

## COMPARATIVE ANALYSIS OF DIFFERENT METHODS FOR BODY FAT ASSESSMENT IN ADOLESCENTS

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In order to determine the differences between results obtained by using two different methods for estimating the body fat percentage in adolescents, a comparative analysis was performed with bioelectrical impedance method and a traditional method for assessing body composition by skinfold measurement. The sample of this study consisted of 86 seventh grade students of elementary school (42 girls and 44 boys). Body fat percentage was estimated using electronic scale through bioelectrical impedance for assessing the body composition "OMRON BF-511, Japan" and traditionally by measuring skinfolds with caliper and further calculations using equations according to Slaughter (1988). After analyzing the obtained results, it was found that no statistically significant differences were present between body fat percentage obtained by the method of bioelectrical impedance and the method of skinfold measurement of triceps and subscapular ( $p = 0.711$ ) and triceps and calf ( $p = 0.850$ ) in girls, while statistically significant differences were found between the results of these two methods ( $p = 0.001$ ;  $p = 0.009$ ) in boys. Comparison of two most commonly used methods for assessing body fat percentage shown similar results in girls, while in boys, significant differences were present between measurements of these two methods.

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