

SITE SELECTION

Site selection is very important and frequently a source of error in skinfold testing. The sites selected must match the particular protocol being used.

There are two protocols usually involved, the 4-site system being the most commonly used. This system is the same for male and female subjects and has been used as the basis for the correlations in this manual.

The second systems uses 3 sites, the sites differing for either male or female subjects, and are used in conjunction with the Body Density formulae (Jackson & Pollock) given on page11 of the manual.

4.1 THE 4 SITE SYSTEM FOR MALE AND FEMALE SUBJECTS

SITE 1) BICEPS

The anterior surface of the biceps midway between the anterior auxiliary fold and the antecubital fossa.

SITE 2) TRICEPS

A Vertical fold on the posterior midline of the upper arm, over the triceps muscle, halfway between the acrosion process (bony process on top of the shoulder) and olecranon process (bony process on elbow). The elbow should be extended and the arm relaxed.

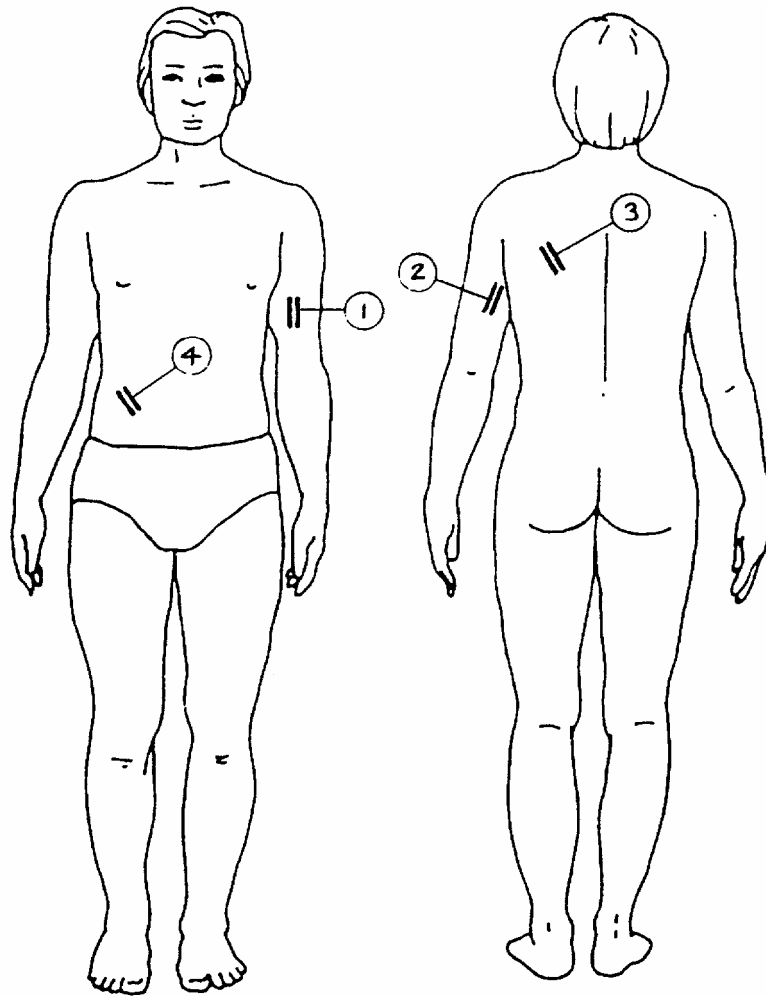
SITE 3) SUBSCAPULAR

The fold is taken on the diagonal line coming from the vertebral border to between 1 and 2 cm from the inferior angle of the scapulae. (A diagonal fold about 1 to 2 cm below the point of the shoulder blade and 1 - 2 cm toward the arm.)

SITE 4) SUPRAILIAC

A diagonal fold above the crest of the ilium at the spot where an imaginary line would come down from the anterior auxiliary line just above the hip bone and 2 - 3 cm forward.

THE 4 SITE SYSTEM FOR MALE AND FEMALE SUBJECTS



THE 3 SITE SYSTEM FOR MALE SUBJECTS

4.2

SITE 1) CHEST (JUXTA-NIPPLES)

A diagonal fold taken one half of the distance between the anterior auxiliary line and the nipple.

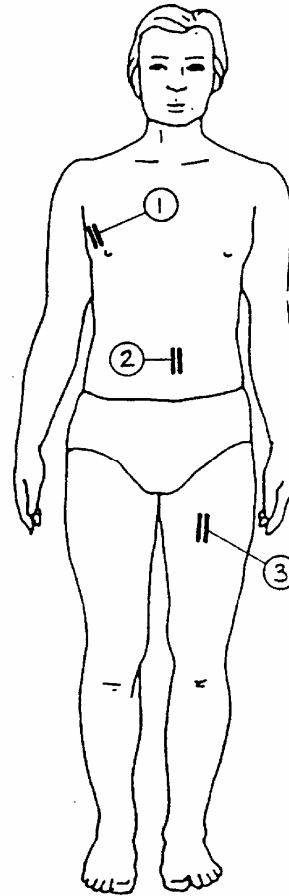
(The anterior auxiliary line is the crease where the top of the arm, when hanging down, meets the chest.)

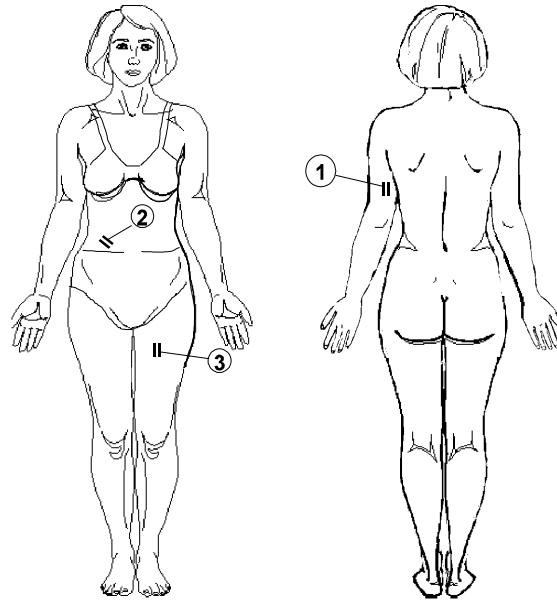
SITE 2) ABDOMINAL

The vertical fold taken at the lateral distance of approximately 2 cm from the umbilicus (2cm to the side of the umbilicus).

SITE 3) THIGH

A vertical fold on the anterior aspect of the thigh, midway between the hip and knee joints (on the front of the thigh halfway between the hip joint, where the leg bends when the knee is lifted, and the middle of the knee cap).
The leg should be straight and relaxed.)





SITE 1) TRICEPS

A Vertical folds on the posterior midline of the upper arm, over the triceps muscle, halfway between the acromion process (bony process on the top of the shoulder) and olecranon process (bony process on elbow).

The elbows should be extended and the arm relaxed.

SITE 2) SUPRAILIAC

A diagonal fold above the crest of the ilium at the spot where an imaginary line would come down from the anterior auxiliary line just above the hip bone and 2 - 3 cm forward).

SITE 3) THIGH

A vertical fold on the anterior aspect of the thigh, midway between the hip and knee joints (on the front of the thigh halfway between the hip joint, where the leg bends when the knee is lifted, and the middle of the knee cap).

The leg should be straight and relaxed.