

Abstract

Title: The correlation between the amount of fat in the abdominal area and the amount of visceral fat bioimpedance method recorded.

Objectives: The aim is to verify the validity of the methodology for determining the amount of body fat in risky parts through bioelectrical impedance.

Methods: To obtain data for the assessment of body composition were used bioelectrical impedance, skinfold measurement and somatometry.

Results: The first hypothesis, assuming that the ratio between waist and hips, set somatometrical method, and the ratio of waist and hips measured by bioelectrical impedance will be a strong correlation was not confirmed. The second hypothesis, assuming that the amount of visceral fat, measured by bioelectrical impedance, and skinfold thickness in the waist area, there is a strong correlation is also confirmed. The measurement results showed that the measurement of visceral fat bioimpedance method is accurate and would probably be more beneficial to the measurement of the parts rather use skinfold measurement and the somatometry.

Keywords: body composition, subcutaneous fat, visceral fat, bioelectrical impedance, skinfold measurement