

Body Mass Index (BMI)

Assessment of athlete's relative weight in relation to height

Equipment Needed

- Measuring tape
- Scale

Description:

- Athletes height and weight is collected in order to assess BMI
- BMI to be assessed using the following formula:

$$BMI = \frac{\text{mass (kg)}}{(\text{height (m)})^2}$$

- Anthropometric data will need to be converted to kilograms (kg) and meters (m)
- Pounds (lbs.) to kilograms (kg):

$$\frac{\text{lbs}}{2.2} = \text{kilograms}$$

- Inches (in.) to meters (m):

$$\text{Inches} \times 0.0254 = \text{meters}$$

Data

- Data to be collected and stored for each student

