of the procedures of residual volume measurements were carried out, the results of which are presented in Appendix 7.3. These pre-study results suggested that the Helium dilution (RV_{he}) procedure of Ogilvie et al., 1957 was appropriate for the CF field tests to be carried out at the various Canadian Forces bases.

Results of the CF study are shown in Table 4.2. The prediction equations of Bass (1964), ie. 25% of FVC, and Goldman and Becklake (1959), ie., regression of stature and age, and Wilmore (1969) have been selected as the procedures for use in this research when residual volume by helium dilution is not measured. The Goldman-Becklake RV equation which does not require the measurement of forced vital capacity was used as the standard RV prediction equation for cross-validating the various body fat prediction equations on other groups.

Table 4.2 shows the residual volumes of the female and male subjects as measured by helium dilution and predicted by the procedures of Bass (1964), Goldman and Becklake (1959), and Wilmore (1969). The results of all RV prediction equations were significantly different from the helium dilution measured RV for females and males.

However, for the CF females, the density and relative fatness of the body were not significantly different for calculations using residual volumes of helium dilution and Wilmore's RV prediction. For the CF males, although the Goldman-Becklake RV prediction was significantly different from the RV measured by helium dilution, the body density and relative body fat were not significantly different. Thus the prediction procedure for residual volume for the males and females differs and neither FVC nor height and age have reliably predicted the RV as measured by helium dilution.

Table 4.2 Residual volumes of the study sample of the Canadian forces as measured by helium dilution and predicted by equations from the literature (Bass 1964, Goldman and Becklake 1959, and Wilmore 1969).

RV Method	N	Mean (ml)	S.D. (ml)	S.E. (ml)	C.V. (%)
Females:					
Helium dil.	121	1305.2	289.9	26.4	22.2
Bass (1964)	123	960.8	170.7	15.4	17.8
Goldman-Becklake (1959)	125	1642.9	224.4	20.1	13.7
Wilmore (1969)	123	1076.1	191.2	17.2	17.8
Males:					
Helium dil.	150	1676.1	403.0	32.9	24.1
Bass (1964)	152	1269.8	242.8	19.7	19.1
Goldman-Becklake (1959)	155	1864.6	258.7	20.8	13.9
Wilmore (1969)	152	1219.0	233.1	18.9	19.1

4.3 Hydrodensitometry

The results of the body density measurements and body fat calculations using measured and predicted RV for the CF sample are presented in Table 4.3.

Table 4.3 Body density and % body fat of Canadian Forces personnel with residual volume measured by helium dilution and by three prediction equations (RV_B - Bass, 1964; RV_{GB} - Goldman and Becklake, 1959 and RV_W - Wilmore, 1969) for 106 females and 147 males.

Method	N	Mean	S.D.	S.E.	C.V.(%)
Females:					
D_B-RV_{HE} (g/cm^3)	106	1.0405	0.0152	0.00148	1.5
D_B-RV_B (g/cm^3)	106	1.0350	0.0154	0.00150	1.5
D_B-RV_{GB} (g/cm^3)	106	1.0469	0.0158	0.00154	1.5
D_B-RV_W (g/cm^3)	106	1.0370	0.0157	0.00152	1.5
$BF-RV_{HE}$ (%)	106	25.1	6.45	0.63	25.7
$BF-RV_B$ (%)	106	27.4	6.56	0.64	23.9
$BF-RV_{GB}$ (%)	106	22.3	6.62	0.64	29.5
$BF-RV_W$ (%)	106	26.6	6.66	0.65	25.1
Males:					
D_B-RV_{HE} (g/cm^3)	147	1.0549	0.0167	0.00137	1.58
D_B-RV_E (g/cm^3)	148	1.0498	0.0177	0.00146	1.69
D_B-RV_{GB} (g/cm^3)	148	1.0583	0.0156	0.00136	1.57
D_B-RV_W (g/cm^3)	148	1.049	0.0176	0.0015	1.7
$BF-RV_{HE}$ (%)	147	19.1	6.82	0.56	36.1
$BF-RV_B$ (%)	148	21.2	7.35	0.60	34.6
$BF-RV_{GB}$ (%)	148	17.7	6.76	0.56	38.2
$BF-RV_W$ (%)	148	21.5	7.32	0.60	34.0

One question being addressed in this research was the effect of submersion on lung volume (LV) as it pertains to hydrostatic weighing, and the calculation of relative body fat (%BF). Table 4.4 shows the difference that a 2.05% adjustment (40 cm H₂O) makes to LV and the %BF when measured by hydrostatic weighing at maximal expiration (HW_{me}). The mean differences of 0.42 and 0.50 %BF for females and males, respectively, are due to the effects of a potential hydrostatic pressure of 40 cm H₂O. Table 4.5 shows the differences among relative body fatness as calculated from unadjusted and adjusted hydrostatic weighing at any lung volume (HW_{lv}) as assessed by three trials and unadjusted and adjusted hydrostatic weighing at any lung volume (HW_{lvadj}). There are no significant differences among the results since the variance of the underwater weighing procedures are greater than that between corrected and uncorrected calculations of body fatness. Table 4.6 gives the body density and percent body fat for the CF sample by age group and gender.

Table 4.4 Adjusted* lung volume (LV) and relative body fat (%BF) for three trials on 109 females and 145 males in the C.F.

		N	LV** (1)	LV _{adj} (1)	%BF	%BF _{adj}
Females:						
Trial	A	111	3.26	3.33	22.2	22.7
	B	109	3.05	3.11	22.8	23.2
	C	109	3.03	3.09	23.0	23.4
Mean		---	3.11	2.18	22.7	23.1
Males:						
Trial	A	146	3.87	3.95	17.8	18.3
	B	147	3.72	3.80	18.4	18.9
	C	145	3.70	3.78	18.6	19.1
Mean		---	3.76	3.84	18.3	18.8

* Adjusted for a hydrostatic pressure of 40cm H₂O, ie. 2.05%

** LV measured at the time of hydrostatic weighing

Table 4.5 Measurement of body fatness by hydrostatic weighing at maximal expiration (HW_{me}) and at any lung volume (HW_{lv}), and the effect of adjusting (HW_{lvadj}) for the effect of 40 cm H_2O hydrostatic pressure. (Values are means \pm S.D.).

Sex	N	BF- HW_{me}	BF- HW_{lv}	BF- HW_{lvadj} .
Males	147	19.1 ± 6.8	18.4 ± 7.5	18.9 ± 7.4
Females	106	25.1 ± 6.5	22.8 ± 6.8	23.2 ± 6.7

Table 4.6 Body density and % BF for the CF, by gender and by age. (Mean \pm S.D.).

	N	Age (yrs.)	Stature (cm.)	Mass (kg.)	BMI (kg/m^2)	5SF (mm.)	Density (g/cc)	%BF
Females:								
<30	60 53*	24.8 ± 2.92	164.1 ± 6.30	60.4 ± 8.51	22.4 ± 2.90	87.8 ± 30.85	1.045 $\pm .0149$	23.2 ± 6.27
30-39	43 35*	34.0 ± 2.60	164.0 ± 7.38	62.7 ± 9.89	23.3 ± 3.13	99.4 ± 36.28	1.037 $\pm .0157$	26.8 ± 6.63
>40	22 18*	45.9 ± 4.82	165.3 ± 4.79	64.0 ± 10.47	23.4 ± 3.46	101.5 ± 30.30	1.036 $\pm .0120$	27.1 ± 5.26
Total	125 106*	31.7 ± 8.44	164.3 ± 6.44	61.8 ± 9.40	22.9 ± 3.09	94.1 ± 33.03	1.041 $\pm .0153$	25.1 ± 6.45
Males:								
<30	57 56*	24.1 ± 2.62	173.8 ± 7.08	75.1 ± 10.24	24.8 ± 2.89	73.6 ± 32.18	1.062 $\pm .0171$	16.4 ± 6.94
30-39	37 36*	36.0 ± 2.41	173.9 ± 5.88	78.9 ± 9.25	26.1 ± 2.89	89.2 ± 37.04	1.054 $\pm .0166$	19.5 ± 6.81
>40	61 55*	47.6 ± 5.39	174.1 ± 6.94	79.5 ± 11.85	26.2 ± 3.09	88.6 ± 30.23	1.049 $\pm .0136$	21.7 ± 5.64
Total	155 147*	36.2 ± 11.01	174.0 ± 6.72	77.8 ± 10.82	25.7 ± 3.02	83.2 ± 33.3	1.055 $\pm .0167$	19.1 ± 6.82

* number completing both hydrostatic weighing and anthropometry.

4.4 Musculo-skeletal Proportions and Fatness.

An additional question to be considered in this research on fat measurement concerned the reliability and validity of anthropometry as conducted by an experienced anthropometrist and examples of the P.E.R.I. staff as currently trained. The results are found in Appendix 7.4. It would be concluded that the test-retest reliability of a skinfold or circumference is greatly dependent upon experience and training. However, the inter-observer measurement error is considerable even with well-trained personnel. The reliability of skinfold and circumference measurements are about the same. However, skinfold measures are more directly related to body fatness and not just body size.

Generally there are significant gender and observer differences in skinfold thickness measurement, with the triceps and thigh skinfolds being the most divergent between the sexes. There was significant inter-observer difference in skinfold measurement of all skinfolds except the triceps SF. There were no trial differences and no significant interactions between gender-observer-trial for the skinfolds.

For circumference measurements the neck, abdomen, flexed and unflexed upper arm girths and the wrist showed significant observer differences. However, there were not significant trial differences although the knee girth had an error probability of 0.07. The knee and gluteal girths did show significant or near significant interactions between observer and trial measurements.

Musculo-skeletal proportions: descriptive statistics of the anthropometric variables.

The anthropometric measurements of the CF sample are described in more detail in Tables 4.17a, b and 4.18 where the mean, standard deviation, skewness (g_1) and kurtosis (G_2) statistics of the body mass, stature and various circumferences are shown for both males and females.

Table 4.7a Descriptive statistics for mass, stature and body circumference measurements on 155 CF males

Measurement	Mean	S.D.	g_1^+	g_2^+
Mass (kg)	77.8	10.8	0.88*	0.07
Stature (cm)	174.0	6.7	0.24	0.07
Head (cm)	57.0	1.7	0.71*	0.72**
Neck (cm)	38.9	2.0	0.40*	0.69**
Shoulder (cm)	114.8	5.6	0.42*	0.43
Chest Sn (cm)	104.2	6.0	0.13	0.00
Chest (cm)	101.0	6.1	0.10	0.21
Bust (cm)	---	---	---	---
Abd 1 (cm)	87.3	8.3	0.31	-0.32
Abd 2 (cm)	89.9	9.1	0.23	-0.55**
Gluteal (cm)	98.4	6.5	0.81*	1.68
Thigh (cm)	57.7	4.4	0.32*	-0.02
Knee (cm)	38.6	2.2	0.20	-0.55**
Calf (cm)	37.8	2.6	0.19	-0.51
Ankle (cm)	22.5	1.3	0.31	-0.09
Flexed Upper				
Arm (cm)	34.5	2.5	0.11	0.79**
Upper Arm (cm)	32.5	2.5	-0.26	1.49**
Forearm (cm)	28.5	1.5	0.61*	1.49**
Wrist (cm)	17.5	0.9	0.27	0.26

+ g_1 = skewness; g_2 = kurtosis

* sig. g_1 ($g < .05$)

** sig. g_2 ($g < .05$)

Table 4.7b Descriptive statistics for mass, stature and body circumference measurements on 125 CF females.

Measurement	Mean	S.D.	g_1^+	g_2^+
Mass (kg)	61.8	9.4	0.79*	0.86**
Stature (cm)	164.3	6.4	0.26	0.20
Head (cm)	54.4	1.6	0.41*	-0.27
Neck (cm)	32.6	2.1	0.63*	0.37
Shoulder (cm)	99.4	5.4	0.24	0.66
Chest Sn (cm)	90.5	6.2	0.34	-0.02
Chest (cm)	86.9	6.3	0.45*	0.45
Bust (cm)	92.1	7.6	0.72*	0.93**
Abd 1 (cm)	72.7	7.5	1.06	1.86**
Abd 2 (cm)	79.3	8.8	0.97*	1.47**
Gluteal (cm)	96.4	6.9	0.17*	0.57
Thigh (cm)	57.3	4.7	0.55	0.72
Knee (cm)	36.7	2.8	0.50*	0.95**
Calf (cm)	35.4	2.9	0.37*	-0.05
Ankle (cm)	21.3	1.4	0.18	-0.40
Flexed Upper				
Arm (cm)	29.4	3.0	0.84*	1.72**
Upper Arm (cm)	28.4	3.0	0.74*	1.19**
Forearm (cm)	24.3	1.7	0.37*	-0.04
Wrist (cm)	15.3	1.0	0.41*	0.35

+ g_1 = skewness; g_2 = kurtosis

* sig. g_1 ($g < .05$)

** sig. g_2 ($< .05$)

Table 4.18 presents the body diameter measurements of the CF sample again divided into males and females.

Table 4.8 Descriptive statistics for body diameter measurements in 155 males and 125 females in the CF.

Measurement	Mean	S.D.	g_1^+	g_2^+
Males:				
Shoulder	46.5	2.2	0.64*	1.05**
Biacromial	40.1	2.0	0.35*	0.56
Biiliac	28.7	2.0	-0.20	0.90
Bitrochanteric	34.5	2.0	0.57*	0.56
Humerus	7.2	0.4	0.41*	-0.05
Wrist	5.9	0.3	-0.25	-0.01
Femur	9.6	0.5	0.07	-0.18
Ankle	7.2	0.4	0.09	0.06
Chest (trans)	29.8	1.8	0.19	0.04
Chest (A-P)	21.6	2.0	-0.03	-0.42
Females:				
Shoulder	40.1	2.1	0.18*	0.12
Biacromial	36.4	1.7	0.35*	0.52
Biiliac	28.7	2.0	0.68*	0.08
Bitrochanteric	35.3	2.7	0.68*	1.41*
Humerus	6.2	0.4	0.43*	0.01
Wrist	5.2	0.3	0.24	0.52
Femur	8.8	0.5	0.40*	1.05*
Ankle	6.4	0.4	0.19	2.74*
Chest (trans)	26.2	1.7	-0.04	-0.29
Chest (A-P)	18.4	1.7	0.20	0.53

+ g_1 = skewness; g_2 = Kurtosis

* sig. g_1 ($g < .05$)

**sig. g_2 ($< .05$)

Table 4.9 shows the descriptive statistics of the 10 skinfold thicknesses measured in this study (biceps, triceps, subscapular, suprailiac, chest, abdomen, iliac, mid-axillary, anterior thigh, and medial calf). All skinfolds exhibit a positive skewness (g_1) for males ranging from 0.33 to 1.90, while females show skewness statistics from 0.47 to 1.59. Thigh skinfold is interesting since not only is the mean difference between males and females 12.2 mm. (13.3 ± 6.8 mm. and 25.5 ± 9.8 mm., for males and females, respectively), but the variance of the females is twice as large (46.3 and 96.8, males and females, respectively). Similarly, females had more medial calf subcutaneous fat than males (18.7 ± 6.2 mm. and 10.3 ± 5.1 mm., for males and females, respectively). However, the males had significantly more fat at the suprailiac (22.8 ± 9.3 mm. vs 17.8 ± 7.9 mm.) and abdominal (21.2 ± 9.8 mm. vs 18.5 ± 9.8 mm.) sites than did the females.

Table 4.9 Descriptive statistics for skinfold thickness measurements on 155 males and 125 females in the CF.

Measurement	Mean	S.D.	g_1^+	g_2^+
Males:				
Biceps	5.2	2.7	1.51*	3.39**
Triceps	12.0	5.0	0.94*	1.38**
Subscapular	14.0	6.3	1.76*	4.00**
Suprailiac	22.8	9.3	0.38*	-0.60**
Ant. iliac	10.7	5.1	1.13*	1.67**
Chest	11.3	4.8	0.33*	-0.69*
Abdomen	21.2	9.8	0.40*	-0.41
Axillary	12.6	5.8	0.84*	0.40
Thigh	13.3	6.8	1.90*	4.76**
Calf	10.3	5.1	1.00*	1.28**
Females:				
Biceps	7.7	3.4	0.91*	0.34
Triceps	19.0	6.0	0.61*	-0.05
Subscapular	14.0	7.0	1.59*	2.98**
Suprailiac	17.8	7.9	0.94*	0.59
Ant. iliac	11.9	5.9	1.03*	0.89**
Chest	9.1	4.8	1.04*	0.89**
Abdomen	18.5	9.8	0.78*	-0.14
Axillary	11.9	5.5	1.04*	0.63
Thigh	25.5	9.8	0.87*	1.12**
Calf	18.7	6.2	0.47*	0.03

+ g_1 = skewness; g_2 = kurtosis

*sig. g_1 ($g < .05$)

**sig. g_2 ($< .05$)

Table 4.10 shows the correlation coefficients among the skinfold sites. Generally higher correlations are found among independent skinfold variables (0.35 to 0.86) than between independent (% body fat from hydrodensitometry) and dependent variables (individual or sum of skinfolds). The highest correlation (0.86) is between suprailiac and either the abdominal or anterior iliac for the males; however, the highest correlation (r) for the females was found between the subscapular and mid-axillary skinfolds. The correlations between the triceps and abdomen skinfolds were 0.68 and 0.80 for females and males, respectively.

Table 4.10 Pearson product correlation (r) matrix of skinfold thickness measurements on 155 males and 125 females in the CF.

Males										
	Bi.	Tri.	Sub.	Sup.	Che.	Abd.	Ilia.	Axil.	Thi.	Calf
Bi.	--	81	73	73	78	74	73	83	69	70
Tri.	70	--	75	82	74	80	81	79	82	82
Sub.	73	68	--	72	74	78	74	78	62	64
Sup.	71	74	83	--	74	86	86	80	85	72
Che.	56	63	73	73	--	77	73	85	58	62
Abd.	71	68	76	74	63	--	83	81	66	67
Ilia.	75	69	82	78	67	85	--	80	67	73
Axil.	69	64	87	83	77	78	84	--	62	64
Thi.	53	67	37	46	35	43	50	39	--	82
Calf	55	74	51	56	50	56	56	48	72	--

Legend:

Bi. = biceps, Tri. = triceps, Sub. = subscapular,
 Sup. = suprilliac, Che. = chest, Abd = abdomen,
 Ilia = anterior iliac, Axil. = axillary, Thi. = thigh,
 Calf = calf

Figure 4.1 illustrates the general relationship between skinfolds (in this case, the sum of 4 skinfolds (biceps, triceps, subscapular and suprilliac) from Durnin and Womersley, 1974) and body density for the Canadian Forces (N=253).

Table 4.11 gives the descriptive statistics for the body composition parameters of the CF males and females. The sum of skinfolds are skewed and show some kurtosis similar to the individual skinfolds; however, logarithmic transformation of these sums of skinfolds reduces the skewness. Note that neither body density nor body fatness are distributed in this skewed manner.

Table 4.11 Descriptive statistics for the body composition variables of 155 males and 125 females in the C.F.

Variable	Mean	S.D.	g_1^+	g_2^+
Males:				
BD (g/cm ³)	1.055	0.016	+0.03	-0.35
BF (%) (N=147)	19.1	6.82	+0.05	-0.40
Sum 5 SF (mm)	83.2	33.4	+0.85*	+1.12
Log sum 5 SF (mm)	1.89	0.18	-0.18	-0.49
Sum 10 SF	133.2	53.7	+0.82*	+1.00**
Log sum 10 SF(mm)	2.09	0.18	-0.18	-0.54
Females:				
BD (g/cm ³)	1.040	0.015	-0.02	-0.33
BF (%) (N>106)	25.1	6.45	+0.21	-0.47
Sum of 5 SF(mm)	94.1	32.9	+0.80*	+0.34
Log sum of 5 SF(mm)	1.95	0.15	+0.04	-0.57
Sum of 10 SF(mm)	152.9	53.4	+0.69*	-0.05
Log sum of 10 SF(mm)	2.16	0.15	-0.01	-0.65**

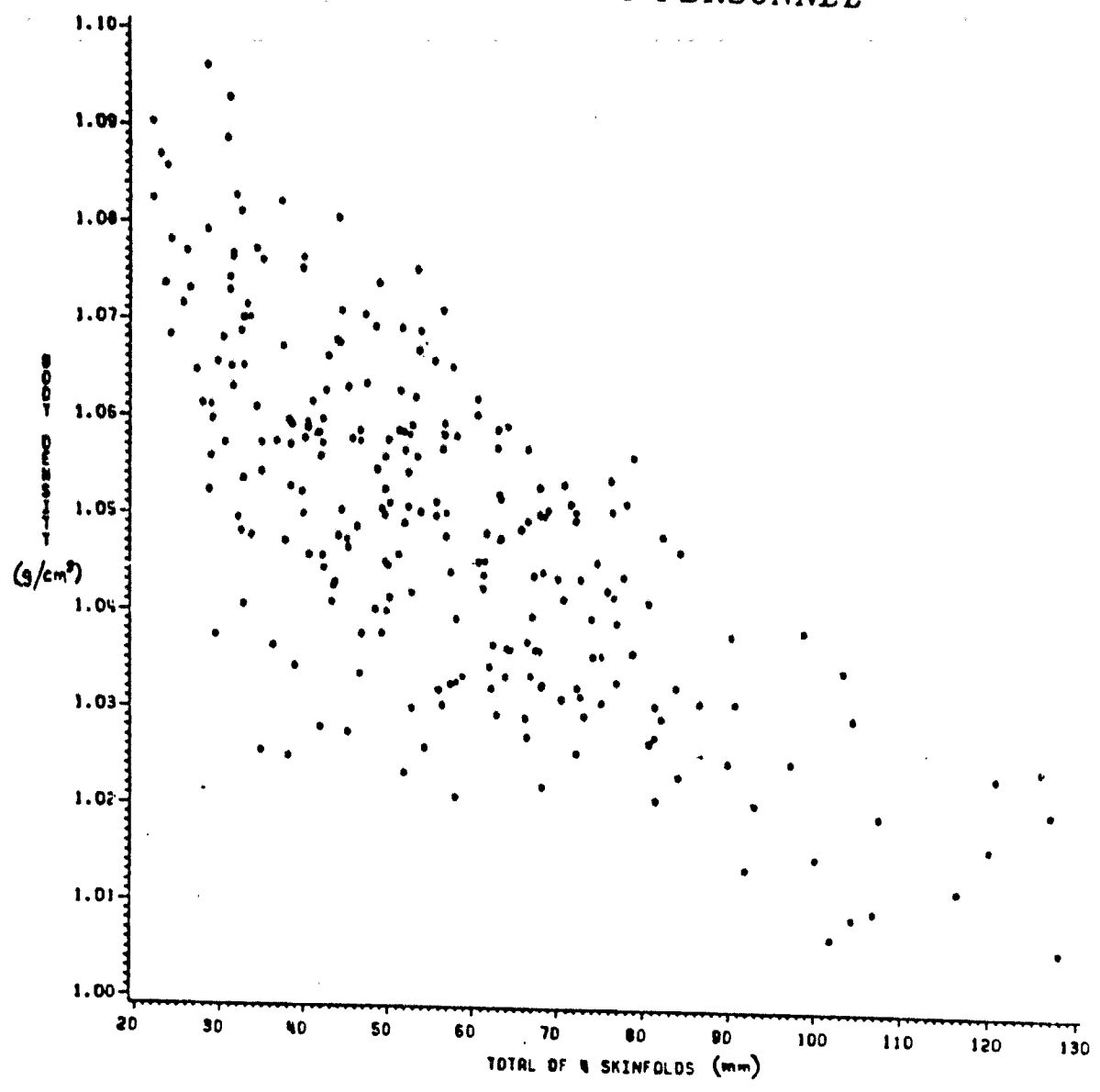
+ g_1 = skewness; g_2 = kurtosis

*sig. g_1 (p < .05)

** sig. g_2 (p < .05)

5 SF = (triceps, subscapular, suprailiac, abdomen, and thigh)
 10 SF = (triceps, subscapular, suprailiac, abdomen, thigh,
 midaxillary, chest, iliac, calf, and biceps).

