Body Mass Index Calculation

Experiment 24 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To perform and document body mass index calculation.

Principle

BMI expresses mass relative to height squared: kg/m^2. It is a screening measure and does not directly measure body-fat distribution.

Key Points

- Measure mass in kg and height in metres without footwear using suitable equipment.
- Convert centimetres to metres before squaring.
- Children, pregnancy and some body-composition situations need additional assessment.

Practice Scenario

Illustrative BMI calculation: mass 60.0 kg and height 1.60 m gives 60 / 2.56 = 23.44 kg/m^2.

Activity Procedure

1. Prepare

Explain the activity, obtain agreement and check the equipment and suitable resting conditions.

2. Perform

Measure mass and height, calculate kg divided by metres squared, check units and interpret using the assigned population-specific chart.

3. Record

Enter actual findings with units, method, time and any limitations.

4. Assess

Use the assigned teaching criteria and refer concerning symptoms for appropriate assessment.

Record and Observations

Field	Actual record
Mass, kg	_____
Height, cm / m	_____
Height squared, m^2	_____
BMI, kg/m^2	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the device instructions and infection-prevention measures.
- Stop the teaching activity if the participant becomes unwell.

Viva Questions and Answers

1. What is a common calculation error?

Using centimetres as though they were metres.

2. Why record units?

A number without units can be misunderstood.

3. Why repeat an unexpected measurement?

A repeat under valid conditions helps identify technique or device error; concerning symptoms still require prompt review.

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