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Sommario/riassunto	The science of Anthropometry is gaining an increasing number of followers, as it allows for a valid, reliable and cheap assessment of body composition and other interesting variables from the point of view of health and sport. However, not many books have addressed the anthropometric technique from its foundations. This book deals with

issues to consider during an anthropometric assessment, such as the physical approach to the subject during the anthropometric assessment, or the factors to consider so that the data obtained are valid and reliable. It also clearly and concisely addresses the approach to body composition with anthropometry, what somatotype is, and how it is interpreted, and how anthropometry can be used to obtain proportionality values, which are very useful for the detection of sporting talents. Finally, the application of anthropometry in two of the fields where anthropometry is most used: the field of sport from the basics to elite sport, and health. All of this is conducted under the perspective of two of the world's leading experts in kinanthropometry, with the goal for the reader to acquire knowledge on every aspect of anthropometry, from the basics to in-depth knowledge of this science.
