



## AUT ISAK Anthropometry Courses 2024

### Contact for information

patria.hume@aut.ac.nz

### Dates

Course level <b>3</b> Auckland	Monday 12/02/2024	Sunday 18/02/2024	7 days
Course level <b>2</b> Auckland	Thursday 15/02/2024	Sunday 18/02/2024	4 days
Course level <b>1</b> Auckland	Friday 16/02/2024	Sunday 18/02/2024	3 days
Reaccreditations L1, L2		Sunday 18/02/2024	1 day
Reaccreditations L3, L4	Saturday 17/02/2024	Sunday 18/02/2024	2 days

### Times

9am to 5pm each day.

### Location

AUT Millennium, 17 Antares Place, Rosedale, Auckland.

Level 2 SPRINZ large seminar room SA213. First stairs on left when entering the building, second floor, through white doors, straight ahead, double doors on left.

### Cost

2024 fees	Total fee	AUT fee	ISAK 4-year membership fee	Manual royalty fee
Level 1 - 3 days	<b>\$683</b>	\$600	\$80	\$3
Level 2 - 4 days	<b>\$883</b>	\$800	\$80	\$3
Level 3 - 7 days	<b>\$1,688</b>	\$1,400	\$285	\$3
Level 4 - 7 days with teaching in lieu of AUT fee	<b>\$288</b>	\$0	\$285	\$3
Level 1 recertification - 1 day	<b>\$283</b>	\$200	\$80	\$3
Level 2 recertification - 1 day	<b>\$283</b>	\$200	\$80	\$3
Level 3 recertification - 2 days	<b>\$688</b>	\$400	\$285	\$3
Level 4 recertification - 2 days	<b>\$688</b>	\$400	\$285	\$3

Please note we are operating as a 'Cashless Facility' therefore payment for the ISAK 2024 course will be transacted **upon arrival at AUT Millennium by way of EFTPOS**. EFTPOS and major credit cards (e.g. VISA) are accepted.

Your registration fee payable prior to course commencement includes ISAK accreditation and membership for 4-years .

### ISAK accreditation & membership

ISAK-accredited anthropometrists must reaccredit before their 4-years' expires.

All ISAK accredited anthropometrists must be members of ISAK.



J.E. LINDSAY CARTER CLINIC FOR

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### ISAK certificate

Digital certificates are issued by ISAK, upon successful submission of your 20 restricted profiles using the spreadsheet provided. Notification of successful submission will occur via the email provided by you.

### Post-course requirements to gain certification

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

### Accommodation

[Accommodation Rooms North Shore](#) | [AUT Millennium](#) to book contact Debbie Zouch  
<dzouch@autmillennium.org.nz>

Queen/Single Studio Room with ensuite	\$165.00 incl GST per person per night
Two Bedroom/One Bathroom Unit	\$242.00 incl GST per 2 people per night
Twin Share – Extra person	\$38.50 incl GST per person per night

### What we provide during the course?

1. Access to the ISAK course manual and learning resources (learning portal) including lecture material.
2. All equipment for use during the course.

Access to measurement equipment for height, mass, skinfolds, girths and bone breadths is essential for the successful submission of your profiles post-course. Equipment available for purchase includes Anthropometry Tape \$45, Bone Caliper \$65, Skinfold Caliper \$80 (please note: EFTPOS transactions only).

### What to bring the course?

1. Your lunch and drinks daily or alternatively you purchase them from the onsite café or Subway. Food can be stored in our fridge.
2. A pen and notebook if you wish to make notes additional to those provided electronically.
3. A laptop, phone, ipad, etc for accessing online course materials.
4. Clothing suitable for body measurements such as sports/lycra shorts, crop top, singlet.
5. Short fingernails for the comfort of the participants in the course.

### ISAK

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

### Level 1 Anthropometrist (Restricted Profile)

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

- ☐ 4 base measures
- ☐ 6 girths
- ☐ 3 breadths





- ☐ 8 skinfolds

**Pre-requisites:** None.

Minimum time required for accreditation is **24 hours** delivered over **3 days**. These hours include **both** theory and practical time with Level 4 and 3 instructors.

Passing the practical (TEMs) examination during the course, and the collection 20 profiles independently post-course, are required.

### Level 2 Anthropometrist (Full Profile)

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

- ☐ 4 base measures
- ☐ 8 skinfolds
- ☐ 9 segment lengths
- ☐ 13 girths
- ☐ 9 bone breadths

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

The minimum time required for accreditation is **32 hours** delivered over **4 days**. These hours include **both** theory and practical time with Level 4 and 3 instructors.

Passing the practical TEMs examination, and post-course profiling submission are required.

### Level 3 Anthropometrist (International Instructor)

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

**Pre-requisites:** A master or a PhD in human movement science, nutrition, sports medicine, medicine, functional anatomy or similar, and ideally teaching experience. There are exceptional cases where this will not be mandatory, which will be decided on application. Completion of ISAK Level 2 course, significant experience in anthropometry, as judged by a Criterion Anthropometrist and current ISAK membership.

Minimum time required for accreditation is **56 hours** delivered over 6 days. These hours include **both** theory and practical time with Level 4 instructors. We run the course **over 7 days** with 8 hours per day.

Active participation, and demonstrated quality, teaching the level 1 and 2 courses, passing the practical TEMs examination, and post-course profiling submission are required.

**NOTE:** Level 3 candidates must send your CV and current ISAK certification expiry date to [patria.hume@aut.ac.nz](mailto:patria.hume@aut.ac.nz) so you can be registered with ISAK to attend a level 3 course.





#### **Level 4 Anthropometrist (Criterion)**

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

Recertification for level 4 anthropometrists will be conducted at the course via teaching on the course, passing the practical TEMs examination, and post-course profiling submission.

#### **Recertifications**

Practical updates and TEM examination are required for recertification, with updates on Saturday for Level 3, and 4, and TEM examination on Sunday for all levels. Post-course profiling submission is required.

#### **Background information**

While there are many different methods to measure body composition, taking physical measurements, such as skinfolds and muscle girths, still offers one of the most accurate and user-friendly ways of tracking body composition.

#### **Who would benefit from this course?**

These courses are designed for Sports Scientists, Nutritionists and other Health and Fitness experts that seek to provide their clients/students/patients with precise, accurate and valid body measurement data. Participants will walk away with a range of practical skills used by sport and fitness professionals to profile a client's body composition. This course focuses on teaching you the practical skills and knowledge required to measure an individual's body composition using standardised measurement techniques advocated by practitioners around the world.



#### **Why should I sign up for this course**

- As an ISAK certified Anthropometrist you will possess the skills and knowledge to assess your client's physique using a comprehensive set of measurements.
- There are a wide range of applications such as monitoring growth and development, identification of talented athletes, assessing health status, and evaluating exercise and nutrition interventions.
- You learn from a wide range of internationally experienced instructors.