BODY DENSITY VS TOTAL SKINFOLD CANADIAN MILITARY PERSONNEL



4.4.1 Somatotype

Table 4.12 presents the physical characteristics of the CF sample grouped by gender including the anthropometric variables which pertain to the Heath-Carter somatotype and the endo-, meso-, and ectomorphic components of the somatotype. The range of endomorphy are 1.41 to 8.40 and 2.04 to 8.58, for males and females, respectively. The minimum and maximum endomorphy-2 scores are 1.37 to 8.10 and 2.13 to 9.01, males and females respectively. Scaling for body stature did not significantly affect the calculation of the endomorphy scores, which were 4.42 ± 1.46 and 4.58 ± 1.53 for females and 3.64 ± 1.41 and 3.56 ± 1.37 for males for the normal and stature-adjusted endomorphic scores, respectively.

Both the males and females of the CF sample were more robust and less fat than the reference Canadian data (Bailey et al., 1982). The males have endomorphic scores equivalent to the reference 20-29 yrs. age group, a mesomorphic score significantly greater than the most robust reference group (ie. 5.38 ± 1.32 for the 30-39 yrs. group), and an ectomorphic component significantly less than any of the reference Canadians except the 50-59 yrs. group.

Similarly the females had an endomorphic score equal to the 20-29 yrs. reference age group, but the mesomorphic component was within the range of the 30-39 yrs. reference age group for muscularity.

The correlation coefficients for the body composition and the somatotype components are shown in Table 4.13. All variables are significantly correlated, except fat mass and relative body fat (%BF), to lean body mass (LBM) or LBM/stature.

Table 4.12 Physical characteristics of Canadian Forces Sample
(N= 125 females and 155 males)

	Female	Male
Stature (cm)	164.3 (± 6.44)	173.9 (± 6.72)
Mass (kg)	61.8 (± 9.40)	77.8 (± 10.82)
% Body fat	25.1 (± 6.45)	19.1 (± 6.82)
Lean Body Mass (kg)	46.1 (± 5.07)	62.7 (± 7.23)
Fat mass (kg)	15.8 (± 5.90)	15.2 (± 6.78)
Ponderal Index	41.7 (± 1.85)	40.9 (± 1.73)
Flexed Bicep circ.	29.4 (± 2.95)	34.5 (± 2.46)
Calf circ.	35.4 (± 2.89)	37.8 (± 2.58)
Elbow w.	6.2 (± 0.36)	7.2 (± 0.43)
Knee w.	8.8 (± 0.53)	9.6 (± 0.46)

First Component +	4.42 (± 1.462)	3.64 (± 1.413)
Endomorphy 2	4.58 (± 1.528)	3.56 (± 1.374)
Second Component	4.16 (± 1.203)	5.88 (± 1.082)
Third Component	2.09 (± 1.089)	1.53 (± 1.044)

Table 4.13 Pearson product correlation coefficients for body composition and somatotype components on 155 males and 125 females in the CF.

	1.	2.	3.	4.	5.	6.	7.	8.	9.
1. Endomorphy	--	.99	.42	-.63	-.68	.25	.24	.86	.78
2. Endomorphy 2	.99	--	.46	-.67	-.72	.18*	.21	.84	.78
3. Mesomorphy	.50	.54	--	-.81	-.83	.29	.49	.35	.29
4. Ectomorphy	-.68	-.71	-.85	--	.98	-.31	-.50	-.57	-.50
5. Ponderal Index	-.11	-.75	-.87	.97	--	-.29	-.49	-.61	.54
6. Lean Body Mass	.30	.23	.28	-.36	-.32	--	.95	.17*	.12*
7. LBM/stature	.35	.32	.49	-.58	.55	.94	--	.12*	-.16*
8. Fat mass	.79	.77	.55	-.63	-.70	.30	.28	--	.95
9. % Body Fat	.73	.72	.45	-.55	-.61	.00*	.01*	.94	--

*All values are significant ($p < .05$) unless indicated.

4.5 Estimations of Body Composition

Selection of body fat regression equations

Tables 4.14 a and b present an example of regression equations generated from circumferences and skinfolds, for males and females. The best prediction equation is indicated as determined by the maximum R^2 , the root of the mean square error, and Mallow's $c(p)$.

Table 4.14(a) Maximum R^2 regressions for percent body fat (%BF) of 147 males in the CF.

Variable	Intercept	Coeff.	Std error	R^2	MSE	C(P)
Sum2SF*	6.9	0.37	0.026	0.58	19.48	53.80
Abdom2 + Sum2SF	-13.3	0.28 0.22	0.073 0.047	0.62	17.77	37.28
Wrist + Abdom2 + Sum2SF	4.5	-1.54 0.39 0.18	0.405 0.076 0.046	0.66	16.26	22.98
Age + Wrist + Abdom2 + Sum2SF	10.2	0.11 -1.75 0.33 0.21	0.033 0.397 0.077 0.045	0.68	15.21	13.47

*(triceps and abdomen)

Table 4.14 (b) Maximum R^2 regressions for percent body fat (%BF) of 106 females in the CF.

Variable	Intercept	Coeff.	Std error	R^2	MSE	C(P)
Sum2SF*	18.6	0.004	0.0004	0.58	17.54	17.93
Knee c.+ Sum2SF	- 5.1	0.675 0.003	0.1701 0.0004	0.64	15.36	3.96

Table 4.15 Validation of applied Behnke-Wilmore (AB) body fat prediction method compared to % body fat from densitometry (D) on CF sample by total group and by sex, (using sum of 5SF/3 x (mass/stature) 1/2 x KSF where the constants (KSF) have been calculated for each sex and age group).

Total Sample	N	\bar{x}	SD	SE	R^2	E
% BF (densitometry)	253	21.6	7.28	.46		
% BF (prediction by AB)	279	21.6	7.74	.46	0.65	4.53

Sample by Sex

Females:

% BF (densitometry)	106	25.1	6.45	.63		
% BF (prediction by AB)	124	24.9	7.56	.68	0.58	4.19

Males:

% BF (densitometry)	147	19.1	6.82	.56		
% BF (prediction by AB)	155	19.0	6.84	.55	0.62	4.24

Table 4.15 shows the body fat results from both hydrodensitometry and the new %BF prediction method referred to as the applied Behnke-Wilmore (AB). There are no significant differences between the procedures for either the total sample with males and females combined (21.6 ± 7.28 and 21.6 ± 7.78 %BF, respectively) or sorted by gender (females: 25.1 ± 6.45 and 24.9 ± 7.56 %BF; males 19.1 ± 6.82 and 19.0 ± 6.84 %BF for densitometry and prediction respectively).

Table 4.16 Validation of the applied Behnke-Wilmore (AB) body fat prediction method compared to % body fat from densitometry (D) on 155 males and 125 females in the CF.

By Age Groups

	Method	N	x	SD	SE	R ²	E
Females:							
<30	D	53	23.2	6.27	0.86	0.57	4.16
	AB	60	23.0	6.84	0.88		
30-39	D	35	28.6	6.63	1.12	0.52	4.68
	AB	42	26.6	8.52	1.31		
>40	D	18	27.1	5.26	1.24	0.72	2.90
	AB	22	26.8	6.40	1.36		
Males:							
<30	D	56	16.4	6.94	0.93	0.60	4.45
	AB	57	16.1	6.31	0.84		
30-39	D	36	19.5	6.81	1.14	0.73	3.59
	AB	37	19.3	7.08	1.16		
>40	D	55	21.7	5.63	0.76	0.43	4.30
	AB	61	21.5	6.20	0.79		

The validation of the applied Behnke-Wilmore body fat prediction procedure on the sample stratified by age and gender (Table 4.16) shows no significant difference between body fat measured by underwater weighing and skinfold prediction (AB) procedures. The largest differences between procedures was 2% for the 30-39 year old females.

Finally, the applied Behnke-Wilmore procedure was validated on the CF sample as sorted not only by age and gender but also by fat level. This fat level was determined as the median percent body fat of the gender-age group as measured by hydrodensitometry. For the females (Table 4.17), the prediction of body fat for the high fat group which is the group to be most closely scrutinized by the Canadian Forces over the next few years, was not significantly different from the percent body fat as measured by underwater weighing. The greatest difference between procedures in the high fat group was 1.6 %BF, in both the under 30 yrs and 30-40 yrs groups.

The applied Behnke-Wilmore procedure did over-predict the thinner segment of the female sample by up to 3.9 %BF. However, these differences were not significant.

Similarly the prediction of body fat of the male CF personnel (Table 4.18) showed no significant differences for the high fat or low fat groups. In the high fat group, the AB procedure underestimated the percent body fat by 1.8, 1.2 and 1.3 %BF for the less than 30 yrs, 30-39 yrs and greater than 40 yrs groups, respectively.

The low fat segments of the male personnel were overestimated by 0.8, 1.0 and 2.3 %BF for the three age groups (<30, 30-39, >40 yrs, respectively).

Table 4.17 Validation of applied Behnke-Wilmore (AB) body fat prediction method compared to % body fat from densitometry (D) on a CF sample of females (N=106) by age and by fat level (based on median fat level from densitometry)

Females					
	N	\bar{x}	SD	SE	E
<30					
HF % BF (D)	19	29.9	4.18	0.96	5.36
% BF (AB)	19	28.3	6.99	1.60	
LF % BF (D)	34	19.5	3.52	0.60	3.96
% BF (AB)	41	23.4	7.53	1.68	
30-39					
HF % BF (D)	22	31.1	3.71	0.79	6.59
% BF (AB)	22	29.5	8.46	1.80	
LF % BF (D)	13	19.7	3.36	0.93	3.54
% BF (AB)	20	23.4	7.53	1.68	
≥40					
HF % BF (D)	12	29.9	3.66	1.06	3.30
% BF (AB)	12	29.9	4.98	1.44	
LF % BF (D)	6	21.5	2.87	1.17	5.47
% BF (Ab)	10	23.2	6.17	1.95	

HF = high fat

LF = low fat

Overall mean = 25.7% BF

Table 4.18 Validation of applied Behnke-Wilmore (AB) body fat prediction method compared to % body fat from densitometry (D) on a CF sample of males (N=147) by age and by fat level (based on median fat level from densitometry)

Males

	N	\bar{x}	SD	SE	E
<30					
HF % BF (D)	21	23.5	3.90	0.85	5.61
% BF (AB)	21	21.7	5.82	1.27	
LF % BF (D)	35	12.0	4.25	0.72	2.82
% BF (AB)	36	12.8	3.75	0.62	
30-39					
HF % BF (D)	18	25.1	4.14	0.98	3.98
% BF (AB)	18	23.9	5.96	1.41	
LF % BF (D)	18	13.9	3.46	0.82	3.44
% BF (AB)	19	14.9	4.97	1.14	
≥40					
HF % BF (D)	34	25.2	4.15	0.71	4.98
% BF (AB)	34	23.9	6.03	1.03	
LF % BF (D)	21	16.1	1.85	0.40	4.38
% BF (AB)	27	18.4	5.00	0.96	

HF = high fat

LF = low fat

Overall mean = 18.9 %BF

Analysis on the CF cross-validation sample (109 males and 66 females) was determined with % body fat from hydrodensitometry as the criterion variable. Residual gas volume was measured by oxygen dilution for the sample of CF personnel used for cross-validation (Bell and Cox, 1984). Table 4.19 shows the characteristics and overall male and female percent body fat results on the CF cross-validation sample. There was a 0.5 %BF difference for the CF males and 1.1 %BF difference for the CF females, neither results was significantly different from the percent body fat calculated from total body density. The correlation coefficients were high 0.83 for both males and females.

Table 4.19 Cross-validation of applied Behnke-Wilmore scaling method of body fat estimation (%BF) on an independent sample of 109 males and 66 females in the CF.

	Males	Females
N	109	66
Age (y)	27.3 ± 8.5	32.7 ± 9.1
Height (cm)	174.2 ± 5.9	163.2 ± 5.4
Body mass (kg)	75.6 ± 10.9	63.9 ± 10.9
%BF by D	16.1 ± 6.9	28.2 ± 6.7
%BF by AB	15.6 ± 6.4*	27.1 ± 8.5**

* $r = 0.83$; $p = .23$

** $r = 0.83$; $p = .06$

D = hydrodensitometry

AB = applied Behnke-Wilmore

The applied Behnke-Wilmore (AB) procedure and the circumference-skinfold-diameter (CSD) procedure as compared to the hydrodensitometric method of calculating relative body fat are illustrated in Figure 4.2. The % body fat predictions for the CF males tested, and given in three age categories, less than 30, 30-39 and greater than 40 years of age. The CSD method gave significantly different results from the underwater weighing procedure in both high and low fat groups at all ages.

However, when both estimations of body fatness (by the CSD and AB procedures) for the total groups of males and females were compared to the densitometric calculation of relative fat across three age-groups (Table 4.20), there were no significant differences among the comparisons. The CSD results did underestimate the females slightly by 3.2%, 2.2% and 1.3% in the age categories <30, 30-39 and >40 yrs, respectively. These differences are somewhat greater than 0.2, 2.0 and 0.3 %BF respectively by the AB prediction method.

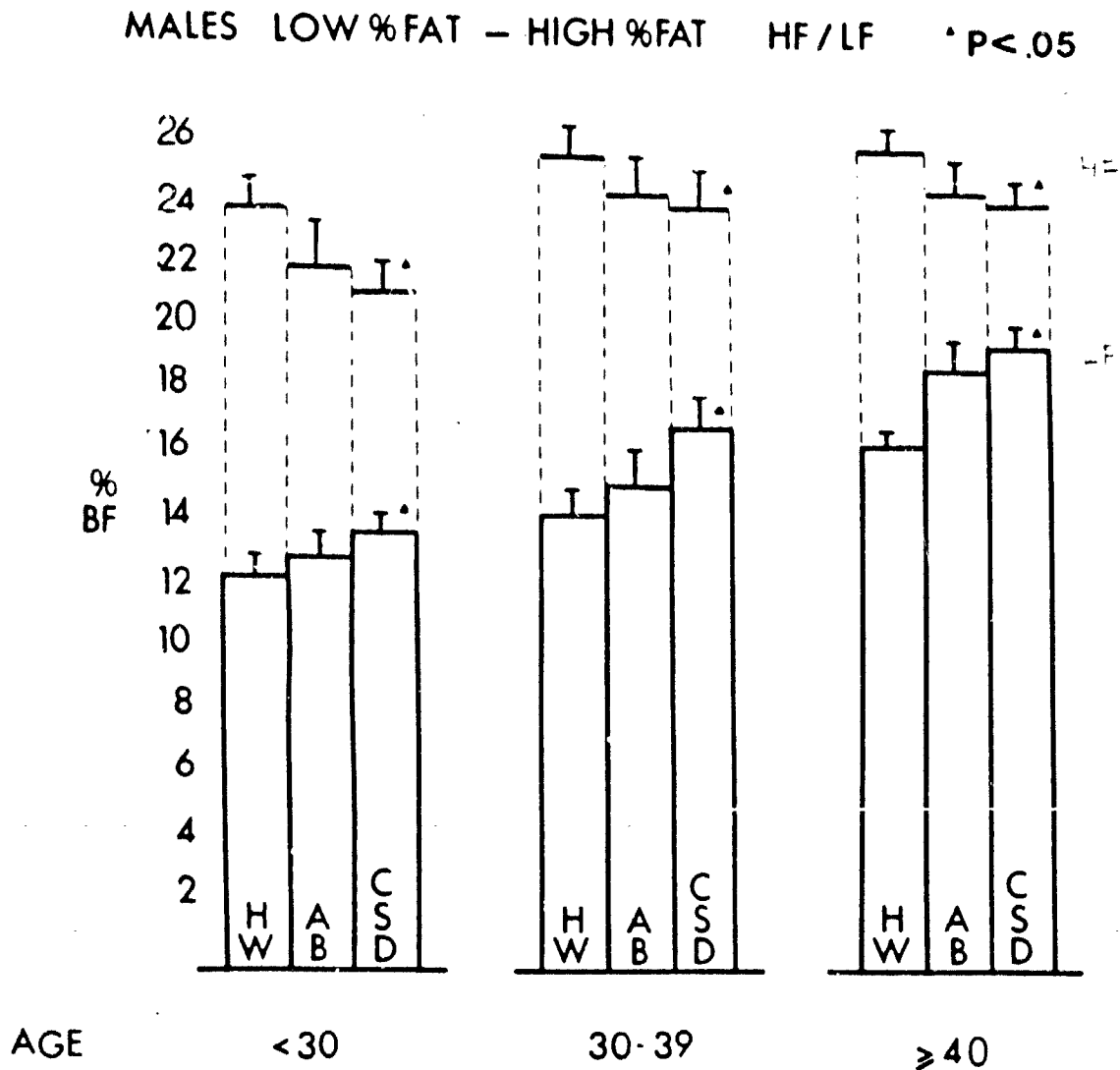
For the males, CSD slightly overestimated the relative fat in the 2 younger age categories by 0.5 and 0.8 %BF (not significant).

Table 4.20 Mean predicted body fat (%) by sex and by age: HW= hydrostatic weighing; AB applied Behnke; CSD= generated estimation by circumferences, skinfold and diameters regression procedure.

	HW	AB	CSD
Females			
<30	23.2	23.0	20.0
30-39	28.6	26.6	26.4
≥40	27.1	26.8	25.8
All	25.1	24.9	--
Males			
<30	16.4	16.1	16.9
30-39	19.5	19.3	20.3
≥40	21.7	21.5	21.4
All	19.1	19.0	--

No significant differences

Figure 4.2 Graph of applied Behnke-Wilmore (AB) and regression (CSD) %BF prediction procedures compared to %BF from densitometry (HW) for males by age and by fat level



Finally the comparisons with other procedures are shown in Tables 4.21a and b. For CF males, all procedures had strong linear relationships with relative fat calculated from hydrodensitometry. Moreover, two procedures Jackson and Pollock (1977) and Lohman (1981) significantly underestimated the fatness of the CF male personnel by 4.6% and 2.8% respectively.

The Wright-Dotson-Davis (1981) procedure using log of circumferences and log stature developed for a U.S. Navy sample, was not significantly different from either hydrodensitometrically calculated body fat or AB (skinfold) predicted body fat. Similarly Durnin and Womersley (1974) equation provided a good estimate of relative body density and body fat. The correlation coefficient between these BF predictions and the BF calculated from underwater weighing was 0.78 (Wright-Dotson-Davis, 1981 and Durnin and Womersley, 1974) compared to 0.79 for the AB procedure. The highest value was provided by the second Wright-Dotson-Davis (1981) procedure at $r = .81$. This latter procedure (W-D-D #2), however, did provide a slight (1.36%) but significant overestimation of the fat level of these male CF personnel.

For the female personnel, Durnin and Womersley (1974) significantly overestimated the body fatness (2.71 ± 4.99) while the estimates of Jackson, Pollock and Ward (1978) (22.8 ± 5.84) were significantly less than the female CF personnel average (25.1 ± 6.45).

Table 4.21a: Comparison of % body fat values estimated from anthropometric measures in CF males (19.1 ± 6.82 %BF)

Equation	Difference Analysis					Correlation Analysis				
	Mean	S.D.	Difference	t-value	Intercept	Slope	r	SEE	E	
Wright-Dotson-Davis #1	18.5	5.03	-0.59	1.86	0.801	1.05	0.78	3.15	4.29	
Wright-Dotson-Davis #2	20.4	5.60	1.36	-3.76	-0.87	0.98	0.81	3.28	4.00	
Durnin & Womersley (1974)	18.7	5.63	-0.45	1.43	1.53	0.95	0.78	3.52	4.29	
Jackson & Pollock (1977)	14.5	5.42	-4.63	13.69	4.58	1.01	0.79	3.32	4.16	
Lohman (1981)	16.3	5.78	-2.74	7.66	10.99	0.81	0.78	3.62	4.32	
Present Study: f_{f}^2 (Sum 5 SF*)	19.0	6.84	-0.15	-0.56	4.30	0.78	0.79	4.24	4.24	

* (Tri+Scap+Iliac+Abdomen+Thigh)

SEE = $SD_y(1-r^2)^{1/2}$

E = $(SS_{\text{res}}/N)^{1/2}$

Table 4.2lb: Comparison of % body fat values estimated from anthropometric measures in CF females (25.1 ± 6.45 %BF)

Equation	Difference Analysis					Correlation Analysis				
	Mean	S.D.	Difference	t-value	Intercept	Slope	r	SEE	E	
Wright-Dotson-Davis	24.6	4.85	-0.49	0.86	2.75	0.91	0.65	3.69	4.94	
Durnin & Womersley (1974)	27.1	4.99	1.98	-4.50	-0.28	0.94	0.73	3.41	4.42	
Jackson, Pollock & Ward (1978)	22.8	5.84	-2.28	6.23	5.28	0.88	0.79	3.59	3.99	
Present Study: f_{r^2} (Sum 5 SF*)	24.9	7.56	-0.20	-0.93	8.91	0.66	0.76	4.89	4.19	
CSD	25.3	5.53	0.20	- .05	-0.03	1.00	0.81	3.23	3.78	

* (Tri+Scap+Iliac+Abdomen+Thigh)

SEE = $SD_y(1-r^2)^{1/2}$

E = $(SS_{res}/N)^{1/2}$

Conclusions

Due to the loss of body fatness predictive accuracy at the high and low ends of the 'fat spectrum' with the CSD method, the AB procedure is considered a better method of estimating the fatness of these Canadian Forces personnel.

