

ACTIVITY 2: Circumference Measurements

Instructions:

This activity is based on Practical 2 in Anthropometric Measurements, specifically related to circumference measurements. You are required to measure the circumferences of five individuals who are available to you, such as family members/friends. Follow the procedures provided in the practical guidelines and take measurements of the following body parts: Chest, Right Arm, Waist, Hip, and Right Thigh.

Create a biopage for each individual, including the following details:

General Information

Name:

Gender:

Date of Birth (day, month, year):

Age:

Assessment date:

	Measuring site	Trial 1	Trial 2	Trial 3	Median trail
1.	Chest				
2.	Right Arm				
3.	Waist				
4.	Hip				
5.	Right Thigh				

Weight:

BMI and classification:

WHR and range: