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Nota di contenuto	Body Composition and Physical Performance -- Copyright -- PREFACE -- FOCUS OF THE REPORT -- HISTORY OF THE COMMITTEE -- COMMITTEE TASK AND PROCEDURES -- Acknowledgments -- Contents -- PART I OVERVIEW -- 1 Introduction and Background -- THE COMMITTEE'S TASK -- CURRENT PHYSICAL STANDARDS FOR ACCESSION AND RETENTION IN THE MILITARY -- Accession Standards -- Retention Standards -- PROCEDURES USED BY THE MILITARY SERVICES FOR FAILURE TO MEET PHYSICAL OR PERFORMANCE STANDARDS -- METHODS FOR ASSESSING BODY COMPOSITION -- Definition of Terms -- Anthropometric Measurements -- Densitometry -- Bioelectric Impedance Analysis -- Options Requiring Major Equipment Or Time -- FACTORS THAT MAY INFLUENCE BODY COMPOSITION -- Age -- Gender -- Race and Ethnic Group -- BODY

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Sommario/riassunto

This book surveys the entire field of body composition as it relates to performance. It includes a clear definition of terminology and a discussion of the various methods for measuring body composition. The authored papers represent a state-of-the-art review of this controversial field and address questions such as: What is a better measure of body composition--body fat or lean body mass? Does being overweight for one's height really affect performance? The book also addresses the issue of physical appearance as it relates to body fatness and performance. It includes an in-depth discussion of many of the topics of interest to those involved in sports medicine and exercise physiology.
