



## Body Composition Training Course

### Aims of the course

To provide health professionals with the relevant background knowledge and practical skills to deliver a Body Composition and Bio-Imedance Analysis tests (BIA) .

A certificate is issued subject to passing a practical and theory assessment.

- Competency Training
- Valid for three years
- Theory Assessment
- Practical Assessment

### Course Content

- Overview of how Bio-Imedance Analysis tests (BIA) work
- Muscle Mass
- Understanding Body Water
- Visceral Fat
- Basal Metabolic Rate
- Bioelectrical Impedance Analysis
- Body Fat Percentage and interpretation of measurements
- Normative Ranges and Targets
- Signposting

### Certification

- Subject to completing and passing the practical and theory assessment, successful participants get awarded with a competency certificate valid for 3 years
- This can be used for evidence for compliance and audit purposes

### Course Costs

- £795 plus travel costs (day rate). Please call us for a quote.

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