This AB procedure incorporates the most sensitive anthropometric measures of changes in fatness total skinfold thickness. Also AB method makes adjustments for overall body size by a specific stature-mass index, $[\text{mass (kg)}/\text{stature (dm)}]^{1/2}$.

Recommendations

(1) Recommended Field Method

The most reliable methods of predicting % body fat are by skinfold thickness measurement and should take into account the general body size of the subject. Body fat estimation procedures have been validated on 147 male and 106 female CF personnel (Group 1), and cross-validated on 109 male and 66 female CF personnel (Group 2). The technique of choice is the applied Behnke and Wilmore method applied (Behnke and Wilmore 1974) as modified by Katch and Katch (1983). This procedure scales the sum of 5 skinfolds by mass and stature, and is both age and gender specific.

(2) Laboratory Procedures

For evaluation of individuals who have "failed" to meet the fatness standards (to be decided on by the Surgeon-General), these subjects should be re-evaluated by a qualified anthropometric specialist and by hydrodensitometry (see recommendations 1 and 2).

(3) Hydrostatic weighing should be done at both maximum expiration (to residual volume) (HW_{me}) and at a comfortable lung volume (HW_{lv}). Many subjects are unable or unwilling to expire to residual volume while underwater.

(4) Residual volume of gas in the lungs must be measured (either by helium or oxygen dilution) by a trained technician since greater measurement error can occur from the prediction of residual volume. Both the helium and the oxygen dilution procedures are reliable, accurate and cost effective methods of determining residual gas volumes as compared to the nitrogen washout procedures.

(5) For CF adults (18-60 yrs), the conversion of body density to percent body fat (%BF) by the methods of both Brozek et al. (1963) and Siri (1961) are accurate.

(6) Training P.E.R.I. Staff

With minimal training, P.E.R.I. personnel were not reliable in making anthropometric measurements of either skinfolds or circumferences. Therefore, the testing personnel must be much more rigorously trained in anthropometric procedures. A system of standardization of P.E.R.I. personnel similar to that recommended and used for certification of C.A.S.S. laboratories should follow an intense training program.

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The Applied Behnke-Wilmore
AB Procedure

Collect the following data for the calculation of percent body fat:

		EXAMPLE
1. Gender	M ___ F ___	Female
2. Age (yrs)	_____	35 years
3. Stature	_____ . ____ (cm) - 10	160.0 (cm) -
	_____ . _____ (dm)	16.00 (dm)
4. Body mass	_____ . ____ (kg)	60.00 (kg)
5. Skinfold thickness		
triceps SF	_____ . ____	25.0 (mm)
subscapular SF	_____ . ____	15.0 (mm)
suprailiac SF	_____ . ____	18.0 (mm)
abdomen SF	_____ . ____	20.0 (mm)
thigh SF	_____ . ____	25.0 (mm)
Total SF	_____ . ____	103.0 (mm)

Formula:

$$\% \text{ BF} = \frac{\text{Total SF}}{3 * \left(\frac{\text{Body mass}}{\text{Stature(dm)}} \right)^{1/2} * K_{\text{SF}}}$$

Calculation - for females, 35 yrs, 160 cm, 60 kg, and sum 5 SF of 103.0 mm.

$$\begin{aligned} \% \text{ BF} &= \frac{103}{3(60/16)^{1/2} * 0.634} \\ &= \frac{103}{5.810 * 0.634} \\ &= 27.965 \\ &= 28.0 \% \text{ body fat} \end{aligned}$$

Alternative K_{SF}

for females:

ages <30 yrs = 0.658
30-39 yrs = 0.634
≥40 yrs = 0.635

for males:

ages <30 yrs = 0.724
30-39 yrs = 0.716
≥40 yrs = 0.634

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Appendix 7.1: Anthropometric Techniques

(a) Stature:

Equipment: Stature is measured by a wall-mounted stadiometer. The subject, without shoes, stands with his back square against the wall with heels together. The subject is gently stretched upward to his fullest height with the shoulders and the arms relaxed downward. The examiner aligns the horizontal bar of the measuring rod to the maximum point of height. To be accurate, measurement should be completed at eye level. Measure and record height to the nearest 0.1 cm.

(b) Body Mass:

Equipment: Health-O-Meter balance-beam scale. Ensure that the scale is on a flat surface. The subject is weighed without shoes and in light clothing (shorts and socks). Measurement of mass is to the nearest 0.1 kilogram.

(c) Girth Measurements:

Equipment: Steel measuring tape. Ensure that the tape is properly located in the horizontal plane and measure to the nearest mm. All measurements are made on the right side of the body.

- (i) head: maximum girth of the head with the tape superior to the glabella (midpoint of supra-orbital tori).
- (ii) neck: girth measurement just superior to the larynx.
- (iii) shoulder: maximum girth at the protrusion of the deltoid muscles.
- (iv) chest inspired: the maximum girth after complete inspiration of the mesosternale or the level of the nipples.
- (v) chest: as above (iv), at mid-tidal volume.
- (vi) abdomen 1: at the natural waist, midway between the lowest lateral portion of the rib cage and the iliac crest.
- (vii) abdomen 2: at the level of the umbilicus and the iliac crests.

- (viii) gluteal: anteriorly, at the level of the symphysis pubis, and posteriorly, at the level of the gluteus musculature.
- (ix) thigh: maximum thigh girth, 1 cm. below the gluteal line (fold).
- (x) knee: mid-patellar level with the leg relaxed and the weight shifted to the left leg.
- (xi) calf: maximum girth of the calf.
- (xii) ankle: minimum girth of the leg above the malleolis (syhyion tibiale).
- (xiii) flexed upper arm: maximum circumference of the biceps when the arm is maximally flexed in a bent elevated position.
- (xiv) upper arm: maximum circumference of the biceps (midpoint between elbow and shoulder) with the arm hanging relaxed.
- (xv) forearm: maximum circumference immediately distal to the elbow joint with the arm hanging relaxed.
- (xvi) wrist: minimal girth distal to the styloid processes of the radius and the ulna.

(d) Limb Length Measurements:

Equipment: Anthropometer. Each measurement is delineated by anatomical reference sites. Measurements are taken on the right of the body and recorded to the nearest 0.5 cm.

- (i) total arm: the arm and hand are fully extended at the side. Measure the full length from the proximal lateral edge of the acromion of the scapula to the tip of the middle finger with hand and arm fully extended.
- (ii) total arm segment: the arm and hand are fully extended at the side. Measure the length from the proximal edge of the acromion to the ulnar styloid process.
- (iii) hand: total arm length minus total arm segment length.

- (iv) forearem: measure the length from the olecranon process of the ulna to the ulnar styloid process with the arm bent at 90°.
- (v) total leg: with the subject in a standing position, weight evenly distributed, and legs and feet together, measure the length from the anterior superior iliac spine of the pelvis to the ground (vertical distance).
- (vi) shank: with the subject in a standing position and weight evenly distributed, measure the length from the lateral fibial condyle to the level of the floor.
- (vii) elbow: measure the maximum epicondylar width of the humerous with the arm held in a horizontal position and the elbow bent at 90°.
- (viii) wrist: measure the maximum breadth of the distal forearm across the ulnar styloid process with the arm hanging in a relaxed position.
- (ix) knee: measure the maximum bicondylar breadth of the femur (maximum knee width) with the subject seated and the knee bent at 90°.
- (x) ankle: measure the maximum width of the distal lower leg across the malleoli with the subject standing.

(e) Skinfold Measurements:

Equipment: Harpenden skinfold calipers. Grasp each skinfold between the thumb and the index finger with firm, but painless pressure. The skinfold is lifted with the crest of the fold following the alignment specified. The caliper jaws are applied at the prescribed site. Measurements are read two seconds after the full pressure of the caliper jaws have been applied. Measurements are recorded to the nearest 0.2 mm. and are repeated 2-3 times depending if the difference is >4 mm. The accuracy of the measurement depends on: precise identification of the site of the skinfold, forming the skinfold prior to the application of the caliper jaws, and the standardization of the alignment of the skinfold crest. The measurement is completed by the release of the spring handles of the caliper.

- (i) triceps skinfold: the skinfold is taken on the back of the unclothed pendulous right arm at a level midway between the tip of the acromion (most lateral margin of the acromion process of the scapula and the tip of the elbow) with the forearm flexed at an angle of 90° . The skinfold is lifted parallel to the long axis of the arm.
- (ii) biceps skinfold: the measurement is made on the ventral side of the hanging right upper arm (over the biceps) at a point midway between the acromion and the olecranon process of the ulna as described for the triceps. The skinfold is lifted parallel to the long axis of the upper arm.
- (iii) subscapular skinfold: the measurement is made approximately 1 cm. below the lower (inferior) angle of the right scapula with the subject standing, shoulders relaxed. The crease of the skinfold lifted should run at an angle of about 45° downwards and laterally.
- (iv) suprailiac skinfold: the measurement is made in the midline just above (3 cm.) the iliac crest with the fold running obliquely downward and forward.
- (v) abdomen skinfold: a vertical skinfold is measured 2 cm. to the right of the umbilicus.
- (vi) chest skinfold: the measurement is made over the lateral border of the pectoralis major, medial to the anterior axillary border. The skinfold runs diagonally downward and medial.
- (vii) iliac skinfold: the measurement is made 6-7 cm. above the anterior superior iliac spine, at the level and in the same plane as the umbilicus and in the anterior axillary line.

- (viii) midaxillary skinfold: a vertical skinfold is raised on the midaxillary line, approximately at the level of the 5th intercostal.
- (ix) thigh skinfold: a vertical fold is measured midpoint between the inguinal fold and the knee in the midline of the thigh.
- (x) medial calf skinfold: a vertical skinfold is raised on the medial border of the right calf at the level of the estimated maximal circumference.

Appendix 7.2: Body Composition Estimation Equations

Variable list:

var 1 = age; var 2 = stature; var 3 = body mass; var 4 = biceps skinfold; var 5 = triceps skinfold; var 6 = subscapular skinfold; var 7 = suprailiac skinfold, var 7s = suprailiac skinfold with vertical fold; var 8 = abdomen skinfold; var 9 = iliac skinfold; var 10 = mid-axillary skinfold; var 11 = chest skinfold; var 12 = anterior thigh skinfold; var 13 = medial calf skinfold; var 13 = medial calf skinfold; var 14 = neck circumference; var 16 = abdomen 1 circumference; var 17 = abdomen 2 circumference; var 18 = gluteal circumference; var 19 = thigh circumference; var 20 = calf circumference; var 21 = flexed upper arm circumference; var 22 = upper arm circumference; var 23 = forearm circumference; var 24 = wrist circumference; var 25 = epicondylar humerus diameter; var 26 = epicondylar femur diameter; var 27 = wrist diameter; var 28 = biiliac diameter; var 29 = bitrochanteric diameter; var 30 = ankle diameter.

1. Durnin and Womersley (1974).

Females:

16-19 yrs.	$D_B = 1.1549 - 0.0678 \times \log (\text{sum var } 4, 5, 6, 7)$
20-29 yrs.	$D_B = 1.1599 - 0.0717 \times \log (\text{sum var } 4, 5, 6, 7)$
30-39 yrs.	$D_B = 1.1423 - 0.0632 \times \log (\text{sum var } 4, 5, 6, 7)$
40-49 yrs.	$D_B = 1.1333 - 0.0612 \times \log (\text{sum var } 4, 5, 6, 7)$
50+ yrs.	$D_B = 1.1339 - 0.0645 \times \log (\text{sum var } 4, 5, 6, 7)$

Males:

17-19 yrs.	$D_B = 1.1620 - 0.0630 \times \log (\text{sum var } 4, 5, 6, 7)$
20-29 yrs.	$D_B = 1.1631 - 0.0632 \times \log (\text{sum var } 4, 5, 6, 7)$
30-39 yrs.	$D_B = 1.1422 - 0.0544 \times \log (\text{sum var } 4, 5, 6, 7)$
40-49 yrs.	$D_B = 1.1620 - 0.0700 \times \log (\text{sum var } 4, 5, 6, 7)$
50+ yrs.	$D_B = 1.1715 - 0.0779 \times \log (\text{sum var } 4, 5, 6, 7)$

2. Forsyth and Sinning (1973).

Males:

young	a) $D_B = 1.103 - 0.00168 (\text{var } 6) - 0.00127 (\text{var } 8)$
	b) $D_B = 1.02415 - 0.00169 (\text{var } 6) + 0.00444 (\text{var } 2) - 0.0013 (\text{var } 8)$

3. Hodgson et al (1982).

Females:

$$\text{young Navy} \quad \% \text{ BF} = 161.27 \times \log (\text{var } 16 + \text{var } 17 - \text{var } 14) - 100.81 (\text{var } 2) - 69.55$$

Males:

$$\text{young Navy} \quad \% \text{ BF} = 85.20 \times \log (\text{var } 17 - \text{var } 14) - 0.43 \times \log (\text{var } 2) - 61.00$$

4. Jackson, Pollock, and Ward (1980).

Females:

$$\text{a) } D_B = 1.096095 - 0.0006952 (\text{sum var } 5, 8, 9, 12) + 0.0000011 (\text{sum var } 5, 8, 9, 12)^2 - 0.0000714 (\text{var } 1)$$

$$\text{b) } D_B = 1.0994921 - 0.0009929 (\text{sum var } 5, 9, 12) + 0.0000023 (\text{sum var } 5, 9, 12)^2 - 0.0001392$$

5. Jackson and Pollock (1978).

Males:

$$\text{a) } D_B = 1.1886 - 0.03049 \times \ln (\text{sum var } 8, 11, 12) - 0.00027 (\text{var } 1)$$

$$\text{b) } D_B = 1.10938 - 0.0008267 \times (\text{sum var } 8, 11, 12) + 0.0000016 (\text{sum var } 8, 11, 12)^2 - 0.0002574 (\text{var } 1)$$

6. Katch and McArdle (1973).

Females:

$$D_B = 1.08347 + 0.0006 (\text{var } 5) - 0.00151 (\text{var } 6) - 0.00097 (\text{var } 12)$$

Males:

$$D_B = 1.09665 - 0.00103 (\text{var } 5) - 0.00056 (\text{var } 6) - 0.00054 (\text{var } 8)$$

7. Lohman (1981).

Males:

$$D_B = 1.0982 - 0.000815 (\text{sum var } 5, 6, 8) + 0.00000084 (\text{sum var } 5, 6, 8)^2$$

8. Sloan, Burt, and Blyth (1962).

Females:

$$D_B = 1.0764 - 0.00081 (\text{var } 7s) - 0.00088 (\text{var } 5)$$

9. Sloan (1967).

Males:

$$D_B = 1.1043 - 0.001327 (\text{var } 12) - 0.00131 (\text{var } 6).$$

10. Wilmore and Behnke (1969).

Females:

$$D_B = 1.06234 - 0.00068 (\text{var } 6) - 0.00039 (\text{var } 5) - 0.00025 (\text{var } 12)$$

Males:

$$D_B = 1.1511 + 0.0007 (\text{var } 3) + 0.0015 (\text{var } 30) + 0.0006 (\text{var } 15) - 0.0019 (\text{var } 17) - 0.0012 (\text{var } 18)$$

11. Wright, Dotson, and Davis (1980).

Females:

- a) % BF = 14.866 + 0.167 (var 8) + 0.162 (var 12) + 0.217 (var 17)
+ 3.380 (var 27) + 0.274 (var 5)
- b) % BF = 0.707 + 1.051 (var 22) - 1.522 (var 23) - 0.879 (var 13)
+ 0.326 (var 17) + 0.597 (var 19)

Appendix 7.3 Residual Volumes

Prior to this research project, a study of residual volume (Pollock, personal communication) compared the helium and oxygen dilutions with the nitrogen washout method of determining residual volume. The characteristics of the subjects in this study were: five males and five females, average age of 22 ± 1.4 yrs, mean body mass 67.5 ± 9.8 kg, and mean stature 171.1 ± 7.3 cm.

The mean residual volume measurements are presented in Table 7.3a. The helium dilution method tended to yield higher RV values than the nitrogen washout method, while the oxygen dilution technique produced lower RV measurements. However all three methods demonstrated similar values of RV overall.

Table 7.3a Residual volume measurements* by oxygen dilution, helium dilution and nitrogen washout techniques in pre-study Group A.

Subject	Sex	RV _{O2}	RV _{he}	RV _{N2}
1	F	990	1242	801
2	F	974	1022	861
3	F	1087	1084	1201
4	F	1421	1772	1211
5	F	1745	2089	1575
6	M	1192	1469	1221
7	M	1309	1745	1538
8	M	1366	2134	1792
9	M	1204	1892	1495
10	M	1107	1568	1540
Mean		1239.5	1601.7	1323.5
<u>±SD</u>		232.5	395.4	321.5

* all values are in ml.

The mean, standard deviation and standard error of the forced vital capacity (FVC), residual volume (RV), body density (D_B), and body composition (%DF) of the various methods are given in Table 7.3b. The female RV measurements varied from 890 to 1625 ml., with a mean of 1252.5 ± 240.6 ml. The F value (Table 7.3c) for the females was quite large, indicating that there was a significant difference among the various measurements. The mean residual volume for the males was 1440.6 ± 180.9 ml., with a range of 1180 to 1810 ml. Again the large F value (Table 7.3c) indicated a significant difference among the various RV measurements.

Table 7.3b Forced vital capacity (FVC), residual volume (RV), body density (BD) and percent body fat (%BF) in pre-study Group A. Residual volume was measured by oxygen dilution (O₂), helium dilution (He), nitrogen washout (N₂) and predicted from Bass (1964), Goldman and Becklake (1959) and Wilmore (1969). (Values are means ± S.D.; n= 10).

Method	Sex	RV (ml)	BD* (g/cm ³)	BF** (%)
Helium	M [†]	1759±290.1	1.078±0.013	9.4±5.3
	F [†]	1437±459.1	1.055±0.011	19.5±5.1
Oxygen	M	1236±102.3	1.069±0.013	12.9±5.6
	F	1243±333.2	1.051±0.012	21.2±5.5
Nitrogen	M	1517±202.9	1.074±0.014	11.1±6.3
	F	1130±312.6	1.049±0.012	22.2±5.3
Bass ^a	M	1231±293.3	1.069±0.012	13.2±5.1
	F	891±67.5	1.044±0.009	24.2±4.2
Goldman ^b & Becklake	M	1672±181.7	1.076±0.012	10.2±5.1
	F	1625±143.1	1.058±0.11	18.1±5.1
Wilmore ^c	M	1182±281.5	1.068±0.012	13.5±5.1
	F	998±75.7	1.046±0.009	23.3±4.2

^aBass (1964).

M: RV(l) = 0.25 (FVC, l)
F: RV(l) = 0.25 (FVC, l)

^bGoldman and Becklake (1959).

M: RV(l) = 0.027(ht, cm) + 0.017(age, yr) - 3.447
F: RV(l) = 0.032(ht, cm) + 0.009(age, yr) - 3.900

^cWilmore (1969)

M: RV(l) = 0.24(FVC, l)
F: RV(l) = 0.28(FVC, l)

+ forced vital capacity (l)

M: 4.93 ± 1.17
F: 3.57 ± 0.27

* body density from hydrodensitometry

** % body fat predicted from Siri (1961)

These residual volumes were used to calculate body density. The females had a mean body density of $1.0507 \pm 0.0114 \text{ g/cm}^3$ with a range from 1.0440 to 1.0575 g/cm^3 . The mean body density for the male subjects was $1.0723 \pm 0.0130 \text{ g/cm}^3$ with a range of 1.0680 - 1.0783 g/cm^3 . Body composition from the calculations of Siri (1961) gave a mean relative body fat of $21.2 \pm 5.1\%$ (range 18.1 to 24.2%) for the females and $11.7 \pm 5.6\%$ (range 9.1 - 13.5%) for the males (Table 7.3b).

The F values of the body density and relative body fat were not significant for either females or males, as shown in Table 7.3c. The probability of the F values for females for D_B and %BF were 61 and 62% respectively. For the males, the corresponding probabilities were 95% and 96% for D_B and %BF, respectively.

Table 7.3c Significance (F ratio) and probability values for RV, BD and %BF in pre-study Group A.

Variable	Sex	F ratio	P
RV(l)	M	8.37	<.0001
	F	5.22	<.0001
BD(g/cm ²)	M	0.41	>.95
	F	0.81	>.50
BF(%)	M	0.40	>.95
	F	0.80	>.50

These results show that even though significant differences were found among the 3 methods of RV calculation, neither body density nor relative body fatness were significantly affected by variation in residual gas volume. A residual volume difference of 200 ml. creates a discrepancy in body density of 0.0032 g/cm^3 or 1.5 %BF. The variation among the methods was greater than this on two occasions (632 and 734 ml.), but the effects of these deviations were not significant when analyzed by ANOVA and Duncan's multiple range tests.

