BODY MASS INDEX (BMI)

OBJECTIVE:

Assessment of athlete's relative weight in relation to height

EQUIPMENT:

measuring tape
scale

1 | ## TEST INSTRUCTION & EXECUTION:

Coach records height and weight in order to assess BMI

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

1. Anthropometric data will need to be converted to kilograms (kg) and meters (m)

   Pounds (lbs.) to kilograms (kg):

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

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

   Inches x 0.0254 = meters

3 | ## DATA

☑ Data to be collected and stored for each student