



Human Body Measurements: Concepts and Applications

S.P. Mehta, Promila Singh

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A perfect body is desired by every human being. Be it in terms of height, weight or mass—the increased awakening to stay fit and to be in shape has led to an urge to be familiar with the human anatomy and its measurements.

A compendium of numerous conceptual issues on human body physique, body composition and nutritional status, this book comprehensively discusses various protocols for measuring human body parts. The emphasis is laid on the recommendations made by International Biological Programme (IBP) on Human Adaptability.

In addition, the book effectively reveals subtle differences between those individuals who otherwise look similar through various somatotyping techniques (like Heath and Carter). The book also explains how body measurements determine the growth and development of a child; and factors like chronic illnesses, and obesity in an adult.

KEY FEATURES

- Solved examples to provide an analytical insight on the subject
- Figures and tables to present a lucid picture of all the concepts
- Review questions to test students' aptitude on the subject

Designed primarily for the postgraduate students of Human Biology, Human Genetics, Anthropology, Physical Education and Sports Sciences, this book is equally beneficial for the physical instructors.

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