Due to the relatively small sample size used in the above study, an extended study of the two dilution methods was carried out. The results of the oxygen and helium dilution procedures for the determination of residual volume are shown in Table 7.3d. There is a slight but non-significant difference between the two procedures ($p < 0.05$); residual volumes for the total group ($N=36$) by the helium (RV_{He}) and oxygen (RV_{O_2}) dilutions were $1577 \pm 465.2 \text{ ml.}$ and $1483 \pm 442.5 \text{ ml.}$, respectively. The range of measurements were 900 - 2090 ml. and 930 - 2300 ml. for the RV_{He} and RV_{O_2} , respectively. The correlation coefficient between the two procedures was 0.85, and there was no significant difference between the volumes. The females ($N=18$) showed a slightly lower RV_{He} ($1283.4 \pm 232.5 \text{ ml.}$) than RV_{O_2} ($1349.5 \pm 347.8 \text{ ml.}$), a difference of 66 ml., ($r=0.89$), while the males ($N=18$) had a significantly larger RV_{He} ($1724.8 \pm 255.6 \text{ ml.}$) than with the oxygen dilution procedure ($1559.9 \pm 269.0 \text{ ml.}$), a difference of 165 ml., ($r=0.63$). Given that there was: (i) a non-significant difference between the results of the two methods, and (ii) the standardized methods of both procedures, the helium dilution method of Ogilvie et al. (1957) was chosen as the preferred method for the field study on the CF sample as was suggested by the American Thoracic Society (1979) and by Hackney and Deutsch (1985).

Table 7.3d Residual volume measurements for pre-study Group B, by helium and oxygen dilution techniques.

Females:	Age (yrs)	Stature (cm.)	Mass (kg.)	FVC (l.)	Oxygen (ml.)	Helium (ml.)
1	20	159.5	57.5	4.22	1030	1181
2	22	166.4	63.4	4.26	974	1022
3	23	170.3	67.5	5.07	1087	1084
4	23	168.2	54.6	4.94	1491	1772
5	24	167.4	58.1	4.72	1745	2089
6	16	168.7	59.7	4.62	1270	1231
7	14	167.0	59.3	4.27	1120	898
8	16	166.6	61.7	5.18	1660	1530
9	17	172.5	59.2	4.84	1560	2024
10	19	171.0	56.9	5.28	1580	1839
11	20	168.2	61.5	4.43	1269	1228
12	21	170.7	57.5	4.61	1373	1205
13	21	171.3	62.2	4.59	1295	1284
14	26	161.6	51.7	3.30	935	912
15	21	168.7	61.0	4.43	1242	1243
16	20	167.9	62.1	4.60	1190	1389
17	21	163.4	58.0	4.14	1099	1195
18	20	172.0	55.6	4.18	1181	1165
Mean	20.2	167.9	59.3	4.54	1283.4	1349.4
± S.D.	±2.9	± 3.4	±3.5	±0.45	±232.5	±347.8
Males:						
19	20	182.7	80.9	6.58	1192	1469
20	21	173.1	68.0	6.25	1309	1745
21	22	168.8	69.0	5.63	1459	1648
22	23	171.1	71.9	6.08	1204	1892
23	23	183.7	84.5	6.61	1145	1550
24	24	186.4	78.3	--	2070	2177
25	18	188.7	82.0	7.21	1830	2064
26	16	179.4	70.5	5.80	1430	1889
27	21	184.3	79.4	7.22	1684	1495
28	22	180.3	82.4	6.30	1450	1682
29	16	177.4	76.7	5.90	1482	1316
30	24	180.6	81.4	7.32	1760	1779
31	38	185.0	101.4	7.75	1809	1980
32	17	181.5	68.2	6.14	1448	1438
33	19	174.2	81.0	6.00	1397	1303
34	35	175.8	82.5	6.82	1903	2045
35	20	177.8	83.4	5.75	1551	1648
36	20	180.7	73.7	6.89	1950	1927
Mean	22.2	179.5	78.6	6.49	1559.6	1724.8
± S.D.	±5.6	± 5.3	±7.8	±0.61	±269.0	±255.6

Predicted Residual Volumes

In the first pre-study on residual volume procedures, various RV prediction methods from the literature were evaluated; results from three of these methods (Bass, 1964; Goldman and Becklake, 1959; and Wilmore, 1969) compared to the two dilution methods are shown in Table 7.3e.

Table 7.3e Cross-validation of three residual volume prediction equations on a sample on normal subjects (18 males and 18 females) in pre-study Group B.

RV Method	Mean (ml)	S.D. (ml)	S.E. (ml)
Females:			
Helium dilution	1349.5	347.8	82.0
Oxygen dilution	1283.4	232.5	54.8
Bass (1964)	1148.5	146.9	36.4
Goldman & Becklake (1959)	1653.4	109.4	25.8
Wilmore (1969)	1286.1	164.5	38.8
Males:			
Helium dilution	1724.8	255.6	60.4
Oxygen dilution	1559.9	269.0	63.4
Bass (1964)	1621.5	157.6	38.2
Goldman & Becklake (1959)	1764.5	177.5	41.8
Wilmore (1969)	1556.5	151.3	35.7

Appendix 7.4 Observer error and the reliability of anthropometric measurements.

Two reliability studies were carried in this research project: (i) an intra-observer reliability of the principal investigator, and (ii) an inter-observer reliability study which included three P.E.R.I. personnel from CFB Downsview, an experienced researcher from D.C.I.E.M., and the anthropometrist conducting the study, ie. a total of five observers.

Intra-observer reliability.

Table 7.4a shows the intra-observer reliability of the principal investigator for various anthropometric measurements. There are no significant differences between test and retest for any of the variables; the probabilities range from 0.72 for the upper arm circumference to 0.97 for the gluteal circumference and triceps skinfold.

Table 7.4a Intra-observer reliability of the principal investigator (RDF) (7 females and 6 males) (Values are means on pre-study Group C).

Variable	Females		Males		P
	Test	Retest	Test	Retest	
Circumferences:					
Knee	36.33	36.03			.82
Gluteal	95.93	96.03			.97
Abdomen	73.34	72.74	89.37	88.87	.90
Wrist	14.86	14.84	17.60	17.55	.96
Flexed Up. Arm			34.67	34.42	.83
Upper Arm			32.00	32.35	.72
Neck			38.80	38.77	.96
Skinfolds:					
Triceps	17.11	17.24	10.02	10.05	.97
Subscap	11.77	11.92	11.27	11.37	.94
Suprailiac	13.46	13.84	21.28	21.87	.92
Abdomen	11.74	11.81	17.45	16.63	.91
Ant. Thigh	25.33	25.51	15.00	15.48	.93
Sum of 3*	42.34	43.01	42.57	43.28	.92
Sum of 5**	79.41	80.34	75.02	75.40	.96

*Sum of 3 skinfolds equals triceps + subscapular + suprailiac

**Sum of 5 skinfolds equals triceps + subscapular + suprailiac + abdomen + anterior thigh.

Inter-observer reliability

A sample of thirteen individuals (7 females and 6 males) between the ages of 24 and 58 yrs. (13.0 ± 11.3 yrs.), averaging 69.1 ± 15.2 kg. of body mass (smallest female 47.3 kg., largest male 105.7 kg.) and 171.2 ± 9.9 cm. in stature (158.3 to 185.1 cm.) served as subjects. Each subject was measured at 5 skinfold sites (triceps, subscapular, suprailiac, abdomen and anterior thigh), and for either 4 circumferences (males: gluteal, knee, abdomen and wrist) or 5 circumferences (female: neck, abdomen, gluteal, flexed and relaxed upper arm girths).

Two sums of skinfolds were also evaluated: (i) sum of 3 skinfolds (triceps, subscapular, suprailiac), and (ii) sum of 5 skinfolds (triceps subscapular, suprailiac, abdomen, anterior thigh).

Each subject was measured at each of the five skinfold sites by each of the five investigators using Harpenden skinfold calipers. Each skinfold site was measured three times, and the mean of the closest two measures was recorded and used for the analysis of data. A repeated-measures design was employed with a $2 \times 2 \times 5$ factorial design (2 sexes, 2 trials, 5 observers). Thus, each subject was measured 10 times at each site. The 3 novice observers had previously been instructed by the principal anthropometrist (RDF) on two separate occasions plus a refresher immediately prior to the commencement of the testing. One of the observers had past experience in anthropometry and body composition assessment. All data were recorded individually by the observers, but all data forms were collected after each trial. The time between trials was not less than half an hour and usually about 45 minutes. The observers did not have access to the data for comparison purposes until after the total reliability study was completed. A repeated-measures analysis of variance was computed to determine the influence of the observer and the gender of the subject on the reliability of each skinfold measurement.

Each subject was also measured at each of 4 (males) or 5 (females) circumferences by each of the 5 observers using a steel Lufkin tape. A repeated-measures design was employed with a 2x5 factorial design. Thus, each subject was measured 10 times at each site. A repeated - measures analysis of variance was calculated to establish the differences between the 5 observers.

Table 7.4b summarizes the test-retest results for the 5 observers for each of the skinfold measurements and, Table 7.4c provides the reliability information on circumferences for the same 5 investigators.

Table 7.4b Test-retest reliability for five skinfold thickness measurements by observer (n=5) and by trial (n=2) on pre-study Group C (n=13).

Observer	Site/trial Triceps	Males	Females
1	1	9.75	16.21
	2	9.28	16.67
2	1	10.25	16.79
	2	10.50	16.44
3	1	9.25	16.39
	2	9.53	15.73
4	1	9.95	16.36
	2	9.83	16.31
5	1	10.02	17.11
	2	10.05	17.24
Subscapular			
1	1	11.53	12.63
	2	11.15	12.81
2	1	12.67	14.01
	2	12.78	13.29
3	1	12.98	11.94
	2	12.38	12.51
4	1	11.78	13.13
	2	11.80	13.10
5	1	11.27	11.77
	2	11.37	11.93
Suprailiac			
1	1	18.78	11.49
	2	18.15	12.07
2	1	19.60	13.89
	2	20.88	13.26
3	1	18.18	13.03
	2	19.03	12.21
4	1	17.57	08.71
	2	17.27	09.50
5	1	21.28	13.46
	2	21.87	13.84

		Abdomen		
1		1	14.10	10.83
		2	14.75	11.24
2		1	18.03	13.67
		2	17.57	13.84
3		1	15.80	12.44
		2	14.73	12.19
4		1	17.08	11.66
		2	16.60	11.93
5		1	17.45	11.74
		2	16.63	11.81
		Anterior thigh		
1		1	14.07	22.73
		2	14.42	23.03
2		1	17.27	25.42
		2	18.12	26.34
3		1	13.77	25.57
		2	14.38	24.30
4		1	16.25	25.29
		2	16.77	25.26
5		1	15.00	25.33
		2	15.48	25.51
		Sum 3 SF		
1		1	40.07	40.33
		2	38.58	41.56
2		1	42.52	44.69
		2	44.17	42.99
3		1	40.52	41.36
		2	40.95	40.46
4		1	39.30	38.20
		2	38.90	38.91
5		1	42.57	42.34
		2	43.28	43.01
		Sum 5 SF		
1		1	68.23	73.89
		2	67.75	75.83
2		1	77.82	83.79
		2	79.85	83.17
3		1	70.08	79.37
		2	70.07	76.94
4		1	72.63	75.14
		2	72.27	76.10
5		1	75.02	79.41
		2	75.40	80.34

Table 7:4c Test-retest reliability of 7 circumference measurements by observer (N=5) and by trial (N=2). (Values are means).

Observer	Trial	Sites				
		Knee	Hip	Abdomen	Wrist	
Females:						
		Knee	Hip	Abdomen	Wrist	
1	1	35.6	94.3	73.6	15.3	
	2	36.1	95.8	72.8	15.2	
2	1	35.2	95.2	73.4	15.1	
	2	36.0	94.9	73.6	15.1	
3	1	36.0	94.9	71.2	15.3	
	2	37.1	95.1	72.9	15.4	
4	1	35.6	95.1	71.8	14.5	
	2	35.3	94.9	72.0	14.4	
5	1	36.3	95.9	73.3	14.9	
	2	36.0	96.0	72.7	14.8	
Total		35.93	95.21	72.73	15.00	
Males:						
		Abdomen	Wrist	Fl.Up.Arm	Up.Arm	Neck
1	1	89.0	17.9	34.6	32.6	39.0
	2	89.2	17.8	34.2	32.0	38.7
2	1	88.4	17.3	34.4	31.9	39.0
	2	88.8	17.5	34.4	32.7	38.6
3	1	89.6	17.8	34.6	31.8	40.4
	2	89.8	17.9	34.5	31.9	39.8
4	1	87.0	16.8	33.3	31.4	38.6
	2	86.7	16.8	33.7	30.5	38.0
5	1	89.4	17.6	34.7	32.0	38.8
	2	88.9	17.6	34.4	32.4	38.8
Total		88.67	17.48	34.28	31.91	38.95

Tables 7.4d (i,ii) and 7.4e show the significance (F ratio) and the probability values from the ANOVA tables for the skinfold and circumference reliability data.

Table 7.4d (i) Significance (F ratio) and probability from ANOVA for skinfold measurements (triceps, subscapular, suprailiac, abdomen, anterior thigh).

Sources of Variation	Triceps		Subscap.		Suprail.		Abdomen		Thigh	
	F	P	F	P	F	P	F	P	F	P
Sex	6.27	.03	0.10	.76	2.12	.17	1.41	.26	4.59	.06
Observer	2.11	.10	3.62	.01	5.47	.00	5.38	.00	5.62	.00
Trial	0.41	.53	0.16	.69	0.79	.39	0.34	.57	0.45	.52
(Sex) (Obs)	0.54	.71	1.43	.24	0.44	.78	1.15	.35	1.19	.33
(Sex) (Tri)	0.13	.72	0.49	.50	0.43	.52	1.67	.22	0.45	.52
(Obs) (Tri)	0.24	.92	0.15	.96	0.13	.97	0.80	.53	1.77	.16
(Sex) (Obs) (Tri)	1.54	.21	0.69	.60	1.62	.19	0.23	.92	1.31	.29

Table 7.4d (ii) Significance (F ratio) and probability from ANOVA for the sums of three and five skinfolds, ie. triceps, subscapular, and suprailiac plus abdomen and anterior thigh.

Sources of Variation	Sum of 3		Sum of 5	
	F	P	F	P
Sex	0.00	.97	0.12	.74
Observer	6.24	.00	9.01	.00
Trial	0.11	.75	0.21	.66
(Sex) (Obs)	0.29	.89	0.65	.65
(Sex) (Tri)	0.26	.74	0.02	.88
(Obs) (Tri)	0.16	.96	0.45	.77
(Sex) (Obs) (Tri)	1.43	.25	0.75	.57

Table 7.4e Significance (F ratio) and probability from ANOVA for seven circumferences (knee, gluteal, abdomen, wrist, flexed upper arm, upper arm, and neck).

Sources of Variation	Knee		Gluteal		Abdomen		Wrist	
	F	P	F	P	F	P	F	P
Observer	1.78	.17	1.44	.25	2.95	.03	19.53	.00
Trial	4.83	.07	1.75	.23	0.08	.79	0.08	.78
(Obs) (Tri)	4.46	.01	2.64	.07	2.16	.10	0.42	.95
	Fl.Up.Arm		Upper Arm		Neck			
	F	P	F	P	F	P		
Observer	3.42	.03	5.21	.01	4.86	.01		
Trial	0.04	.85	0.02	.89	3.21	.13		
(Obs) (Tri)	1.00	.44	1.37	.29	0.54	.71		

SAS
SEX=F
UNIVARIATE

12:13 TUESDAY, FEBRUARY 25, 1986 1

VARIABLE=SUM55F

MOMENTS			
N	124	SUM MGTS	124
MEAN	94.1363	SUM	11672.9
STD DEV	33.0341	VARIANCE	1091.25
SKEWNESS	0.801215	KURTOSIS	0.33714
USS	1233048	CSS	134224
CV	35.0918	STD MEAN	2.96255
T:MEAN=0	31.7326	PROB> T	0.0001
SGH RANK	3875	PROB> S	0.0001
NUM = 0	124		

QUANTILES(DEF=4)			
100% MAX	192.3	99%	190.325
75% Q3	112.55	95%	162.15
50% MED	92.8	90%	140.4
25% Q1	67.65	10%	54.9
0% MIN	41.8	5%	50.55
		1%	42.5
RANGE	150.5		
Q3-Q1	44.9		
MODE	92.8		

EXTREMES	
LOWEST	HIGHEST
41.8	171.8
44.6	171.8
46.2	154.4
48	184.4
48.2	192.3

MISSING VALUE
COUNT 1
% COUNT/NOBSS 0.80

SAS
SEX=M
UNIVARIATE

12:13 TUESDAY, FEBRUARY 25, 1986 12

VARIABLE=AGE

MOMENTS			
N	155	SUM MGTS	155
MEAN	36.18	SUM	5607.9
STD DEV	11.6072	VARIANCE	131.159
SKEWNESS	0.214648	KURTOSIS	-1.00442
USS	221552	CSS	18658.9
CV	30.4252	STD MEAN	0.884122
T:MEAN=0	40.9219	PROB> T	0.0001
SGH RANK	6045	PROB> S	0.0001
NUM = 0	155		

QUANTILES(DEF=4)			
100% MAX	63.263	99%	63.8457
75% Q3	44.674	95%	43.4781
50% MED	36.2274	90%	30.8137
25% Q1	28.3041	10%	22.0373
0% MIN	19.9123	5%	20.777
		1%	19.9553
RANGE	43.3507		
Q3-Q1	19.1699		
MODE	50.8137		

EXTREMES	
LOWEST	HIGHEST
19.9123	54.6329
19.989	57.7445
20.3918	58.5671
20.4603	62.5178
20.6192	63.263

UNIVARIATE

VARIABLE=8MI

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	155	SUM MGTS	155	100% MAX	35.3669	99%	34.833	LOWEST	HIGHEST
MEAN	25.4724	SUM	3979.25	75% Q3	27.6343	95%	30.5381	18.0166	32.3242
STD DEV	3.01624	VARIANCE	9.09743	50% MED	25.2508	90%	29.2436	19.7487	32.7128
SKEWNESS	0.342641	KURTOSIS	0.290851	25% Q1	23.2241	10%	21.9895	20.0803	32.7285
USS	103557	CSS	1401.04	0% MIN	18.0166	5%	21.042	20.2501	34.4135
CV	11.749	STD MEAN	0.242271	RANGE	17.3502	1%	18.9866	20.4314	35.3669
T:MEAN=0	105.966	PROB> T	0.0001	Q3-Q1	4.40823				
SGM RANK	6045	PROB> S	0.0001	MODE	21.8237				
NUM = 0	155								

UNIVARIATE

VARIABLE=0ENSITY1

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	147	SUM MGTS	147	100% MAX	1.09416	99%	1.09318	LOWEST	HIGHEST
MEAN	1.05489	SUM	155.049	75% Q3	1.06624	95%	1.08136	1.01448	1.08957
STD DEV	0.0144023	VARIANCE	.000207587	50% MED	1.05516	90%	1.07667	1.01968	1.09032
SKEWNESS	0.0248422	KURTOSIS	-0.390742	25% Q1	1.04334	10%	1.03082	1.02338	1.0915
USS	143.621	CSS	0.0402354	0% MIN	1.01448	5%	1.02725	1.02348	1.09212
CV	1.5737	STD MEAN	0.00136354	RANGE	0.0796805	1%	1.01698	1.02385	1.09416
T:MEAN=0	770.436	PROB> T	0.0001	Q3-Q1	0.0229053				
SGM RANK	5432	PROB> S	0.0001	MODE	1.01448				
NUM = 0	147								

MISSING VALUE
COUNT 8
% COUNT/NOBS 5.16

SAS
SEX=M
UNIVARIATE

VARIABLE=PERFAT1

MOMENTS		
N	147	SUM WGT'S
MEAN	19.1273	SUM
STD DEV	6.82039	VARIANCE
SKEWNESS	0.0480168	KURTOSIS
USS	40572	CS
CV	35.6579	STD MEAN
T:MEAN=0	34.0019	PROB> T
SGN RANK	5439	PROB> S
NUM	147	

QUANTILES(DEF=4)		
100% MAX	36.2777	99%
75% Q3	23.8173	95%
50% MED	18.9093	90%
25% Q1	14.428	10%
0% MIN	3.47231	5%
		1%
RANGE	32.8054	
Q3-Q1	9.40936	
MODE	3.47231	

EXTREMES	
LOWEST	HIGHEST
3.47231	36.2777
4.25384	32.3167
4.49091	32.3609
4.94456	33.9774
5.23061	36.2777

MISSING VALUE
COUNT 8
% COUNT/NOBS 5.16

SAS
SEX=M
UNIVARIATE

VARIABLE=FATMASS

MOMENTS		
N	147	SUM WGT'S
MEAN	15.2834	SUM
STD DEV	6.78129	VARIANCE
SKEWNESS	0.609267	KURTOSIS
USS	41050.4	CS
CV	44.3704	STD MEAN
T:MEAN=0	27.3283	PROB> T
SGN RANK	5439	PROB> S
NUM	147	

QUANTILES(DEF=4)		
100% MAX	40.324	99%
75% Q3	19.5738	95%
50% MED	14.562	90%
25% Q1	10.0594	10%
0% MIN	2.4202	5%
		1%
RANGE	37.9038	
Q3-Q1	9.51438	
MODE	2.4202	

EXTREMES	
LOWEST	HIGHEST
2.4202	40.324
3.0134	39.6026
3.23717	31.8966
3.37375	34.3511
3.52052	40.174

MISSING VALUE
COUNT 8
% COUNT/NOBS 5.16

UNIVARIATE

VARIABLE=DENSITY

MOMENTS			QUANTILES(DEF=4)			EXTREMES			
N	18	SUM HGTS	18	100% MAX	1.06194	99%	1.06194	LOWEST	HIGHEST
MEAN	1.03618	SUM	18.6513	75% Q3	1.0479	95%	1.06194	1.00598	1.04777
STD DEV	0.0123702	VARIANCE	.000153021	50% MED	1.03423	90%	1.05055	1.02421	1.04827
SKEWNESS	-0.217133	KURTOSIS	1.40424	25% Q1	1.02885	10%	1.02239	1.02736	1.04884
USS	19.3287	CSS	0.00260136	0% MIN	1.00598	5%	1.00598	1.02839	1.04928
CV	1.19382	STD MEAN	0.00291568	RANGE	0.0559647	1%	1.00598	1.02901	1.06194
T:MEAN=0	355.383	PROB> T	0.0001	Q3-Q1	0.0150449				
SGN RANK	85.5	PROB> S	.000214092	MODE	1.00598				
NUM = 0	18								
				MISSING VALUE					
				COUNT			4		
				% COUNT/NOBS			18.18		

