
Contents

Editor	vii
Contributors	ix

SECTION I Body Composition Assessment

Chapter 1 Body Composition in Perspective	3
<i>Henry C. Lukaski</i>	
Chapter 2 Assessment of Human Body Composition: Methods and Limitations	13
<i>Hannes Gatterer, Kai Schenk, and Martin Burtcher</i>	
Chapter 3 Assessment of Muscle Mass	27
<i>Donald R. Dengel, Christiana J. Raymond, and Tyler A. Bosch</i>	
Chapter 4 Hydrometry, Hydration Status, and Performance	49
<i>Ronald J. Maughan and Susan M. Shirreffs</i>	

SECTION II Physical Activity and Body Composition

Chapter 5 Physical Activity, Growth, and Maturation of Youth	69
<i>Robert M. Malina and Manuel J. Coelho e Silva</i>	
Chapter 6 Anthropometry in Physical Performance and Health	89
<i>Arthur Stewart and Tim Ackland</i>	
Chapter 7 Exercise and Adipose Tissue Redistribution in Overweight and Obese Adults	109
<i>Brittany P. Hammond, Andrea M. Brennan, and Robert Ross</i>	
Chapter 8 Changes in Body Composition with Exercise in Overweight and Obese Children	129
<i>Scott Going, Joshua Farr, and Jennifer Bea</i>	

SECTION III Body Composition in Sports and Occupations

Chapter 9 Body Composition Changes with Training: Methodological Implications	149
<i>Luís B. Sardinha and Diana A. Santos</i>	

Chapter 10 Endurance Athletes	171
<i>Jordan R. Moon and Kristina L. Kendall</i>	
Chapter 11 Strength and Speed/Power Athletes	211
<i>David H. Fukuda, Jay R. Hoffman, and Jeffrey R. Stout</i>	
Chapter 12 Weight-Sensitive Sports	233
<i>Analiza M. Silva, Diana A. Santos, and Catarina N. Matias</i>	
Chapter 13 Mathematical Modeling of Anthropometrically Based Body Fat for Military Health and Performance Applications	285
<i>Col. Karl E. Friedl</i>	
Chapter 14 Body Composition and Public Safety: The Industrial Athlete.....	307
<i>Paul O. Davis and Mark G. Abel</i>	
 SECTION IV <i>Moderating Factors</i>	
Chapter 15 Dietary Protein and Physical Training Effects on Body Composition and Performance	323
<i>Michaela C. Devries, Sara Y. Oikawa, and Stuart M. Phillips</i>	
Chapter 16 Influence of Dietary Supplements on Body Composition.....	343
<i>Col. Karl E. Friedl</i>	
Chapter 17 Diet and Exercise Approaches for Reversal of Exercise-Associated Menstrual Dysfunction.....	357
<i>Lynn Cialdella-Kam and Melinda M. Manore</i>	
Index	375