

IGHSAU BODY COMPOSITION ASSESSMENT

DATA COLLECTION FORM

Wrestler's First and Last Name: _____

School: _____ Date: _____

Grade: _____

Weight: (round **DOWN** to the nearest pound) _____

HYDRATION ASSESSMENT

Pass _____ Fail _____ (If the wrestler failed the hydration assessment **DO NOT**
proceed to the body composition assessment.)

SKINFOLDS (Conduct All Three Trials)

Measurements: (to nearest ½ millimeter)

	Trial 1	Trial 2	Trial 3
Triceps (male & female)	_____	_____	_____
Subscapular (male & female)	_____	_____	_____
Abdominal (male only)	_____	_____	_____

BOD POD, FUTREX, TANITA

Percent body fat: (round UP to the nearest whole percent) _____%

This is NOT a mandatory form, but is provided for those assessors who wish to use it.

A data collection form is not provided for hydrostatic weighing as it is assumed assessors using this method will have their own data collection instrument.