UNIVARIATE

VARIABLE=PERFAT1

MOMENTS			QUANTILES(DEF=4)			EXTREMES			
N	18	SUM HGTS	18	100% MAX	40.21	99%	40.21	LOWEST	HIGHEST
MEAN	27.1168	SUM	488.102	75% Q3	30.2284	95%	40.21	16.3683	30.1662
STD DEV	8.25714	VARIANCE	27.6375	50% MED	27.875	90%	32.9522	21.6201	30.4029
SKEWNESS	0.30729	KURTOSIS	1.52691	25% Q1	22.1379	10%	21.0949	21.7408	30.8164
USS	13705.6	CSS	469.837	0% MIN	16.3684	5%	16.3683	21.9997	32.1492
CV	19.387	STD MEAN	1.23912	RANGE	23.8417	1%	16.3683	22.184	40.21
T:MEAN=0	21.8839	PROB> T	0.0001	Q3-Q1	8.08742				
SGN RANK	85.5	PROB> S	.000214092	MODE	16.3683				
NUM = 0	18								
				MISSING VALUE			4		
				COUNT			18.18		
				% COUNT/NOBS			18.18		

VARIABLE=FATMASS

MOMENTS

N	18	SUM HGTS	18
MEAN	18.0755	SUM	325.359
STD DEV	6.10025	VARIANCE	37.2131
SKEWNESS	0.773953	KURTOSIS	1.53975
USS	65.1364	CVS	632.622
CV	33.7487	STD MEAN	1.43784
T:MEAN=O	12.5713	PROB> T	0.0001
SGM RANK	85.5	PROB> S	.000214092
NUM ** 0	18		

QUANTILES(DEF=4)

100% MAX	34.1383	99%	34.1383
75% Q3	26.2535	95%	34.1383
50% MED	17.6167	90%	24.4922
25% Q1	12.9684	10%	10.9131
0% MIN	7.97139	5%	7.97139
		1%	7.97139
RANGE	26.1669		
Q3-Q1	9.2851		
MODE	7.97139		

EXTREMES

LOWEST	HIGHEST
7.97139	22.1774
11.24	22.482
11.5451	22.9546
12.3418	23.4205
13.1773	34.1383

MISSING VALUE
COUNT 4
% COUNT/NOBS 18.18

VARIABLE=SUM2SF

MOMENTS

N	22	SUM HGTS	22
MEAN	42.7	SUM	939.4
STD DEV	13.573	VARIANCE	184.228
SKEWNESS	0.159919	KURTOSIS	0.121293
USS	43981.4	CVS	3868.78
CV	31.78	STD MEAN	2.89378
T:MEAN=O	14.7558	PROB> T	0.0001
SGM RANK	126.5	PROB> S	0.0001
NUM ** 0	22		

QUANTILES(DEF=4)

100% MAX	73.8	99%	73.8
75% Q3	51	95%	72.0599
50% MED	43.5	90%	60.64
25% Q1	34.9	10%	22.4
0% MIN	18.6	5%	19.08
		1%	18.6
RANGE	55.2		
Q3-Q1	16.1		
MODE	18.6		

EXTREMES

LOWEST	HIGHEST
18.6	51.6
21.8	56.4
27.4	57
28	62.2
	73.8

VARIABLE=BMI

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	60	SUM MGTS	60	100% MAX	32.4661	99%	32.4661	LOWEST	HIGHEST
MEAN	22.3945	SUM	1343.67	75% Q3	23.6463	95%	27.4393	17.9568	26.093
STD DEV	2.89722	VARIANCE	8.39387	50% MED	22.0663	90%	25.5659	18.2105	27.3942
SKEWNESS	1.28477	KURTOSIS	2.88358	25% Q1	20.4681	10%	18.7487	18.3087	27.4417
USS	30925.9	CSS	495.239	0% MIN	17.9568	5%	18.3119	18.3721	31.9682
CV	12.9372	STD MEAN	0.374029	RANGE	14.5093	1%	17.9568	18.4795	32.4661
T:MEAN=0	49.8735	PROB> T	0.0001	Q3-Q1	3.17819				
SGN RANK	915	PROB> S	0.0001	MODE	17.9568				
NUM = 0	60								

VARIABLE=DENSITY

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	53	SUM MGTS	53	100% MAX	1.07314	99%	1.07314	LOWEST	HIGHEST
MEAN	1.04538	SUM	55.4053	75% Q3	1.05775	95%	1.06753	1.00741	1.0633
STD DEV	0.0149251	VARIANCE	.000222758	50% MED	1.04612	90%	1.06244	1.00794	1.06431
SKEWNESS	-0.210372	KURTOSIS	0.0155674	25% Q1	1.03473	10%	1.02445	1.01727	1.06627
USS	57.9313	CSS	0.0115834	0% MIN	1.00741	5%	1.01447	1.02302	1.07049
CV	1.42771	STD MEAN	0.00205012	RANGE	0.0657326	1%	1.00741	1.02439	1.07314
T:MEAN=0	509.914	PROB> T	0.0001	Q3-Q1	0.0230203				
SGN RANK	715.8	PROB> S	0.0001	MODE	1.00741				
NUM = 0	53								

MISSING VALUE
COUNT 1
% COUNT/NOBS 11.67

VARIABLE=PERFATI

MOMENTS			
N	53	SUM HGTS	53
MEAN	23.2415	SUM	1231.3
STD DEV	6.26789	VARIANCE	39.2864
SKEWNESS	0.580129	KURTOSIS	0.138797
USS	30671.9	CSS	2042.89
CV	26.9685	STD M^2 AM	0.86096
T:MEAN=0	26.9949	PROB> T	0.0001
SGN RANK	715.5	PROB> S	0.0001
NUM = 0	53		

QUANTILES(DEF=4)			
100% MAX	39.5413	99%	39.5413
75% Q3	27.6474	95%	36.4166
50% MED	22.8788	90%	32.0723
25% Q1	18.0971	10%	16.1091
0% MIN	11.8991	5%	14.0695
		1%	11.8991
RANGE	27.6422		
Q3-Q1	9.5503		
MODE	11.8991		

EXTREMES	
LOWEST	HIGHEST
11.8991	32.1307
12.8891	32.6292
14.5753	35.1641
15.44	39.3394
15.7668	39.5413

MISSING VALUE
COUNT 1
% COUNT/NOBS 11.67

VARIABLE=FATMASS

MOMENTS			
N	53	SUM HGTS	53
MEAN	14.4702	SUM	766.919
STD DEV	5.45819	VARIANCE	29.7918
SKEWNESS	1.027	KURTOSIS	1.09762
USS	12644.6	CSS	1549.17
CV	37.7202	STD MEAN	0.749739
T:MEAN=0	19.3003	PROB> T	0.0001
SGN RANK	715.5	PROB> S	0.0001
NUM = 0	53		

QUANTILES(DEF=4)			
100% MAX	30.4094	99%	30.4093
75% Q3	17.1977	95%	26.2211
50% MED	13.0683	90%	22.8689
25% Q1	10.4711	10%	8.38428
0% MIN	5.87814	5%	7.43422
		1%	5.87814
RANGE	24.5312		
Q3-Q1	6.72663		
MODE	5.87814		

EXTREMES	
LOWEST	HIGHEST
5.87814	23.7965
7.16634	24.3412
7.53474	24.8797
8.07261	30.0514
8.19674	30.4093

MISSING VALUE
COUNT 1
% COUNT/NOBS 11.67

UNIVARIATE

VARIABLE=DENSITY

MOMENTS		SUM MGTS	
N	35	SUM	36.2911
MEAN	1.03689	VARIANCE	.000246261
STD DEV	0.0156927	KURTOSIS	-0.740139
SKEWNESS	0.207513	CSS	0.00837287
USS	37.6382	STD MEAN	0.00265255
CV	1.51344	PROB> I	0.0001
T:MEAN=0	390.902	PROB> S	0.0001
SGN RANK	315		
NUM = 0	35		

QUANTILES(DEF=4)			
100% MAX	1.06463	99%	1.06463
75% Q3	1.04947	95%	1.06347
50% MED	1.03337	90%	1.06264
25% Q1	1.02555	10%	1.01794
0% MIN	1.00805	5%	1.00917
		1%	1.00805
RANGE	0.0565819		
Q3-Q1	0.0238158		
MODE	1.00805		

EXTREMES	
LOWEST	HIGHEST
1.00805	1.05933
1.00944	1.06254
1.01329	1.06281
1.02037	1.06318
1.02051	1.06463

MISSING VALUE
COUNT 8
% COUNT/NOBS 18.60

UNIVARIATE

VARIABLE=PERFAT1

MOMENTS		SUM MGTS	
N	35	SUM	939.479
MEAN	26.8423	VARIANCE	43.954
STD DEV	6.62978	KURTOSIS	-0.726303
SKEWNESS	-0.156532	CSS	1494.44
USS	26712.2	STD MEAN	1.12064
CV	24.699	PROB> I	0.0001
T:MEAN=0	23.9527	PROB> S	0.0001
SGN RANK	315		
NUM = 0	35		

QUANTILES(DEF=4)			
100% MAX	39.3029	99%	39.3029
75% Q3	31.5015	95%	38.8084
50% MED	28.2693	90%	35.0699
25% Q1	21.4213	10%	16.1192
0% MIN	15.305	5%	15.7377
		1%	15.305
RANGE	23.9979		
Q3-Q1	10.0801		
MODE	15.305		

EXTREMES	
LOWEST	HIGHEST
15.305	33.8008
15.8459	33.821
16.0208	36.9433
16.1703	38.6848
17.3879	39.3029

MISSING VALUE
COUNT 8
% COUNT/NOBS 18.60

VARIABLE=FATMASS

MOMENTS			
N	35	SUM HGTS	35
MEAN	17.0006	SUM	595.02
STD DEV	6.03259	VARIANCE	36.3922
SKEWNESS	0.650956	KURTOSIS	0.269275
USS	1.1353	CS	1237.33
CV	35.4846	STD MEAN	1.01969
T:MEAN=0	16.6722	PROB> T	0.0001
SGM RANK	315	PROB> S	0.0001
NUM = 0	35		

QUANTILES(DEF=4)			
100% MAX	32.4178	99%	32.4178
75% Q3	20.0349	95%	30.7469
50% MED	17.1911	90%	25.8962
25% Q1	12.0602	10%	1.2657
0% MIN	8.06798	5%	8.60493
		1%	8.06798
RANGE	24.3499		
Q3-Q1	7.97472		
MODE	8.06798		

EXTREMES	
LOWEST	HIGHEST
8.06798	24.1675
8.73917	26.208
8.87369	27.9292
9.52683	30.0667
9.76685	32.4178

MISSING VALUE
COUNT 3
% COUNT/NOBS 18.60

VARIABLE=SUM2SF

MOMENTS			
N	43	SUM HGTS	43
MEAN	39.5767	SUM	1701.8
STD DEV	15.851	VARIANCE	251.255
SKEWNESS	0.445623	KURTOSIS	-0.763482
USS	7790.4	CS	10522.7
CV	40.0514	STD MEAN	2.41726
T:MEAN=0	16.3726	PROB> T	0.0001
SGM RANK	473	PROB> S	0.0001
NUM = 0	43		

QUANTILES(DEF=4)			
100% MAX	75.8	99%	75.8
75% Q3	49.6	95%	67.13
50% MED	35.8	90%	64.08
25% Q1	27.2	10%	19.48
0% MIN	16.4	5%	17.16
		1%	16.4
RANGE	59.4		
Q3-Q1	22.4		
MODE	27.2		

EXTREMES	
LOWEST	HIGHEST
16.4	62.4
17	65.2
17.8	66
18.6	67.4
20.8	75.8

UNIVARIATE

VARIABLE=HEIGHT

MOMENTS				QUANTILES (DEF=4)				EXTREMES	
N	61	SUM MGTS	61	100% MAX	189.3	99%	189.3	LOWEST	HIGHEST
MEAN	174.108	SUM	10620.6	75% Q3	178.5	95%	188.23	157.9	186.5
STD DEV	6.94032	VARIANCE	48.1681	50% MED	174.4	90%	182.96	161	187.6
SKEWNESS	0.101412	KURTOSIS	0.00104111	25% Q1	169.55	10%	164.36	162	188.3
USS	1852024	CSS	2890.09	0% MIN	157.9	5%	162.08	162.8	188.8
CV	3.98621	STD MEAN	0.888617			1%	157.9	163.5	189.3
T:MEAN=0	195.932	PROB> T	0.0001	RANGE	31.4				
SGN RANK	945.5	PROB> S	0.0001	Q3-Q1	8.95				
NUM = 0	61			MODE	167.5				

UNIVARIATE

VARIABLE=HEIGHT

MOMENTS				QUANTILES (DEF=4)				EXTREMES	
N	61	SUM MGTS	61	100% MAX	125.4	99%	125.4	LOWEST	HIGHEST
MEAN	79.518	SUM	4850.6	75% Q3	85.1	95%	88.57	59.8	97.2
STD DEV	11.852	VARIANCE	140.469	50% MED	80.2	90%	92.92	60.6	97.4
SKEWNESS	0.965446	KURTOSIS	2.35898	25% Q1	70.75	10%	65.28	62.7	98.7
USS	394138	CSS	8428.13	0% MIN	59.8	5%	62.7	62.7	99.9
CV	14.9047	STD MEAN	1.51749			1%	59.8	64.2	125.4
T:MEAN=0	52.4011	PROB> T	0.0001	RANGE	65.6				
SGN RANK	945.5	PROB> S	0.0001	Q3-Q1	14.35				
NUM = 0	61			MODE	82.5				

VARIABLE=BMI

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	61	SUM MGTS	61	100% MAX	35.3669	99%	35.3669	LOWEST	HIGHEST
MEAN	26.1821	SUM	1597.11	75% Q3	27.6573	95%	32.1355	18.0166	30.3186
STD DEV	3.08501	VARIANCE	9.51731	50% MED	26.7249	90%	29.8722	20.2801	30.4381
SKEWNESS	0.144999	KURTOSIS	0.829509	25% Q1	24.1661	10%	23.3451	21.8237	32.3242
USS	42386.8	CS	571.039	0% MIN	18.0166	5%	21.8237	21.8237	32.7285
CV	11.7829	STD MEAN	0.394996			1%	18.0166	22.2669	35.3679
T-MEAN=0	66.2846	PROB> T	0.0001	RANGE	17.3502				
SGN RANK	945.2	PROB> S	0.0001	Q3-Q1	3.4912				
NUM = 0	61			MODE	21.8237				

VARIABLE=DENSITY

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	55	SUM MGTS	55	100% MAX	1.07047	99%	1.07047	LOWEST	HIGHEST
MEAN	1.04911	SUM	57.7008	75% Q3	1.05957	95%	1.07007	1.01483	1.0669
STD DEV	0.0139664	VARIANCE	.000184046	50% MED	1.05132	90%	1.06658	1.02418	1.06833
SKEWNESS	-0.343202	KURTOSIS	-0.658816	25% Q1	1.03908	10%	1.03009	1.02732	1.07004
USS	60.8442	CS	0.0099385	0% MIN	1.01483	5%	1.02669	1.02762	1.07018
CV	1.29314	STD MEAN	0.00182929			1%	1.01483	1.02935	1.07047
T-MEAN=0	573.505	PROB> T	0.0001	RANGE	0.055643				
SGN RANK	770	PROB> S	0.0001	Q3-Q1	0.0204954				
NUM = 0	55			MODE	1.01483				
				MISSING VALUE					
				COUNT		6			
				% COUNT/NOBS		9.84			

UNIVARIATE

VARIABLE=PERFAT1

MOMENTS

N	55	SUM HGTS	55
MEAN	21.7031	SUM	1193.67
STD DEV	5.63454	VARIANCE	31.748
SKEWNESS	0.392225	KURTOSIS	-0.591222
USS	27620.7	CSS	1714.38
CV	25.9619	STD MEAN	0.759761
T:MEAN=0	28.5657	PROB> T	0.0001
SGM RANK	770	PROB> S	0.0001
NUM == 0	55		

QUANTILES(DEF=4)

100% MAX	36.2777	99%	36.2777
75% Q3	25.8482	95%	31.1261
50% MED	20.6197	90%	29.6383
25% Q1	17.3531	10%	14.5085
0% MIN	13.0305	5%	13.1024
		1%	13.0305

EXTREMES

LOWEST	HIGHEST
13.0305	29.7472
13.102	30.7138
13.1025	30.8686
13.8329	32.1583
14.408	36.2777

RANGE 23.2472
Q3-Q1 9.4951
MODE 13.0305

MISSING VALUE COUNT 6
% COUNT/NOBS 9.84

UNIVARIATE

VARIABLE=FATHASS

MOMENTS

N	55	SUM HGTS	55
MEAN	17.7249	SUM	975.418
STD DEV	6.36116	VARIANCE	40.4644
SKEWNESS	0.947946	KURTOSIS	1.30328
USS	19484	CSS	2185.08
CV	35.8681	STD MEAN	0.857739
T:MEAN=0	20.6763	PROB> T	0.0001
SGM RANK	770	PROB> S	0.0001
NUM == 0	55		

QUANTILES(DEF=4)

100% MAX	40.324	99%	40.324
75% Q3	22.7509	95%	27.8625
50% MED	16.2905	90%	25.5437
25% Q1	12.9762	10%	10.369
0% MIN	8.60011	5%	9.70101
		1%	8.60011

EXTREMES

LOWEST	HIGHEST
8.60011	25.6309
9.66926	27.1032
9.70894	27.4274
10.0047	29.6026
10.0594	40.324

RANGE 31.7239
Q3-Q1 9.77472
MODE 8.60011

MISSING VALUE COUNT 6
% COUNT/NOBS 9.84

UNIVARIATE

VARIABLE=DENSITY

MOMENTS		SUM MGTS	
N	56	SUM	56
MEAN	1.06216	SUM	59.4812
STD DEV	0.0171312	VARIANCE	.000293477
SKEWNESS	-0.129166	KURTOSIS	-0.40353
USS	63.1949	CSS	0.0161413
CV	1.61286	STD MEAN	0.00228925
T:MEAN=0	463.779	PROB> T	0.0001
SGN RANK	798	PROB> S	0.0001
NUM	0		

QUANTILES(DEF=4)			
100% MAX	1.0948	99%	1.0948
75% Q3	1.07566	95%	1.09212
50% MED	1.06371	90%	1.08568
25% Q1	1.05035	10%	1.03685
0% MIN	1.0236	5%	1.03062
		1%	1.0236
RANGE	0.071194		
Q3-Q1	0.0253077		
MODE	1.0236		

EXTREMES	
LOWEST	HIGHEST
1.0236	1.09013
1.02775	1.09078
1.03113	1.09202
1.03241	1.09267
1.03259	1.0948

MISSING VALUE
COUNT 1
% COUNT/NOBS 1.75

UNIVARIATE

VARIABLE=PERFAT1

MOMENTS		SUM MGTS	
N	56	SUM	56
MEAN	16.3467	SUM	915.416
STD DEV	6.93956	VARIANCE	48.1575
SKEWNESS	0.202582	KURTOSIS	-0.358133
USS	17612.7	CSS	2648.66
CV	42.4523	STD MEAN	0.927338
T:MEAN=0	17.6276	PROB> T	0.0001
SGN RANK	798	PROB> S	0.0001
NUM	0		

QUANTILES(DEF=4)			
100% MAX	32.3609	99%	32.3609
75% Q3	21.0704	95%	29.3627
50% MED	15.5847	90%	25.957
25% Q1	10.861	10%	6.82163
0% MIN	3.47231	5%	4.45535
		1%	3.47231
RANGE	28.8886		
Q3-Q1	10.2095		
MODE	3.47231		

EXTREMES	
LOWEST	HIGHEST
3.47231	28.5261
4.25384	28.596
4.49091	29.1445
4.94456	30.6187
5.23061	32.3609

MISSING VALUE
COUNT 1
% COUNT/NOBS 1.75

VARIABLE=BMI

MOMENTS			QUANTILES(DEF=4)				EXTREMES		
N	37	SUM WGTs	37	100% MAX	34.4136	90%	34.4135	LOWEST	HIGHEST
MEAN	26.1136	SUM	966.197	75% Q3	27.6081	95%	32.8828	20.7715	28.3564
STD DEV	2.88992	VARIANCE	8.35162	50% MED	26.2929	90%	30.0951	20.7779	29.891
SKEWNESS	0.688292	KURTOSIS	1.28975	25% Q1	24.2348	10%	22.9077	21.8077	30.9115
USS	25531.4	CSS	300.658	0% MIN	20.7715	5%	20.7782	23.1827	32.7128
CV	11.0668	STD MEAN	0.475099	RANGE	13.642	1%	20.7715	23.2625	34.4135
T:MEAN=0	54.9641	PROB>T	0.0001	Q3-Q1	3.37326				
SGN RANK	351.5	PROB>S	0.0001	MODE	20.7715				
NUM = 0	37								

VARIABLE=DENSITY

MOMENTS			QUANTILES(DEF=4)				EXTREMES		
N	36	SUM WGTs	36	100% MAX	1.08134	99%	1.08134	LOWEST	HIGHEST
MEAN	1.05442	SUM	37.9591	75% Q3	1.06865	95%	1.08075	1.02001	1.07646
STD DEV	0.016561	VARIANCE	.000274266	50% MED	1.06529	90%	1.0776	1.02393	1.07698
SKEWNESS	-0.148281	KURTOSIS	-0.78459	25% Q1	1.04164	10%	1.03107	1.03065	1.07907
USS	40.0345	CSS	0.0095993	0% MIN	1.02002	5%	1.02335	1.03124	1.08065
CV	1.57062	STD MEAN	0.00276016	RANGE	0.0613249	1%	1.02001	1.03453	1.08134
T:MEAN=0	382.014	PROB>T	0.0001	Q3-Q1	0.0270078				
SGN RANK	333	PROB>S	0.0001	MODE	1.02001				
NUM = 0	36								

MISSING VALUE
COUNT 1
% COUNT/NOBS 2.70

VARIABLE=PERFATI

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	36	SUM MGTS	36	100% MAX	33.9774	99%	33.9774	LOWEST	HIGHEST
MEAN	19.5174	SUM	702.625	75% Q3	24.7149	95%	32.5658	8.67181	27.6871
STD DEV	6.81424	VARIANCE	46.4338	50% MED	19.0797	90%	29.2332	8.94554	29.1527
SKENNESS	0.206411	KURTOSIS	-0.741856	25% Q1	13.6439	10%	10.0704	9.58147	29.421
USS	15338.6	CSS	1625.18	0% MIN	8.67181	5%	8.90448	10.28	32.3167
CV	34.9137	STD MEAN	1.13571	RANGE	25.3056	1%	8.67181	10.5298	33.9774
T:MEAN=0	17.1852	PROB> T	0.0001	Q3-Q1	11.071				
SGN RANK	333	PROB> S	0.0001	MODE	8.67181				
NUM = 0	36			MISSING VALUE					
				COUNT					
				% COUNT/NOBS	2.70				

VARIABLE=FATMASS

MOMENTS				QUANTILES(DEF=4)				EXTREMES	
N	36	SUM MGYS	36	100% MAX	34.3511	99%	34.3511	LOWEST	HIGHEST
MEAN	15.7035	SUM	565.326	75% Q3	18.8129	95%	32.2648	5.48058	24.0601
STD DEV	6.8705	VARIANCE	47.2038	50% MED	15.2819	90%	25.0367	6.10086	24.2135
SKENNESS	0.829484	KURTOSIS	0.681481	25% Q1	9.95447	10%	7.07581	6.75493	26.9577
USS	10929.7	CSS	1652.13	0% MIN	5.48058	5%	6.00782	7.2129	31.8966
CV	43.7514	STD MEAN	1.14508	RANGE	28.8706	1%	5.48058	8.95807	34.3511
T:MEAN=0	13.7138	PROB> T	0.0001	Q3-Q1	8.85838				
SGN RANK	333	PROB> S	0.0001	MODE	5.48058				
NUM = 0	36			MISSING VALUE					
				COUNT					
				% COUNT/NOBS	2.70				

SEX=F

NAME		AGE		HEIGHT		WEIGHT		HAIR		EYES	
1	SAMKINS	28	61	54.0	147.5	137.0	140.0	BRN	BLU	BLU	BLU
2	GOULLET	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU
3	BRUNET	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU
4	HILLIER	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU
5	DYCK	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU
6	TASCO	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU
7	GIBBSON	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU
8	TRUMAH	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU
9	CLAYTON	32	62	60.0	140.0	134.0	105.0	BRN	BLU	BLU	BLU

SAS

SEX=F

NAME		AGE		HEIGHT		WEIGHT		HAIR		EYES	
1	MINDAL	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
2	LOVOL	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
3	HUNT	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
4	MINDAL	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
5	LOVOL	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
6	HUNT	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
7	MINDAL	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
8	LOVOL	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU
9	HUNT	29	53	32.6	114.7	100.0	101.0	BRN	BLU	BLU	BLU

SEX=M

WPO	M	M	O	M	M	F	H	T	M	T	F	T	T	B	A
1	0.21028	1.92312	3.2011	0.21028	28.0416	31.029	60.824	74.000	18.22	27.10	51.55	31.55	51.88	143.22	89.78
2	1.87801	2.84728	3.5554	1.87801	19.6022	29.999	59.000	82.33	17.53	39.00	48.55	37.22	61.22	176.88	87.88
3	0.70814	4.47311	3.0220	0.70814	15.8257	24.9624	51.111	76.66	18.77	30.44	47.99	33.11	60.22	170.66	107.00
4	1.45114	4.47311	3.0220	1.45114	15.8257	24.9624	51.111	76.66	18.77	30.44	47.99	33.11	60.22	170.66	107.00
5	0.60272	0.60570	10.4286	0.60272	17.0497	17.0497	31.544	72.22	17.77	28.22	43.11	33.11	52.22	130.00	74.22
6	2.88250	1.31754	4.4286	2.88250	17.0497	17.0497	31.544	72.22	17.77	28.22	43.11	33.11	52.22	130.00	74.22
7	0.44858	0.89939	3.3480	0.44858	21.0617	21.0617	42.111	78.00	17.77	28.22	43.11	33.11	52.22	130.00	74.22
8	0.73817	1.77730	1.0391	0.73817	16.2541	16.2541	32.222	78.00	17.77	28.22	43.11	33.11	52.22	130.00	74.22
9	1.96079	2.99963	1.0388	1.96079	27.0369	27.0369	55.555	77.77	18.18	30.30	48.48	35.35	66.66	175.55	115.55

SEX=F

WPO	N	R	B	B	H	M	H	L	H	H	H	S	C	C	A	T	A	
10	MCDONALD	1	1	29	11	41	58	0	1	176	132	168	1	1	1	1	1	1
11	BECKER	1	1	24	8	7	7	1	1	114	92	92	1	1	1	1	1	1
12	KIRBY	4	6	7	7	51	60	0	0	130	92	92	1	1	1	1	1	1
13	PARENT	4	6	7	7	51	60	0	0	130	92	92	1	1	1	1	1	1
14	RIMMER	3	3	1	1	12	48	69	0	180	135	135	1	1	1	1	1	1
15	SIMMONS	3	3	1	1	12	48	69	0	180	135	135	1	1	1	1	1	1
16	HALL	1	1	1	1	6	64	65	0	142	115	115	1	1	1	1	1	1
17	LAFRANCE	1	2	1	1	11	10	6	0	1	1	1	1	1	1	1	1	1
18	REMUS	7	1	11	6	40	64	0	0	115	92	92	1	1	1	1	1	1

SEX=F

OS	H	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	10	7	11	12	13	14	15	16	17	18								
11	10	7	11	12	13	14	15	16	17	18								
12	10	7	11	12	13	14	15	16	17	18								
13	10	7	11	12	13	14	15	16	17	18								
14	10	7	11	12	13	14	15	16	17	18								
15	10	7	11	12	13	14	15	16	17	18								
16	10	7	11	12	13	14	15	16	17	18								
17	10	7	11	12	13	14	15	16	17	18								
18	10	7	11	12	13	14	15	16	17	18								

OS	A	B	C	H	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	0.000000			0.000000	1.21706	0.994295	1.03397	1.03366	1.03289	1.03283	1.03364	1.03008	1.02939								
11	0.284253	0.458474	0.174223	0.174223	2.18680	0.994227	1.05824	1.06838	1.07987	1.07269	1.05738	1.06249	1.07436								
12	0.000000			0.000000	0.76908	0.994913	1.02224	1.03918	1.04147	1.02817	1.02192	1.03386	1.03614								
13	0.377647	0.476847	0.099200	0.099200	1.08835	0.994501	1.05713	1.04783	1.07553	1.07514	1.05674	1.04298	1.07014								
14			0.044342	0.044342	1.43721	0.994501	1.00944	1.01256	1.02520	1.00909	1.00909	1.00954	1.02187								
15	0.299164	0.062098	0.23704	0.062098	1.34699	0.994707	1.03772	1.03708	1.04433	1.04556	1.03724	1.03644	1.03964								
16	0.058942	0.075387	0.014445	0.014445	0.94833	0.994707	1.03455	1.04147	1.04114	1.03297	1.03424	1.03717	1.03688								
17	0.009351			0.009366	1.17443	0.994776	1.03555	1.04283	1.04268	1.04268	1.03511	1.03814	1.03813								
18																					

OS	D	P	P	P	P	X	Y	Z	M	E	P	T	P	P
10	1.02959	27.7864	27.9167	28.2492	28.2750	0.3325	0.35831	0.02583	0.02583	28.2621	27.9280	29.4556	29.7520	29.6661
11	1.06745	17.6490	13.5613	9.0901	11.8312	4.5511	1.72008	2.83106	1.72008	12.6912	18.0023	15.8422	11.1715	13.9250
12	1.02347	32.8580	25.5706	24.6008	30.2772	0.9698	4.70641	5.67642	0.96981	25.0557	32.9993	27.8318	26.8620	32.3200
13	1.06983	18.1009	13.7699	10.7058	10.8519	3.0640	2.91797	0.14606	0.14606	10.7789	18.2694	15.7248	12.8466	12.9710
14		38.5241	37.1307	31.5651		5.5655		5.56255	5.56255	34.3479	38.6848	38.4815	33.0188	
15	1.04075	49.1873	36.4622	23.4008	22.8864	3.0614	3.57585	0.51441	0.51441	23.1436	26.3938	28.3548	25.3761	24.9077
16	1.02898	49.5361	34.6043	24.7408	28.2143	0.1365	3.21002	3.47349	0.13653	24.6726	27.6713	26.4201	26.5436	29.9289
17	1.03810	27.1115	24.0298	24.0931	24.0956	0.0634	0.04581	0.00246	0.00246	24.0943	27.2996	26.0124	26.0165	26.0242
18														

SEX=F

OS	M	N	O	H	E	H	T	T	H	F	T	T	T	T	T	T	T	T
10	0.2964	0.21050	0.08590	0.08590	29.7091	30.19	68.9	82.2	18.8	29.5	53.2	36.5	7.6	70.2	172.0	103.8	-6607	42.0326
11	4.6707	1.91715	2.75353	1.91715	14.8836	28.0	52.2	77.5	17.2	47.4	34.4	33.2	4.5	51.6	129.0	75.2	205	23.3699
12	0.9698	4.48903	5.45884	0.96981	27.3489	26.0	52.2	74.7	16.6	47.2	33.2	4.5	4.5	68.0	206.0	114.6	-3099	32.4766
13	2.8782	2.75333	0.12436	0.12436	12.9088	25.4	60.6	74.8	17.8	25.6	46.7	31.9	31.9	91.8	140.0	82.6	570	22.3466
14	5.4627		8.46248	8.46248	35.7502	32.1	86.1	81.0	18.0	25.6	46.7	31.9	31.9	91.8	140.0	82.6	-4047	35.0544
15	2.9786	3.44706	0.46842	0.46842	25.1419	29.5	54.1	74.7	16.6	27.3	46.4	32.1	46.6	72.4	165.0	102.6	1614	16.5744
16	0.1237	3.50877	3.38508	0.12379	26.4820	29.5	54.1	75.0	17.2	29.1	49.4	31.4	5.2	72.4	165.0	102.6	1614	16.5744
17	0.0041	0.01617	0.01207	0.00410	26.0145	30.5	57.9	75.4	17.9	27.5	46.0	35.3	5.0	73.8	187.2	111.2	-1177	27.1544
18					25.0	50.0	57.9	76.3	18.2	29.6	46.9	33.8	4.5	51.8	137.8	92.6	-7143	43.5744

SEX=M

MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME		
19	EMELL	19	ADOMENI	19	TRUNKHGT	19	143.6	20	131.6	20	131.3	20	134.3	20	133.3	20	127.7	20	127.7	20	147.9	20	128.8
20	HOOPER	20	ADOMENI	20	TRUNKHGT	20	131.3	20	134.3	20	133.3	20	127.7	20	127.7	20	147.9	20	128.8	20	128.8	20	147.9
21	BEATON	21	ADOMENI	21	TRUNKHGT	21	134.3	21	133.3	21	127.7	21	127.7	21	147.9	21	128.8	21	128.8	21	147.9	21	128.8
22	BLAISE	22	ADOMENI	22	TRUNKHGT	22	133.3	22	127.7	22	127.7	22	147.9	22	128.8	22	128.8	22	147.9	22	128.8	22	147.9
23	FAWLER	23	ADOMENI	23	TRUNKHGT	23	127.7	23	147.9	23	128.8	23	128.8	23	147.9	23	128.8	23	147.9	23	128.8	23	147.9
24	RUITER	24	ADOMENI	24	TRUNKHGT	24	147.9	24	128.8	24	128.8	24	147.9	24	128.8	24	128.8	24	147.9	24	128.8	24	147.9
25	SEPP	25	ADOMENI	25	TRUNKHGT	25	128.8	25	147.9	25	128.8	25	147.9	25	128.8	25	147.9	25	128.8	25	147.9	25	128.8
26	FINN	26	ADOMENI	26	TRUNKHGT	26	147.9	26	128.8	26	128.8	26	147.9	26	128.8	26	147.9	26	128.8	26	147.9	26	128.8
27	PARRISH	27	ADOMENI	27	TRUNKHGT	27	128.8	27	147.9	27	128.8	27	147.9	27	128.8	27	147.9	27	128.8	27	147.9	27	128.8

SEX=F

MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME	MSBO	NAME
19	EMELL	19	ADOMENI	19	TRUNKHGT	19	143.6	20	131.6	20	131.3	20	134.3	20	133.3	20	127.7	20	127.7	20	147.9	20	128.8
20	HOOPER	20	ADOMENI	20	TRUNKHGT	20	131.3	20	134.3	20	133.3	20	127.7	20	127.7	20	147.9	20	128.8	20	128.8	20	147.9
21	BEATON	21	ADOMENI	21	TRUNKHGT	21	134.3	21	133.3	21	127.7	21	127.7	21	147.9	21	128.8	21	128.8	21	147.9	21	128.8
22	BLAISE	22	ADOMENI	22	TRUNKHGT	22	133.3	22	127.7	22	127.7	22	147.9	22	128.8	22	128.8	22	147.9	22	128.8	22	147.9
23	FAWLER	23	ADOMENI	23	TRUNKHGT	23	127.7	23	147.9	23	128.8	23	128.8	23	147.9	23	128.8	23	147.9	23	128.8	23	147.9
24	RUITER	24	ADOMENI	24	TRUNKHGT	24	147.9	24	128.8	24	128.8	24	147.9	24	128.8	24	128.8	24	147.9	24	128.8	24	147.9
25	SEPP	25	ADOMENI	25	TRUNKHGT	25	128.8	25	147.9	25	128.8	25	147.9	25	128.8	25	147.9	25	128.8	25	147.9	25	128.8
26	FINN	26	ADOMENI	26	TRUNKHGT	26	147.9	26	128.8	26	128.8	26	147.9	26	128.8	26	147.9	26	128.8	26	147.9	26	128.8
27	PARRISH	27	ADOMENI	27	TRUNKHGT	27	128.8	27	147.9	27	128.8	27	147.9	27	128.8	27	147.9	27	128.8	27	147.9	27	128.8

SEX=F

MEMO	M	M	O	M	F	H	T	TOTAL	M	U	T	T	F	T	TOTAL	T	R	A
19	0.71188	2.12436	1.41253	0.71183	27.7240	31.1	1.1	82.0	18.8	28.7	52.4	34.2	6.6	117.2	213.4	126.0	-4317	35
20	0.9992	4.05540	6.94385	0.40554	11.9579	33.3	2.2	73.1	16.7	27.0	48.5	32.2	4.8	81.3	98.2	84.0	-8557	47
21	0.9550	2.77254	3.72750	0.9554	15.5090	33.7	1.0	76.2	17.6	30.0	51.7	32.0	4.6	81.3	98.0	84.0	-1831	28
22	0.2871	0.64988	1.37276	0.0000	26.4469	29.2	3.3	77.3	18.2	27.7	47.8	33.0	4.5	81.3	98.0	84.0	-3282	32
23	1.4474	1.24739	1.19998	0.0000	27.5176	31.1	1.1	80.2	19.9	30.4	48.4	33.8	4.5	81.3	98.0	84.0	-4993	21
24	7.5583	6.51879	1.03950	0.0000	29.9473	31.0	1.0	81.6	17.5	27.7	47.9	32.2	3.7	81.3	98.0	84.0	-1053	26
25	13.1149	4.17551	8.94942	0.0000	35.9725	30.4	0.4	74.7	17.7	28.5	44.4	35.6	2.8	81.3	98.0	84.0	-1923	29
26	1.4272	0.31252	1.11469	0.31252	35.9725	30.4	0.4	74.7	17.7	28.5	44.4	35.6	2.8	81.3	98.0	84.0	-1923	29

SEX=F

MEMO	NAME	TRIP	PRO	DOB	B	R	H	T	TOTAL	M	U	T	F	T	TOTAL	T	R	A
28	ROCHON	1	1	24	7	57	63	0	0	58.0	TRENTON	101	158	6	6	58	0	0
29	FUTTER	2	1	24	7	61	62	0	0	0	TRENTON	102	157	1	1	55	0	0
30	HILLIAMS	1	1	23	3	60	60	0	0	0	TRENTON	103	157	1	1	55	0	0
31	ROMAT	1	1	23	3	60	60	0	0	0	TRENTON	104	164	2	2	63	0	0
32	GAUDREAU	1	1	23	3	60	60	0	0	0	TRENTON	105	161	2	2	62	0	0
33	MILSON	1	1	23	3	60	60	0	0	0	TRENTON	106	161	2	2	62	0	0
34	MACDONALD	1	1	23	3	60	60	0	0	0	TRENTON	107	151	1	1	51	0	0
35	TANGELIN	1	1	22	2	60	60	0	0	0	TRENTON	108	151	1	1	51	0	0
36	ENGLISH	1	1	22	2	60	60	0	0	0	TRENTON	109	151	1	1	51	0	0

SAS

SEX=F

SWB	28	29	30	31	32	33	34	35	36
28	11.30	6.27	11.30	6.31	11.30	6.31	11.30	6.31	11.30
29	11.30	7.20	11.30	7.40	11.30	7.40	11.30	7.40	11.30
30	11.30	7.88	11.30	7.88	11.30	7.88	11.30	7.88	11.30
31	11.40	7.00	11.40	7.00	11.40	7.00	11.40	7.00	11.40
32	11.40	7.88	11.40	7.88	11.40	7.88	11.40	7.88	11.40
33	11.40	6.80	11.40	6.80	11.40	6.80	11.40	6.80	11.40
34	11.40	7.88	11.40	7.88	11.40	7.88	11.40	7.88	11.40
35	11.50	7.68	11.50	7.68	11.50	7.68	11.50	7.68	11.50
36	11.50	7.68	11.50	7.68	11.50	7.68	11.50	7.68	11.50

SWB	A	B	C	DENSITY	DENSITY	DENSITY	DENSITY	DENSITY	DENSITY
28	0.066575	0.011933	0.054641	0.011933	0.011933	0.011933	0.011933	0.011933	0.011933
29	0.051106	0.202801	0.151695	0.051106	0.051106	0.051106	0.051106	0.051106	0.051106
30	0.096074	0.186954	0.090880	0.096074	0.096074	0.096074	0.096074	0.096074	0.096074
31	0.176525	0.134796	0.041779	0.176525	0.176525	0.176525	0.176525	0.176525	0.176525
32	0.051013	0.129850	0.180863	0.051013	0.051013	0.051013	0.051013	0.051013	0.051013
33	0.261714	0.236041	0.025173	0.261714	0.261714	0.261714	0.261714	0.261714	0.261714
34	0.055235	0.115897	0.171132	0.055235	0.055235	0.055235	0.055235	0.055235	0.055235
35	0.056813	0.046822	0.007991	0.056813	0.056813	0.056813	0.056813	0.056813	0.056813
36	0.121392	0.035611	0.085781	0.121392	0.121392	0.121392	0.121392	0.121392	0.121392

SWB	DENSITY	DENSITY	DENSITY	DENSITY	DENSITY	DENSITY	DENSITY	DENSITY	DENSITY
28	1.03396	27.5197	23.5180	25.6547	25.6648	2.13677	2.14682	0.01004	0.01004
29	1.03505	21.3569	19.8889	22.4195	22.4167	0.72595	0.72312	0.00284	0.00284
30	1.04740	19.8727	17.4820	20.3827	18.3702	0.39380	0.41254	0.39380	0.39380
31	1.04762	24.8478	17.4820	20.8594	19.9289	3.37761	2.44684	0.93078	0.93078
32	1.04534	20.1894	18.1790	17.6274	21.1006	0.55163	2.92159	3.47322	0.55163
33	1.03440	20.5246	23.1634	20.8350	25.3330	2.32836	2.21695	2.16965	2.16965
34	1.03047	28.2483	28.1503	25.0255	27.3341	3.12476	0.81614	3.30862	0.81614
35	1.05653	19.4259	12.5141	21.6671	16.1042	8.75296	3.19004	3.56293	3.19004
36	1.04629	20.6799	.	19.9235	20.4116	.	.	0.48818	0.48818

SAS

SEX=F

SWB	M	M	O	MINFAT	EXP FAT	HEAD HG	TRUNK L	TOTAL LG	HAND L	UPPER ML	THIGH L	THIGH R	FOOT HG	TSDM	TOTAL F	TSF	BIR	AGE
28	2.15939	2.24050	0.08112	0.08112	27.75C7	26.2	55.3	77.1	17.0	29.3	46.9	37.0	4.1	68.0	180.6	111.8	-89	26.372c
29	0.65047	0.62776	0.02291	0.02291	27.33A5	27.6	53.4	76.1	18.4	28.4	46.2	35.5	5.4	45.0	103.6	64.6	377	22.892c
30	0.43190	1.52983	1.96174	0.43190	22.205E	33.4	76.2	76.2	18.3	29.3	44.7	34.4	4.7	39.8	187.0	109.2	-73E	23.2E2c
31	0.38642	2.47767	0.90875	0.90875	22.4806	27.9	79.9	79.9	17.1	28.2	49.7	37.7	3.3	49.6	127.4	78.4	-1007	26.4E2c
32	0.43253	2.97969	3.41222	0.43253	19.782E	30.8	80.6	80.6	17.3	27.9	49.3	35.8	4.4	50.0	112.4	73.8	-1955	29.0E2c
33	2.2624C	2.22445	4.50685	2.22445	26.489E	29.9	77.7	77.7	16.5	28.5	50.2	35.5	4.1	64.4	104.0	104.0	-367E	36.5E2c
34	0.05153	3.7810E	0.65521	0.7810E	29.6757	30.8	80.9	80.9	16.7	27.2	45.0	35.1	6.0	81.0	165.0	92.8	-502E	37.69E2c
35	0.62959	3.0743E	0.52276	0.52276	16.8094	27.7	55.0	55.0	16.7	28.4	46.3	36.0	5.1	55.4	139.4	92.8	58E	22.326c

