

# Anthropometric Standardization Reference Manual

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*Timothy G. Lohman, Alex F. Roche*

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0 of 0 people found the following review helpful. This is a classicBy Guillermo MelendezI have been looking for this book for a long time, this is a classic reference on anthropometrics and I am glad i was able to get it.Strongly recommended

This edition of "Anthropometric Standardisation Reference Manual" contains 45 anthropometric measurement procedures, and also addresses special issues such as reliability and accuracy and details various applications. It can be used as a supplemental text for courses in fitness assessment and exercise prescription, kinanthropometry, body composition, nutrition, and exercise physiology. The text is also suitable as a reference for exercise scientists.

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