**Weight**

Dehydration: reduced blood and plasma volumes, reduced cardiac function, reduced thermoregulatory capability, reduced renal blood flow and renal filtration, electrolyte losses, muscle cramping

Body comp NCAA: hydrodensitometry, skinfold, bod pod.

Why skinfolds over bod pod? Body temperature increases the temperature inside the bod pod which would skew results to make the person appear leaner

Concentrated sample (dehydrated) makes drug testing easier.