SAS

SEX=F

WBO	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ	AR	AS	AT	AU	AV	AW	AX	AY	AZ
46	4.70	11.35	6.74	4.43	3.53	494	26	2.68	2.68	1.45	2.49	1.40539	26.98	2.13550	1.38403																									
47	6.53	11.35	6.57	4.51	3.87	371	26	2.23	1.78	1.19	0.68	1.42472	26.98	1.45992	1.42219																									
48	6.60	11.35	6.60	4.32	3.41	341	26	1.84	2.20	0.43	0.88	1.42425	26.98	1.74936	1.9559																									
49	6.71	11.36	6.92	4.38	3.20	320	26	1.60	0.60	1.19	0.45	1.47425	26.98	1.54238	1.46314																									
50	6.80	11.36	7.00	4.38	3.22	322	26	1.60	1.61	1.48	0.68	1.40319	26.98	1.45209	1.40854																									
51	6.90	11.36	7.10	4.38	3.22	322	26	1.60	1.61	1.48	0.68	1.40319	26.98	1.57741	1.69905																									
52	7.00	11.36	7.20	4.38	3.22	322	26	1.60	1.61	1.48	0.68	1.40319	26.98	1.57741	1.44422																									
53	7.10	11.36	7.30	4.38	3.22	322	26	1.60	1.61	1.48	0.68	1.40319	26.98	1.57741	1.45762																									
54	7.20	11.36	7.40	4.38	3.22	322	26	1.60	1.61	1.48	0.68	1.40319	26.98	1.57741	1.45762																									

WBO	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
46	0.730115	0.751473	0.021358	0.021358	1.39471	0.997111	1.04777	1.03684	1.05830	1.04856	1.04724	1.03197	1.05298													
47	0.087653	0.062273	0.025381	0.025381	1.53488	0.997111	1.02901	1.02711	1.02849	1.01400	1.02843	1.02247														
48	0.459870	0.206231	0.253639	0.206231	1.87247	0.997111	1.03151	1.03182	1.02849	1.02962	1.03097	1.02794	1.02499													
49	0.068132	0.079246	0.011114	0.011114	1.46869	0.997111	1.03902	1.03503	1.03753	1.03656	1.03847	1.03004	1.03254													
50	0.048898	0.043529	0.005368	0.005368	1.40588	0.997111	1.04928	1.04230	1.04235	1.03827	1.04860	1.03703	1.03744													
51	0.023716	0.121642	0.097974	0.023716	1.58976	0.997111	1.04928	1.04230	1.04235	1.03827	1.04860	1.03703	1.03744													
52	0.460073	0.048886	0.411184	0.048886	1.61976	0.997111	1.04827	1.05036	1.04780	1.04740	1.04769	1.04532	1.04274													
53	0.248509	0.254041	0.005532	0.005532	1.46037	0.997111	1.04827	1.05036	1.04780	1.04740	1.04769	1.04532	1.04274													
54	1.04819	0.061416	0.043401	0.043401	1.42418	0.997111	1.03237	1.03116	1.03169	1.03245	1.03184	1.02677	1.02699													

WBO	DENSITY Z	PERF A	PERF A	PERF A	PERF A	X	Y	Z	MINF A	EXPP A	PERF A	PERF A	PERF A	PERF A	PERF A	PERF A
46	1.04341	21.9641	26.5621	17.6257	21.6338	8.93639	4.92836	4.00803	4.00803	19.4298	22.1840	28.6442	19.8071	23.7852		
47	1.00967	29.9183	30.7365	30.1427	36.4921	1.43518	8.75555	0.48827	5.75555	33.6143	30.1662	32.7590	38.4225	38.4225		
48	1.02615	28.8392	28.7075	30.1427	29.6545	1.43518	8.75555	0.48827	0.48827	29.8986	29.0715	30.3788	31.6601	31.1532		
49	1.03155	25.6371	27.3322	26.2704	26.6798	1.06183	0.65242	0.40941	0.40941	26.4751	25.8715	29.4729	28.3994	28.8205		
50	1.03331	21.3359	24.2527	24.2312	25.9532	0.02157	1.70045	1.72202	0.02157	24.2419	21.6201	26.4819	26.3076	28.0683		
51	1.04235	21.7558	20.8890	21.9532	22.1170	1.06419	1.22806	0.16387	0.16387	22.0351	21.9997	22.9875	24.0668	24.2347		
52	1.07079	28.4703	28.9808	28.7622	28.4359	0.21859	0.54485	0.32627	0.21859	28.8715	28.6991	30.8850	30.7886	30.3788		

SAS

SEX=F

WBO	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ	AR	AS	AT	AU	AV	AW	AX	AY	AZ
46	8.83703	4.85297	3.97806	3.97806	3.97806	21.7962	26.3	62.6	77.0	17.6	29.7	48.9	35.2	5.4	56.6	146.2	93.6	-644U	41.5753																					
47	1.28131	5.65346	0.50688	0.50688	35.5906	31.4	32.3	55.2	80.8	16.5	28.5	46.2	32.3	6.9	86.2	152.6	92.6	-647I	41.6603																					
48	1.07350	0.77443	0.42108	0.42108	31.4067	29.1	29.8	59.0	72.3	17.2	28.0	44.4	32.9	4.5	45.2	167.2	103.6	-682J	42.6219																					
49	1.07350	0.65242	0.42108	0.42108	28.6100	29.1	29.8	59.0	72.3	17.2	28.0	44.4	32.9	4.5	45.2	167.2	103.6	-682J	42.6219																					
50	0.17420	1.58642	1.76062	0.17420	26.3948	29.3	29.8	59.0	72.3	17.2	28.0	44.4	32.9	4.5	45.2	167.2	103.6	-682J	42.6219																					
51	1.07922	1.24643	0.16721	0.16721	24.1504	29.0	29.8	59.0	72.3	17.2	28.0	44.4	32.9	4.5	45.2	167.2	103.6	-682J	42.6219																					
52	1.07922	1.24643	0.16721	0.16721	24.1504	29.0	29.8	59.0	72.3	17.2	28.0	44.4	32.9	4.5	45.2	167.2	103.6	-682J	42.6219																					
53	1.07922	1.24643	0.16721	0.16721	24.1504	29.0	29.8	59.0	72.3	17.2	28.0	44.4	32.9	4.5	45.2	167.2	103.6	-682J	42.6219																					
54	0.09646	0.50629	0.40923	0.09646	30.8368	29.0	29.8	59.0	72.3	17.2	28.0	44.4	32.9	4.5	45.2	167.2	103.6	-682J	42.6219																					

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SEX=H

SOB	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ	AR	AS	AT	AU	AV	AW	AX	AY	AZ
135	0.033967	0.111291	0.077323	0.033967	1.29164	0.994295	1.03453	1.04595	1.03142	1.04331	1.03420	1.04277	1.02662	0.033967	0.111291	0.077323	0.033967	1.29164	0.994295	1.03453	1.04595	1.03142	1.04331	1.03420	1.04277	1.02662	0.033967	0.111291	0.077323	0.033967	1.29164	0.994295	1.03453	1.04595	1.03142	1.04331	1.03420	1.04277	1.02662	0.033967	0.111291	0.077323	0.033967	1.29164	0.994295	1.03453	1.04595	1.03142	1.04331	1.03420	1.04277	1.02662
136	0.082515	0.208439	0.125224	0.082515	1.21528	0.994330	1.06371	1.07915	1.08149	1.08222	1.06283	1.07450	1.07713	0.082515	0.208439	0.125224	0.082515	1.21528	0.994330	1.06371	1.07915	1.08149	1.08222	1.06283	1.07450	1.07713	0.082515	0.208439	0.125224	0.082515	1.21528	0.994330	1.06371	1.07915	1.08149	1.08222	1.06283	1.07450	1.07713	0.082515	0.208439	0.125224	0.082515	1.21528	0.994330	1.06371	1.07915	1.08149	1.08222	1.06283	1.07450	1.07713
137	0.150995	0.205196	0.000000	0.150995	1.98573	0.000000	1.06089	1.07572	1.07024	1.05149	1.06027	1.06093	1.06505	0.150995	0.205196	0.000000	0.150995	1.98573	0.000000	1.06089	1.07572	1.07024	1.05149	1.06027	1.06093	1.06505	0.150995	0.205196	0.000000	0.150995	1.98573	0.000000	1.06089	1.07572	1.07024	1.05149	1.06027	1.06093	1.06505	0.150995	0.205196	0.000000	0.150995	1.98573	0.000000	1.06089	1.07572	1.07024	1.05149	1.06027	1.06093	1.06505
138	0.000000	.	.	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308	0.000000	.	.	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308	0.000000	.	.	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308	0.000000	.	.	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308
139	0.140329	0.081268	0.221997	0.081268	2.1074	0.994604	1.07018	1.05283	1.05283	1.05356	1.04840	1.05095	1.04924	0.140329	0.081268	0.221997	0.081268	2.1074	0.994604	1.07018	1.05283	1.05283	1.05356	1.04840	1.05095	1.04924	0.140329	0.081268	0.221997	0.081268	2.1074	0.994604	1.07018	1.05283	1.05283	1.05356	1.04840	1.05095	1.04924	0.140329	0.081268	0.221997	0.081268	2.1074	0.994604	1.07018	1.05283	1.05283	1.05356	1.04840	1.05095	1.04924
140	0.078527	0.056378	0.134906	0.056378	2.10445	0.994501	1.04232	1.05248	1.04619	1.05282	1.04950	1.04940	1.04222	0.078527	0.056378	0.134906	0.056378	2.10445	0.994501	1.04232	1.05248	1.04619	1.05282	1.04950	1.04940	1.04222	0.078527	0.056378	0.134906	0.056378	2.10445	0.994501	1.04232	1.05248	1.04619	1.05282	1.04950	1.04940	1.04222	0.078527	0.056378	0.134906	0.056378	2.10445	0.994501	1.04232	1.05248	1.04619	1.05282	1.04950	1.04940	1.04222
141	0.188748	0.303467	0.116717	0.303467	1.34676	0.994501	1.07698	1.05548	1.04328	1.05081	1.04170	1.05136	1.04222	0.188748	0.303467	0.116717	0.303467	1.34676	0.994501	1.07698	1.05548	1.04328	1.05081	1.04170	1.05136	1.04222	0.188748	0.303467	0.116717	0.303467	1.34676	0.994501	1.07698	1.05548	1.04328	1.05081	1.04170	1.05136	1.04222	0.188748	0.303467	0.116717	0.303467	1.34676	0.994501	1.07698	1.05548	1.04328	1.05081	1.04170	1.05136	1.04222
142	0.396975	0.611058	0.214082	0.396975	1.92238	0.994570	1.05732	1.06295	1.06295	1.05652	1.05688	1.05687	1.05336	0.396975	0.611058	0.214082	0.396975	1.92238	0.994570	1.05732	1.06295	1.06295	1.05652	1.05688	1.05687	1.05336	0.396975	0.611058	0.214082	0.396975	1.92238	0.994570	1.05732	1.06295	1.06295	1.05652	1.05688	1.05687	1.05336	0.396975	0.611058	0.214082	0.396975	1.92238	0.994570	1.05732	1.06295	1.06295	1.05652	1.05688	1.05687	1.05336
143	0.000000	0.000000	0.000000	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308	0.000000	0.000000	0.000000	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308	0.000000	0.000000	0.000000	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308	0.000000	0.000000	0.000000	0.000000	1.28675	0.000000	1.02418	1.03268	1.02544	1.02165	1.02385	1.03004	1.02308

SEX=M

SOB	M	N	O	MINFAT	EXPPAT	HEADHC	TRUNKL	TALFC	HANDL	UPARM	THICHL	THICHL2	FOOTHC	THOM	TOTALS	TST	TR	ACC
135	6.0266	1.27721	4.75144	1.27721	24.6937	31.4	61.4	84.7	17.6	32.5	52.3	37.5	7.0	201.2	115.8	-2691	31.3	
136	1.0325	3.8956	1.85717	1.03846	10.5929	32.1	85.7	73.0	17.6	32.5	48.3	37.5	6.1	139.8	81.8	334	22.8	
137	1.6681	5.9656	7.63990	1.6806	15.7201	32.1	78.6	86.5	19.3	30.8	49.9	36.1	8.8	103.8	64.4	-748	44.6	
138	0.0192	4.6902	1.67105	1.67105	33.3250	30.0	70.0	81.7	19.3	31.3	51.2	33.9	8.8	125.6	200.4	-783	44.5	
139	0.7078	0.31779	0.39000	0.31779	20.8046	30.0	30.0	30.0	19.3	32.8	52.2	37.3	4.1	66.2	102.6	-39	24.0	
140	0.2959	8.38101	3.13513	3.13513	14.4652	30.0	62.7	81.7	18.7	29.9	49.9	36.1	4.1	56.2	85.8	-654	41.8	
141	0.4987	1.85363	4.18353	1.85363	21.4000	30.0	62.7	81.7	18.7	29.9	49.9	36.1	4.1	97.4	73.0	-446	36.8	
142	1.5832	4.86494	3.28178	1.5832	10.4000	30.0	62.7	81.7	18.7	29.9	49.9	36.1	4.1	97.4	60.3	-509	37.8	
143	2.4829	2.3040	0.17813	0.17813	19.5511	35.0	60.0	87.4	20.4	34.9	56.1	42.7	6.0	62.6	154.8	-6429	41.5	

SEX=M

SWO	NAME	144	145	146	147	148	149	150	151	152
144	ROBERTSON	1	1	24	48	70				
145	MACDIARMID	1	1	29	44	76				
146	KING	1	1	24	48	76				
147	BOUREAL	3	3	12	24	40				
148	PERCIVAL	1	1	12	24	40				
149	HITU	1	1	13	26	44				
150	TATEM	1	1	18	36	60				
151	STODDART	1	1	18	36	60				
152	TETRAULT	2	2	21	42	72				

SEX=M

SWO	NAME	144	145	146	147	148	149	150	151	152
144	ROBERTSON	1	1	24	48	70				
145	MACDIARMID	1	1	29	44	76				
146	KING	1	1	24	48	76				
147	BOUREAL	3	3	12	24	40				
148	PERCIVAL	1	1	12	24	40				
149	HITU	1	1	13	26	44				
150	TATEM	1	1	18	36	60				
151	STODDART	1	1	18	36	60				
152	TETRAULT	2	2	21	42	72				

SEX=M

162	163	164	165	166	167	168	169	170
GEDDIS	MCGINLAY	LOHRY	BOUCHNER	PRENDERGAST	BRAKE	LOHNIK	RICHTER	COLTON
2	1	1	2	1	1	1	1	1
179.8	173.0	178.0	165.0	165.0	171.0	171.0	182.0	71.0

162	163	164	165	166	167	168	169	170
2	2	2	2	2	2	2	2	2
179.8	173.0	178.0	165.0	165.0	171.0	171.0	182.0	71.0

162	163	164	165	166	167	168	169	170
2	2	2	2	2	2	2	2	2
179.8	173.0	178.0	165.0	165.0	171.0	171.0	182.0	71.0

SEX=M

162	163	164	165	166	167	168	169	170
2	2	2	2	2	2	2	2	2
179.8	173.0	178.0	165.0	165.0	171.0	171.0	182.0	71.0

162	163	164	165	166	167	168	169	170
2	2	2	2	2	2	2	2	2
179.8	173.0	178.0	165.0	165.0	171.0	171.0	182.0	71.0

162	163	164	165	166	167	168	169	170
2	2	2	2	2	2	2	2	2
179.8	173.0	178.0	165.0	165.0	171.0	171.0	182.0	71.0

SEARCH

NO	NAME	NO	NAME	NO	NAME	NO	NAME
180	LEIGHTON	180	A	180	LEIGHTON	180	A
181	GORDON	181	B	181	GORDON	181	B
182	MILSON	182	C	182	MILSON	182	C
183	EVANS	183	D	183	EVANS	183	D
184	NATSON	184	E	184	NATSON	184	E
185	DUDENHOFFER	185	F	185	DUDENHOFFER	185	F
186	HREGGIT	186	G	186	HREGGIT	186	G
187	PARKINSON	187	H	187	PARKINSON	187	H
188	COOK	188	I	188	COOK	188	I

SEARCH

NO	NAME	NO	NAME	NO	NAME	NO	NAME
180	LEIGHTON	180	A	180	LEIGHTON	180	A
181	GORDON	181	B	181	GORDON	181	B
182	MILSON	182	C	182	MILSON	182	C
183	EVANS	183	D	183	EVANS	183	D
184	NATSON	184	E	184	NATSON	184	E
185	DUDENHOFFER	185	F	185	DUDENHOFFER	185	F
186	HREGGIT	186	G	186	HREGGIT	186	G
187	PARKINSON	187	H	187	PARKINSON	187	H
188	COOK	188	I	188	COOK	188	I

SEARCH

NO	NAME	DOB	SSN	SEX	RACE	HT	WT	HAIR	EYES	MARKS	SCARS	REMARKS										
180		1.09196	0.76751	1.1595	0.06751	26.9710	28.29	29.99	63.65	78.85	6.00	18.7	31.00	48.34	34.33	3.77	6.44	71.2	185.2	109.4	-4989	43.0795
181		0.03710	1.00703	1.0441	0.03710	28.4851	28.1238	29.99	63.65	78.85	6.00	18.7	31.00	48.34	34.33	3.77	6.44	71.2	185.2	109.4	-7571	44.6740
182		0.21825	0.07813	0.1601	0.07813	28.4851	28.1238	29.99	63.65	78.85	6.00	18.7	31.00	48.34	34.33	3.77	6.44	71.2	185.2	109.4	-8072	37.8274
183		4.97516	4.48036	0.5052	0.5052	28.4851	28.1238	29.99	63.65	78.85	6.00	18.7	31.00	48.34	34.33	3.77	6.44	71.2	185.2	109.4	-14356	63.2430
184		1.02898	0.09757	1.0484	1.0484	28.4851	28.1238	29.99	63.65	78.85	6.00	18.7	31.00	48.34	34.33	3.77	6.44	71.2	185.2	109.4	-9650	50.3699
185		0.14251	0.00000	0.0000	0.0000	28.4851	28.1238	29.99	63.65	78.85	6.00	18.7	31.00	48.34	34.33	3.77	6.44	71.2	185.2	109.4	-9765	50.4849
186		0.60290	1.74888	2.3518	0.08235	29.8476	31.30	30.9	56.4	85.6	1.1	19.4	29.2	41.6	41.6	41.6	41.6	49.4	109.6	103.6	-10746	53.3126
187		0.44062	0.73799	0.7026	0.7026	28.3306	30.4	30.4	58.1	85.6	1.1	19.4	29.2	41.6	41.6	41.6	41.6	49.4	109.6	103.6	-14084	62.2178
188		0.44062	0.73799	0.7026	0.7026	28.3306	30.4	30.4	58.1	85.6	1.1	19.4	29.2	41.6	41.6	41.6	41.6	49.4	109.6	103.6	-10933	53.8849

SEARCH

NO	NAME	DOB	SSN	SEX	RACE	HT	WT	HAIR	EYES	MARKS	SCARS	REMARKS
189	CLANCY	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
190	BOUR	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
191	LAROSE	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
192	AUDSON	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
193	APPERLEY	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
194	MAC DONALD	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
195	LAGOOD	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
196	MERFAC	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0
197	SPILCHEN	9.09	96.00	2	A	5.7	174.0	179.0	17.0	17.0	17.0	179.0

SEMI

SNO	SEMI																													
	M					H					L					U														
SNO	SEMI																													
	M					H					L					U														
189	11	35	7	7	26	11	35	7	7	32	3	3	3	3	52	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
190	11	40	7	7	34	11	40	7	7	37	3	3	3	3	55	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
191	11	40	7	7	36	11	40	7	7	39	3	3	3	3	58	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
192	11	40	7	7	38	11	40	7	7	41	3	3	3	3	61	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
193	11	40	7	7	40	11	40	7	7	43	3	3	3	3	64	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
194	11	40	7	7	42	11	40	7	7	45	3	3	3	3	67	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
195	11	40	7	7	44	11	40	7	7	47	3	3	3	3	70	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
196	11	40	7	7	46	11	40	7	7	49	3	3	3	3	73	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72
197	11	40	7	7	48	11	40	7	7	51	3	3	3	3	76	2	72	203	2	72	2	72	203	2	72	2	72	203	2	72

SEMI

SNO	SEMI																																										
	M					H					L					U																											
189	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
190	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
191	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
192	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
193	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
194	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
195	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
196	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22
197	C	478	A	1	09	7	C	61	23	C	478	A	22	08	77	29	9	52	5	5	82	6	20	0	0	29	6	49	2	37	6	1	4	4	116	4	72	4	-98	3	51	.00	22

SEX=M

USDB	NAME	AGE	HT	WT	HAIR	EYES	COMPLEXION	SCARS	TATTOOS	HAZARD	REMARKS
16	FOLEY	27	5'11"	168.0	B	B	1				
17	AUBIN	27	5'11"	168.0	B	B	1				
18	SURRETT	27	5'11"	168.0	B	B	1				
19	POIRIS	27	5'11"	168.0	B	B	1				
20	BLAIN	27	5'11"	168.0	B	B	1				
21	KELLY	27	5'11"	168.0	B	B	1				
22	PAYNE	27	5'11"	168.0	B	B	1				
23	HIRSCHFELD	27	5'11"	168.0	B	B	1				
24		27	5'11"	168.0	B	B	1				

SEX=M

USDB	NAME	AGE	HT	WT	HAIR	EYES	COMPLEXION	SCARS	TATTOOS	HAZARD	REMARKS
216		11	5'11"	168.0	B	B	1				
217		11	5'11"	168.0	B	B	1				
218		11	5'11"	168.0	B	B	1				
219		11	5'11"	168.0	B	B	1				
220		11	5'11"	168.0	B	B	1				
221		11	5'11"	168.0	B	B	1				
222		11	5'11"	168.0	B	B	1				
223		11	5'11"	168.0	B	B	1				
224		11	5'11"	168.0	B	B	1				

