Jackson-Pollock nomogram method for prediction of percent body fat

What does it measure?
Body composition

What do you need?
• Skinfold callipers
• Partner

How do you do the test?
• Measurements should be taken on dry skin on the right side of the body and the subject should stay relaxed during the test.
• Mark the midpoint of each skinfold site with a pen.
• Grasp the skinfold firmly between your thumb and index finger and pull away from the body. The skinfold should be gripped about one centimetre away from the mid-point.
• Maintaining your grip, place the callipers midway between the base and tip of the skinfold with the dial facing upwards and allow the callipers to release fully so that full tension is placed on the skinfold.
• Read the dial of the skinfold callipers to the nearest 0.5mm shortly after you have released the callipers. Continue to grasp the skinfold throughout testing.
• Take a minimum of two measurements at each site and calculate the average of the two readings.
• Add up the results for each of your three skinfold measurements and work out your percentage body fat result by plotting your age in years and the sum of the three skinfolds on the nomogram.
• Use a ruler and sharp pencil to join up the two plots. The line you have drawn will cross the percent body fat scale. Read your percent body fat result to the closest 0.5% according to your gender.

<table>
<thead>
<tr>
<th>Name</th>
<th>Gender</th>
<th>First skinfold site measurement (mm)</th>
<th>Second skinfold site measurement (mm)</th>
<th>Third skinfold site measurement (mm)</th>
<th>Percent body fat</th>
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Comment on the reliability and validity of this test: