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Nota di contenuto	BODY COMPOSITION IN SPORT, EXERCISE AND HEALTH; Copyright; CONTENTS; List of Figures and Tables; Notes on Contributors; Foreword; Preface; Acknowledgements; List of Abbreviations; 1 The concept of body composition and its applications; 2 Laboratory methods of body composition analysis; 3 Portable methods of body composition analysis; 4 Physique: phenotype, somatotype and 3D scanning; 5 Muscle tissue; 6 Bone tissue; 7 Anthropometric surrogates for fatness and health; 8 Body composition change; 9 Body composition in chronic disease and disability 10 Body composition: professional practice and an interdisciplinary tool Index
Sommario/riassunto	The analysis of body composition (fat, bone and muscle) is an important process throughout the biomedical sciences. This is the first book to offer a clear and detailed introduction to the key methods and techniques in body composition analysis and to explain the importance of body composition data in the context of sport, exercise and health. With contributions from some of the world's leading body composition specialists, the book goes further than any other in demonstrating the practical and applied value of body composition analysis in areas such as performance sport and w