SEX=M

ORV	M	N	O	TOTAL	HEIGHT	WEIGHT	TURK	TOTAL	HAND	ARM	THUMB	INDEX	FOOT	TOE	TOTAL	T	R	A
217	0.53505	1.15880	0.62375	0.53505	24.4382	32.2	57.5	76.1	16.7	22.4	47.2	34.4	4.0	169.4	112.4	-33.5	33	1178
218	0.35104	0.09694	0.25413	0.09694	27.3203	31.1	55.4	84.1	19.3	24.4	52.2	37.7	4.6	131.4	84.4	-87.1	47	835
219	0.06813	1.19356	0.44684	0.06813	26.3669	31.7	55.5	83.3	18.4	20.3	54.4	37.7	4.6	101.8	84.4	-87.1	47	715
220	0.73448	1.42154	1.22805	0.73448	13.7038	33.4	55.5	75.9	20.3	23.3	55.4	37.7	4.6	42.9	35.2	-49.2	42	906
221	0.4942	0.0	0.71097	0.4942	10.0810	29.4	55.5	75.9	17.7	19.6	55.4	37.7	4.6	26.7	46.5	-95.2	26	597
222	0.4930	0.0	0.71097	0.4930	24.7134	30.3	55.5	76.1	17.7	19.6	55.4	37.7	4.6	40.8	40.8	-68.6	42	734
223	0.96679	0.35002	0.22186	0.96679	20.5028	30.4	55.5	76.1	19.5	18.0	55.4	37.7	4.6	125.6	102.8	-56.3	39	375
224	0.47765	0.66816	0.19047	0.47765	13.8101	30.0	55.5	76.1	18.0	18.0	55.4	37.7	4.6	85.4	55.0	-67.2	47	350

SEX=M

ORV	M	N	O	TOTAL	HEIGHT	WEIGHT	TURK	TOTAL	HAND	ARM	THUMB	INDEX	FOOT	TOE	TOTAL	T	R	A
225	0.53505	1.15880	0.62375	0.53505	24.4382	32.2	57.5	76.1	16.7	22.4	47.2	34.4	4.0	169.4	112.4	-33.5	33	1178
226	0.35104	0.09694	0.25413	0.35104	27.3203	31.1	55.4	84.1	19.3	24.4	52.2	37.7	4.6	131.4	84.4	-87.1	47	835
227	0.06813	1.19356	0.44684	0.06813	26.3669	31.7	55.5	83.3	18.4	20.3	54.4	37.7	4.6	101.8	84.4	-87.1	47	715
228	0.73448	1.42154	1.22805	0.73448	13.7038	33.4	55.5	75.9	20.3	23.3	55.4	37.7	4.6	42.9	35.2	-49.2	42	906
229	0.4942	0.0	0.71097	0.4942	10.0810	29.4	55.5	75.9	17.7	19.6	55.4	37.7	4.6	26.7	46.5	-95.2	26	597
230	0.4930	0.0	0.71097	0.4930	24.7134	30.3	55.5	76.1	17.7	19.6	55.4	37.7	4.6	40.8	40.8	-68.6	42	734
231	0.96679	0.35002	0.22186	0.96679	20.5028	30.4	55.5	76.1	19.5	18.0	55.4	37.7	4.6	125.6	102.8	-56.3	39	375
232	0.47765	0.66816	0.19047	0.47765	13.8101	30.0	55.5	76.1	18.0	18.0	55.4	37.7	4.6	85.4	55.0	-67.2	47	350

SEX=M

SUB	M	O	M	F	H	T	T	H	U	T	T	F	T	T	T	B	A	
SUB	M	O	M	F	H	T	T	H	U	T	T	F	T	T	T	B	A	
252	9.14835	8.66030	0.48805	24.00993	29.9	58.2	87.7	19.7	34.1	52.6	29.0	7.5	76.6	161.2	103.4	-4021	40	4274
253	0.99164	0.78827	0.20337	21.43633	27.8	69.6	85.9	18.4	31.6	49.3	26.6	0.7	81.8	198.2	133.4	819	21	6877
254	3.87224	1.55638	1.55638	15.7401	30.8	58.6	82.9	18.7	30.1	49.3	26.6	0.7	81.8	198.2	133.4	1151	20	7783
255	1.03287	9.84085	1.03287	23.4579	31.3	53.1	80.1	17.8	29.5	45.7	34.4	0.0	69.8	187.0	107.6	-5833	39	9123
256	1.25078	0.62360	0.42360	14.8996	32.6	65.1	77.4	17.4	28.5	45.7	34.2	0.0	43.6	113.0	72.0	685	22	0548
257	0.45707	0.15457	0.15457	22.1790	30.1	55.4	81.9	19.0	31.0	51.7	33.6	0.0	71.8	180.8	112.0	1165	20	7397
258	3.41217	4.57627	1.16410	16.4004	28.9	54.7	92.9	20.4	33.0	53.2	43.0	0.0	57.4	138.0	89.8	-7577	44	6904
259	6.93409	2.29582	2.29582	37.0403	31.3	53.6	85.4	16.2	30.7	47.7	39.4	0.0	72.0	179.8	111.8	-3129	32	5041
260	0.33336	0.62666	0.29330	34.5341	31.4	61.1	81.2	19.9	30.6	48.3	31.9	0.0	120.6	300.0	176.2	-3904	34	6274

SEX=M

SUB	NAME	BIRTH	DOB	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH	BIRTH									
261	DESCHAMPS	1	27	11	60	66	C	167	136	61.0	HALIFAX	344	166	60	9	9	54	35	35	7	7	10E	8E	74	74	4	4
262	GALE	1	7	10	58	68	C				HALIFAX	345	168	61	10	10	55	36	36	7	7	10E	8E	74	74	4	4
263	WHITE	1	6	7	58	69	C			79.0	HALIFAX	346	169	62	11	11	56	37	37	7	7	10E	8E	74	74	4	4
264	RICHARDSON	1	1	10	59	68	C				HALIFAX	347	171	63	12	12	57	38	38	7	7	10E	8E	74	74	4	4
265	WHITTAKER	1	1	12	63	70	C	174	152	72.0	HALIFAX	348	175	64	13	13	58	39	39	7	7	10E	8E	74	74	4	4
266	ROBERTSON	1	1	4	64	64	C	140	140	64.0	HALIFAX	349	176	65	14	14	59	40	40	7	7	10E	8E	74	74	4	4
267	MOORE	1	1	8	64	64	C				HALIFAX	350	177	66	15	15	60	41	41	7	7	10E	8E	74	74	4	4
268	SMITH	1	1	31	64	71	C				HALIFAX	351	181	67	16	16	61	42	42	7	7	10E	8E	74	74	4	4
269	HEIMAN	1	14	10	39	69	O				HALIFAX	352	175	66	16	16	61	42	42	7	7	10E	8E	74	74	4	4

SEARCH

SUBO	NAME	TIME	DATE	TIME	DATE	SUBO	NAME	TIME	DATE	TIME	DATE	SUBO	NAME	TIME	DATE	TIME	DATE
252	FAUVELLE					252	GLUYEAL					252	ANZELM				
253	POMER					253	TICH					253	PIUMUM				
254	HALL					254	HANK					254	WYTH				
255	CURRIE					255	CAFF					255	HANN				
256	GRAHAM					256	AMKLE					256	WYTH				
257	SIGRIST					257	FLUPARM					257	WYTH				
258	GAGE					258	UPARM					258	WYTH				
259	BALL					259	FOREARM					259	WYTH				
260	CRAG					260	SHIRT					260	WYTH				

SAS

SEARCH

SUBO	NAME	TIME	DATE	TIME	DATE	SUBO	NAME	TIME	DATE	TIME	DATE	SUBO	NAME	TIME	DATE	TIME	DATE
252	LORE					252	HUNT					252	LORE				
253	LORE					253	HUNT					253	LORE				
254	LORE					254	HUNT					254	LORE				
255	LORE					255	HUNT					255	LORE				
256	LORE					256	HUNT					256	LORE				

SEX=M

OB	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX
243	7.72	11.4	7.77	11.4	7.77	11.4	7.77	11.4	7.77	11.4	7.77	11.4	7.77	11.4	7.77	11.4	7.77	11.4
244	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4
245	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4
246	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4
247	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4
248	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4
249	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4
250	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4
251	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4	7.87	11.4

OB	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R
243	0.188251	0.219287	0.031037	0.0310368	1.47065	0.997523	1.03241	1.03760	1.03182	1.03237	1.03208	1.03422	1.02898					
244	0.129005	0.100307	0.028698	0.0286979	1.28835	0.997626	1.05162	1.05287	1.03834	1.06213	1.05122	1.04835	1.03457					
245	0.188080	0.243618	0.057538	0.0575380	1.54370	0.997626	1.05557	1.06609	1.05383	1.05240	1.05516	1.06221	1.05043					
246	0.028913	0.005812	0.023102	0.0058119	1.31718	0.997626	1.06439	1.06178	1.05383	1.05240	1.05516	1.06221	1.05043					
247	0.064413	0.104490	0.040078	0.0400778	1.28266	0.997626	1.06006	1.02250	1.06319	1.06412	1.05964	1.01870	1.05882					
248	0.021717	0.127832	0.106116	0.0217168	1.17517	0.997626	1.02775	1.03798	1.04376	1.04344	1.02738	1.03388	1.03954					
249	0.010598	0.067831	0.046631	0.0466312	1.33492	0.997626	1.05782	1.07009	1.04934	1.06975	1.05744	1.06582	1.06520					
250	0.047259	0.040572	0.0105983	0.0105983	1.13180	0.997626	1.03113	1.04457	1.04402	1.04088	1.03080	1.04058	1.04031					
251	0.047259	0.040572	0.0105983	0.0105983	1.33346	0.997626	1.04373	1.05884	1.05574	1.05325	1.04334	1.05436	1.05134					

SEX=M

OB	M	H	O	M	E	H	T	T	T	F	T	T	T	T	T	T	T	T
243	2.2505	2.0224	0.22767	0.22767	29.8166	31.7	89.8	18.1	33.6	54.2	39.7	6.7	103.0	24.2	166.2	-1279	27.4356	
244	5.8076	5.8616	9.66939	9.66939	19.7926	31.7	88.1	18.3	30.9	54.2	40.8	5.9	67.6	24.2	113.2	-79	24.1676	
245	5.8280	5.3869	0.55895	0.55895	21.1408	31.7	89.0	17.0	30.7	54.2	34.2	6.5	56.2	24.2	88.6	308	23.0577	
246						33.2	89.3	17.2	29.7	47.4	34.6	7.2	37.4	24.2	84.0	-178	24.4192	
247	17.0018	17.2690	0.26714	0.26714	17.2777	34.0	76.1	17.6	28.0	46.6	37.4	5.6	55.6	24.2	74.8	99	23.6653	
248	2.4084	2.2768	0.13182	0.13182	25.4819	30.1	84.1	18.3	29.7	47.8	37.4	7.6	55.6	24.2	93.6	-1427	28.3852	
249	0.2501	0.143	0.10783	0.10783	14.7749	34.8	82.4	18.4	31.8	46.8	38.1	5.7	40.8	24.2	64.8	-2603	31.0631	
250	0.1133	1.4918	1.37858	1.37858	25.0368	33.3	75.8	18.5	28.8	43.6	33.6	7.4	81.8	18.2	118.4	1153	20.7728	
251	1.2545	2.2223	0.96785	0.96785	20.9664	33.7	82.1	17.5	30.0	47.1	38.2	5.7	61.0	155.4	96.2	-5655	39.4164	

SEX=M

ORCS	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM	HUM
261	3	11	40	8	03	3	5	4	8	4	3	2	7	9	4	0	2	2	2	4	2	2	4	1	1	
262	3	11	40	7	02	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
263	3	11	40	7	01	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
264	3	11	40	7	01	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
265	3	11	40	7	01	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
266	3	11	40	7	01	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
267	3	11	40	7	01	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
268	3	11	40	7	01	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
269	3	11	40	7	01	3	4	3	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2	

ORCS	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
261	0	.154975	0	.0115640	0	.0115644	1	.30420	0	.997626	1	.08232	1	.09244	1	.09421	1	.08240	1	.08180	1	.08633	1	.08812	1	.0709
262	0	.337127	0	.0151363	0	.0151366	1	.97232	0	.997626	1	.04153	1	.05001	1	.05036	1	.05036	1	.04087	1	.04501	1	.04552	1	.0454E
263	0	.201954	0	.0120227	0	.012023	1	.39417	0	.997626	1	.03122	1	.04195	1	.03607	1	.04279	1	.03083	1	.03789	1	.03245	1	.03880
264	0	.201954	0	.0826792	0	.082679	1	.53113	0	.997626	1	.06855	1	.07232	1	.06996	1	.06772	1	.06798	1	.06717	1	.06522	1	.06266
265	0	.201954	0	.0068269	0	.006827	1	.70487	0	.997626	1	.06496	1	.06931	1	.07467	1	.07501	1	.06440	1	.06422	1	.06961	1	.07009
266	0	.201954	0	.0870168	0	.087017	1	.47402	0	.997626	1	.06616	1	.07304	1	.07190	1	.07008	1	.06562	1	.06849	1	.06707	1	.0652E
267	0	.201954	0	.168073	0	.168073	1	.47820	0	.997626	1	.05224	1	.06491	1	.05217	1	.05365	1	.05179	1	.06068	1	.04820	1	.04966
268	0	.132963	0	.0142604	0	.014260	1	.81687	0	.997523	1	.03770	1	.04528	1	.02369	1	.03836	1	.03727	1	.04178	1	.03081	1	.03532
269	0	.132963	0	.0509078	0	.050908	1	.86899	0	.997626	1	.02762	1	.03917	1	.03149	1	.03519	1	.02717	1	.03565	1	.02817	1	.03170

ORCS	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
261	8	.0420	4	.1308	3	.4522	8	.0109	0	.67858	3	.88017	4	.55876	0	.67858	3	.7915	8	.2427	6	.4814	5	.7890	10	.0924
262	24	.5774	21	.0339	20	.8878	20	.8898	0	.14606	0	.14409	0	.00197	20	.8888	24	.8561	23	.1165	22	.9026	22	.9215	0	.2138
263	28	.9662	24	.4006	26	.8903	24	.0471	2	.48974	0	.35345	2	.84319	0	.35345	24	.2239	29	.1326	26	.1144	26	.4359	25	.7323
264	13	.4829	11	.9796	12	.9175	13	.8154	0	.93790	1	.83579	0	.89788	0	.89788	13	.3665	13	.7123	14	.0364	14	.8194	15	.8511
265	14	.9239	13	.1789	11	.0461	10	.9108	2	.13281	2	.26813	0	.13532	0	.13532	10	.9784	15	.1488	15	.2216	13	.0572	12	.8677
266	14	.4402	11	.6932	12	.1432	12	.8710	0	.4500E	1	.17720	0	.72712	0	.45008	11	.9189	14	.6593	13	.5081	14	.0771	14	.8042
267	20	.1133	14	.9434	20	.1409	19	.6292	5	.19734	4	.58585	0	.61169	19	.8351	20	.2985	16	.6573	21	.7860	21	.1805	0	.5690E
268	21	.1964	23	.0037	32	.2237	25	.918E	9	.22011	2	.91484	6	.3050E	2	.91494	24	.4617	26	.3763	24	.4733	33	.4391	27	.2081
269	30	.5178	25	.5738	26	.8495	27	.2662	3	.27574	1	.69245	1	.5832E	1	.5832E	28	.0579	30	.713E	27	.0682	30	.2810	28	.757E

SEX=M

ORCS	N	O	H	F	H	T	T	H	F	T	T	F	T	T	T	T	T	T	T	T	T	T	T	T	T				
261	3	.109E	4	.30339	0	.69243	6	.1352	30	.7	77	8	17	5	29	45	33	8	23	0	53	4	34	331	23	.0247			
262	0	.1949E	0	.01892	0	.01892	25	.9121	30	.0	83	7	17	5	31	47	33	8	49	4	12	6	77	-1181	27	.1671			
263	0	.35210	2	.70356	0	.38210	22	.9234	25	.6	84	8	18	1	31	49	37	0	66	6	12	6	109	-603	40	.432E			
264	1	.81474	1	.03172	0	.78302	14	.4274	31	.1	84	3	18	9	32	49	38	0	25	6	13	0	40	-76	24	.1397			
265	2	.3539E	0	.18942	0	.18942	12	.9624	33	.4	84	4	17	3	32	48	38	9	7	2	4E	2	13	8	1439	19	.989E		
266	1	.29117	0	.77115	0	.56405	13	.792E	32	.7	84	4	17	3	37	45	37	1	5	6	33	4	91	2	57	4	1467		
267	4	.52333	0	.60543	0	.60543	21	.4833	27	.6	81	0	17	7	29	46	33	7	6	4	53	2	141	0	76	6	21	.6632	
268	2	.7347E	6	.23100	2	.7347E	2E	.8407	32	.9	84	2	17	7	29	46	33	7	7	5	96	4	220	1	134	3	42	.6411	
269	1	.68931	1	.52349	1	.52349	29	.5193	30	.7	86	2	1E	8	31	49	39	4	7	5	90	4	217	2	135	4	-7602	44	.7584

SEAM

OBRS	M	O	MINTATI	EXPATI	HEADCT	TRUNKL	TOTALLG	HANDL	UPRML	TMLML1	TMLML2	FOOHCCT	TFTDM	TOTALV	TSF	BR	ACC
270	1.78212	1.71200	0.07012	27.0700	31.5	57.4	87.7	20.0	34.3	53.2	40.5	7.5	74.8	174.6	107.6	-10483	52.6521
271	0.99277	1.12104	0.12829	20.8405	27.4	99.3	80.8	19.3	29.5	47.9	33.6	8.0	61.0	150.0	100.4	-8285	46.6301
272	4.70688	2.35344	2.35344	12.6797	32.4	99.3	83.3	19.5	30.3	52.2	38.1	6.6	85.0	226.2	139.0	-8803	46.0493
273					31.7	99.3	86.7	19.4	32.3	48.1	38.3	7.7	90.2	232.6	160.0	-9745	50.6301
274					30.3	99.3	79.1	18.9	31.1	48.1	35.7	6.7	92.6	233.4	160.4	-10163	49.7753
275	0.33430	4.85522	0.33130	13.6450	33.5	61.7	81.5	19.3	30.8	50.3	36.4	5.4	79.6	177.5	44.6	-9808	50.8027
276	0.55481	5.92988	0.55481	13.0075	33.5	61.7	81.5	19.3	30.8	50.3	36.4	5.4	79.6	177.5	44.6	-1468	47.9534
277					32.3	64.8	79.0	17.3	29.2	48.0	34.4	3.3	61.4	152.0	99.6	-9929	51.1342
278	0.76904	0.55341	0.55341	25.0121	30.9	64.1	74.5	17.5	30.1	47.7	34.4	5.8	61.4	158.6	82.6	-10412	52.4575

SEAM

OBRS	NAME	BIRTH	ORIGIN	DAY	MONTH	YEAR	HEIGHT	WEIGHT	HAIR	EYES	COMPLEX	SKIN	HAIR	EYES	COMPLEX	SKIN	HAIR	EYES	COMPLEX	SKIN				
279	HARDELL	9	23	5	61	76		220		1	HALIFAX	363	190.3	98.7	57.7	39.3	129.7	110.2	108.5	87.6	89.0	100.6		
280	DYER	2	24	6	41	75		180		1	HALIFAX	373	189.3	80.5	54.7	37.4	177.9	108.0	105.0	75.9	79.6	95.4		
279		63.5	40.7	42.8	25.3	37.5	35.4	31.6	18.3	5.8	11.6	13.1	24.2	11.0	21.4	8.2	10.6	16.6	12.0	10.8	15.9	10.1	7.6	
280		58.3	39.3	37.8	22.3	37.5	35.9	31.4	16.8	2.8	5.8	6.4	12.2	3.2	7.4	4.4	9.6	8.2	6.2	9.2	15.2	10.3	7.4	
279		7.7	6.4	9.1	84.0	62.8	30.7	45.2	26.2	53.8	46.0	32.9	31.9	37.6	105.8	52.6	22.5	752	23.9	11.4	7.45	3	11.4	7.52
280		8.1	6.6	9.1	85.7	65.6	32.0	44.1	27.2	48.2	43.4	29.4	29.5	35.1	104.0	50.1	24.0	753	24.2	11.4	6.13	3	11.4	6.22
279		11.4	7.49	3	6.09	5.42	745	24.8	2.72	6.95	4.54	3.22	4.20	3.02	3.35	4.53	1.60384	21.71	1.65006	1.62354	0.0462176			
280		11.4	6.29	3	7.87	5.88	741	24.8	2.72	4.95	3.80	3.04	3.62	1.95	2.72	2.77	2.62741	22.22	2.71457	2.56194	0.0871833			

		SEMI																
		M	N	O	P	X	Y	Z	H	U	T	T	F	T	T	S	B	A
		M	N	O	P	X	Y	Z	H	U	T	T	F	T	T	S	B	A
279	0.026516	0.0197018	0.0197018	1.61369	0.997522	1.0642	1.07351	1.06723	1.07667	1.06382	1.07002	1.06383	1.07107					
280	0.153232	0.0660692	0.0660692	2.54438	0.997523	1.0655	1.09290	1.07430	1.07312	1.06474	1.08822	1.07010	1.08868					
O	B	C	M	N	O	P	X	Y	Z	H	U	T	T	F	T	S	B	A
279	0.026516	0.0197018	0.0197018	1.61369	0.997522	1.0642	1.07351	1.06723	1.07667	1.06382	1.07002	1.06383	1.07107					
280	0.153232	0.0660692	0.0660692	2.54438	0.997523	1.0655	1.09290	1.07430	1.07312	1.06474	1.08822	1.07010	1.08868					
O	P	P	P	P	X	Y	Z	H	E	P	P	P	P	P	P	Z		
279	15.2309	11.5082	14.0124	10.9662	2.50421	0.54194	3.04616	0.541943	11.2372	15.3841	12.8930	15.3783	12.4754					
280	14.7081	3.9547	11.1940	11.6626	7.23933	7.70792	0.46859	0.468593	11.4283	15.0112	5.7525	12.8645	13.4289					
O	M	N	O	M	E	H	T	T	U	T	F	T	T	S	B	A		
279	2.48523	0.41760	2.90283	0.417600	12.6842	33.4	68.4	88.5	21.2	32.1	53.2	35.5	7.4	55.2	135.0	87.6	578	22.5397
280	7.11200	7.67635	0.56438	0.564381	13.1467	33.7	65.5	90.1	20.1	33.6	53.9	40.0	6.0	27.2	62.2	40.0	-6765	42.6658