
Skinfold Testing Procedure

REQUIRED EQUIPMENT: Skinfold calipers, Tape measure, pen, clipboard, Fitness Testing Recording Form

PROCEDURE:

1. Describe the testing protocol to the client
 - I am going to measure your body composition using a sum of four testing method
 - The site I am going to test are: biceps, triceps, suprailiac and sub-scapular
2. This will involve taking a fold of skin at each of the four sites and using the calipers to take a measurement
3. Once I have a reading at all for site I can calculate your body composition
4. Mark all the skinfold sites
 - Use a pen and tape measure to mark the four site that you are going to measure
 - Biceps:
 - The vertical fold on the anterior aspect of the arm over the belly of the biceps muscle
 - Use the tape measure to find the half-way point between the acromion (front of shoulder) and the fold in the arm (elbow) and
 - Mark with a pen
 - Triceps:
 - The vertical fold on the posterior aspect of the arm
 - Use the tape measure to find the half-way point between the elbow joint and the acromion
 - Mark with a pen
 - Sub-scapular:
 - The diagonal fold (45°) at the base of the scapular
 - Use the tape measure to find the straight line between the inferior angle of the scapula and posterior acromion.
 - Measure 3cm from the inferior crest of the scapula (away from the scapula)
 - Mark with a pen
 - Suprailiac:
 - The diagonal fold at the tip of the hip bone
 - Use the tape measure to run a straight line between the iliac crest and navel.
 - Measure 3cm from the iliac crest, towards navel
 - Mark with a pen
5. Measure the skinfolds
 - Pinch approximately 2cm of skin from either side of the marking
 - Lift the skin and underlying adipose tissue away from the muscle using thumb and forefinger
 - Place the open calipers next to the fingers
 - Ensure you maintain the finger grip while allowing the calipers to close
 - Record the measurement on the caliper dial
 - Measure each site three times
 - Take the average of the three readings
6. Calculate the Results
 - Add up the total of the four site and compare with the normative data below, according to gender and age.

Sum of Skinfolts (mm)	Males				Females			
	17 - 29	30 - 39	40 - 49	50+	17 - 29	30 - 39	40 - 49	50+
15	4.8				10.5			
20	8.1	12.2	12.2	12.6	14.1	17.0	19.8	21.4
25	10.5	14.2	15.0	15.0	16.8	19.4	22.2	24.0
30	12.9	16.2	17.7	18.6	19.5	21.8	24.5	26.6
35	14.7	17.7	19.6	20.8	21.5	23.7	26.4	28.5
40	16.4	19.2	21.4	22.9	23.4	25.5	28.2	30.3
45	17.7	20.2	23.0	24.7	25.0	26.9	29.6	31.9
50	19.0	21.5	24.6	26.5	26.5	28.2	31.0	33.4
55	20.1	22.5	25.9	27.9	27.8	29.4	32.1	34.6
60	21.2	23.5	27.1	29.2	29.1	30.6	33.2	35.7
65	22.2	24.3	28.2	30.4	30.2	31.6	34.1	36.7
70	23.1	25.1	29.3	31.6	31.2	32.5	35.0	37.7
75	24.0	25.9	30.3	32.7	32.2	33.4	35.9	38.7
80	24.8	26.6	31.2	33.8	33.1	34.3	36.7	39.6
85	25.5	27.2	32.1	34.8	34.0	35.1	37.5	40.4
90	26.2	27.8	33.0	35.8	34.8	35.8	38.3	41.2
95	26.9	28.4	33.7	36.6	35.6	36.5	39.0	41.9
100	27.6	29.0	34.4	37.4	36.4	37.2	39.7	42.6
105	28.2	29.6	35.1	38.2	37.1	37.9	40.4	43.3
110	28.8	30.1	35.8	39.0	37.8	38.6	41.0	43.9
115	29.4	30.6	36.4	39.7	38.4	39.1	41.5	44.5
120	30.0	31.1	37.0	40.4	39.0	39.6	42.0	45.1
125	31.0	31.5	37.6	41.1	39.6	40.1	42.5	45.7
130	31.5	31.9	38.2	41.8	40.2	40.6	43.0	46.2
135	32.0	32.3	38.7	42.4	40.8	41.1	43.5	46.7
140	32.5	32.7	39.2	43.0	41.3	41.6	44.0	47.2
145	32.9	33.1	39.7	43.6	41.8	42.1	44.5	47.7
150	33.3	33.5	40.2	44.1	42.3	42.6	45.0	48.2
155	33.7	33.9	40.7	44.6	42.8	43.1	45.4	48.7
160	34.1	34.3	41.2	45.1	43.3	43.6	45.8	49.2
165	34.5	34.6	41.6	45.6	43.7	44.0	46.2	49.6
170	34.9	34.8	42.0	46.1	44.1	44.4	46.6	50.0
175	35.3					44.8	47.0	50.4
180	35.6					45.2	47.4	50.8
185	35.9					45.6	47.8	51.2
190						45.8	48.2	51.6
195						46.2	48.5	52.0
200						46.5	48.9	52.4
205							49.1	52.7
210							49.4	53.0

Body Fat Percentage Ratings

General Population	Male %	Female %
Lean	< 12	< 18
Acceptable	12 – 18.9	18 – 27.9
Overweight	19 +	28 +