



Exercise Science Laboratory Body Composition Testing

Location: PAES Building, A28 (ground floor)
305 W 17th Ave
Columbus, OH 43210
614.292.5180
Parking: Tuttle Garage

Thank you for scheduling a body composition appointment. Your percentage of body fat is estimated from your determined body density. We offer three methods of assessment to obtain the most accurate results (skinfolds, BOD POD, and underwater weighing). In order to ensure the most accurate measurement of your body density, you should adhere to the following guidelines.

- 1.) Do not eat immediately prior to the test (at least two hours).
- 2.) Attempt to be in a “normal” state of hydration, e.g., do not exercise vigorously and lose a lot of sweat or consume a large quantity of liquid prior to your appointment.
- 3.) *If performing underwater weighing*, take a soap and water **shower IMMEDIATELY** prior to your appointment to eliminate natural body oils. Do not use lotion or hair products. Showers are available in the locker rooms next to body composition lab.
- 4.) Wear a **form-fitting** swimsuit or trunks. AVOID anything with excess material, as this will interfere with the BOD POD’s accuracy.
- 5.) *If performing underwater weighing*, bring a towel. **You must have a towel for underwater weighing.**
- 6.) If you have a cough, cold or other respiratory illness, you will not be tested. Reschedule when your illness has been resolved.
- 7.) Be on time and ready to be tested (already showered and in swimsuit) when you arrive. If you are more than 10 minutes late for your scheduled appointment, you will be considered a no show.

If the above guidelines are followed, you will contribute significantly toward our goal of obtaining a proper body composition for you. Thanks!