

SSC Fitness Instructor Course Practical Examination

Body Composition Station



1. You will be given a maximum of 15 minutes to explain and demonstrate the following. Familiarity and speed is a requirement.
2. Competency in body composition theory and practical are expected to be exhibited during the practical examination.
3. Required knowledge is detailed in the body composition section of the FIC course outline, which in turn refers to information on the required text.

Introduction and explanation to client about Skinfold measurement	20
Articulate and demonstrate 3-site skinfold measurement for male or female client	45
Articulate and demonstrate post-data collection documentation and analysis	15
Articulate and demonstrate 1 other skinfold site	6
Articulate and demonstrate two girth measurements	8
Answer two other body composition questions	6
	100

Section	Details
Introduction and explanation to client about Skinfold measurement	Introduction of client and tester and confirmation of details Purpose of visit Explanation of purpose of analysis : Health consequences Explanation of 3 skinfold site test procedure
Articulate and demonstrate 3-site skinfold measurement for male or female client	Articulate process to facilitate the examination process Landmarks should be palpated and marked as required Pinch sites need to be accurately and swiftly measured and then marked Pinching and caliper placement are expected to be exact Reading and recording of pinch results
Articulate and demonstrate post-data collection documentation and analysis	Clear and complete documentation of data collected Articulate and demonstrate calculations Demonstrate ability to use the correct normative data Diagnosis from results Diet and exercise recommendations
Articulate and demonstrate 1 other skinfold site	Articulate process to facilitate the examination process Landmarks should be palpated and marked as required Pinch sites need to be accurately and swiftly measured and then marked Pinching and caliper placement are expected to be exact Reading and recording of pinch results
Articulate and demonstrate two girth measurements	Refer to curriculum outline for requirements
Answer two other body composition questions	Refer to curriculum outline for requirements Demonstrate understanding and ability to apply knowledge to the fitness industry setting