



REGISTRATION FEES

Fees Category	Local	International	*Discounted
Level 1 accreditation course (3 days)	RM 1,000	USD 300	RM 900
Level 1 re-accreditation (1 day)	RM 350	USD 100	-

* Discounted fee only applicable to student with proof of studentship or group (minimum 3) registration.

- The registration fees cover tuition, course equipment, meals (lunch and tea), a copy of ISAK manual, ISAK accreditation and 4 years membership fee.

REGISTRATION & PAYMENT

This course will be limited to a maximum 12 participants, registration will be on a first come first served basis (including payment).

Payment option

- Direct bank in / transfer to Bank Islam account
INSTITUT SUKAN NEGARA
14238 01001 0001
- Cheque / L.O. made payable to **INSTITUT SUKAN NEGARA**

Please complete your online registration form at ww.isn.gov.my and email the proof of payment before 30 Sep 2016. For further enquiries, please contact:

Mr. Nor Ikhsan Mohd Noor
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Division of Research & Education
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THE INTERNATIONAL SOCIETY FOR THE ADVANCEMENT OF KINANTHROPOMETRY (ISAK) LEVEL 1 ACCREDITATION COURSE

Date: 18 – 20 October 2016

Venue: National Sports Institute of Malaysia (ISN)

Instructor: Ms. Chai Wen Jin
(Level 3 Instructor Anthropometrist)

Co-organised by:

Professional Education Centre & Sports Nutrition Centre
National Sports Institute of Malaysia

ISAK ACCREDITATION

The International Society for the Advancement of Kinanthropometry (ISAK) has developed the International Anthropometry Accreditation Scheme (IAAS), which is now taught in over 40 countries worldwide.

The Level 1 course is designed for the majority of anthropometrists who have little on-going requirement for more than the measurement of height, weight and skinfolds, and has a basic understanding of the theory of anthropometry applications.

ISAK COURSE INFORMATION

Level 1 – Restricted Profile Anthropometrist

- A person who can demonstrate adequate precision in 2 base measures, 8 skinfolds, 5 girths and 2 breadths of the Restricted Profile.
- Pre-requisites: none
- Curriculum structure (60 hours): 6 hrs for theory, 18 hrs in-course practical, 16 hrs post-course practical and 20 hrs independent learning

ISAK CERTIFICATION REQUIREMENT

- Successful participation of both theory and practical session of the Level 1 course.
- Successful demonstration of landmarking, equipment manipulation and measurement of the restricted profile.
- Successful completion of practical examination (80% minimum)
- Successful post course completion of repeated measures of the restricted profile on 20 subjects. **(submission latest by 20th Feb 2017)**

Dress Requirements

This course is a practical 'hands-on' course. During the practical sessions you will be acting as a subject for other course participants. Please bring appropriate clothing (short pant, t-shirt, two piece swimsuit, sports bra, bike shorts/knick) to change into for the practical sessions. Separate male and female assessment areas will be made available.

ISAK COURSE SCHEDULE

Time	Day 1	Day 2	Day 3
8.00 am – 8.30 am	Registration	Practice session	Practice session
8:30 am- 10:30 am	Theory <ul style="list-style-type: none"> • ISAK accreditation • Equipment requirements • Ethics & issues in Practice • Accuracy & reliability (TEM) 	Theory <ul style="list-style-type: none"> • Body composition assessment methods • Body composition & athletes 	Theory <ul style="list-style-type: none"> • Anthropometry & health • Somatotype
10:30 am - 11:00 am	Break	Break	Break
11:00 am - 1:00 pm	Practical <ul style="list-style-type: none"> • Basic measures • Landmarking • Skinfolds 	Practical <ul style="list-style-type: none"> • Refresher on landmarking & skinfolds • Girth technique & Girths • Bone breadth technique 	Practical <ul style="list-style-type: none"> • Basis measures • Landmarking • Skinfolds • Girths • Breadths
1:00 pm - 2:00 pm	Lunch	Lunch	Lunch
2:00 pm - 3:00 pm	Practical <ul style="list-style-type: none"> • Landmarking • Caliper, tape technique & calibration 	Practical <ul style="list-style-type: none"> • Landmarking • Girths • Bone breadths 	Practical Exam and Profiling
3.00 pm - 3.30 pm	Break	Break	
3.30 pm - 5.00 pm	Practical <ul style="list-style-type: none"> • Skinfolds 	Practical <ul style="list-style-type: none"> • Girths • Bone breadths • Technique check & practice restricted profile 	