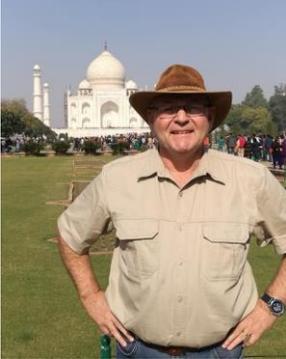


FIEP 13th European Congress and 29th FIEP World Congress, Istanbul, Turkey (26-29 September 2019)

Invited Speaker



Prof. Dr. J. Hans DE RIDDER

Professor and Director, School of Human Movement Sciences, North-West University, Potchefstroom, South Africa.

Senior Vice-President, ISAK

Member of the Board of Directors of the GCH Foundation

President, GoFPEP 2014

President BRICSCESS 2019

Founder Secretary-General and Vice-President (South Africa) BRICS Council of Exercise and Sport Science

E-mail: hans.deridder@nwu.ac.za

Prof. Dr. J. Hans de Ridder is a full professor and director of the School of Human Movement Sciences at the North-West University in Potchefstroom, South Africa. He is currently a C2 rated researcher of the National Research Foundation (NRF) of South Africa. His current H-Index is 13. He was the receiver in 2002 of the Stals Award for Human Movement Sciences from the South African Academy for Science and Art for his exceptional contribution to kinanthropometry. In 2011 he was the receiver of the Albert Strating Award for Preventative Medicine, also from the South African Academy for Science and Art. At the age of 39 years, he was one of the youngest recipients of the Stals award and also the first in the history of the School of Human Movement Sciences at the North-West University in South Africa. In 2010 he reached a milestone in his research career, when his 50th post graduate student (M's and Ph.D.'s) graduated. Currently a total of 63 students have completed their masters or doctoral studies under his guidance. He was the author or co-author of a total of 75 research articles published in subsidised academic journals. He is the Senior Vice-President, ISAK; Member of the Board of Directors of the GCH Foundation; President, GoFPEP 2014 and the Founder Secretary-General and Vice-President (South Africa) BRICS Council of Exercise and Sport Science. He has also been appointed as the President of BRICSCESS 2019. He is married to Elsie and they have three children Elé, De Wet and Maret.

Anthropometric measurements in children: A great help to determine their health status

Anthropometric measurements and specifically skinfolds are the most appropriate for use in field settings to determine the body composition of children and adolescents. The major advantages of anthropometric techniques are, that they are non-invasive and the equipment is commonly portable and therefore suited to use in a wide range of settings. Over the last two decades, the prevalence of childhood overweight and obesity has increased at an alarming rate. A major concern is that children who are obese tend to become obese adults who have a relative high risk of developing diseases and disorders associated with excess body weight and body fatness. Because of these public health

implications, the epidemic increase in childhood overweight and obesity has stimulated much interest in identifying accurate ways to assess the body composition of children in school, sport and clinical settings. Anthropometry is often the preferred approach, because it is relatively inexpensive and can be used as a field method in both urban and in rural situations. Field methods are commonly used in school, sport and clinical settings to estimate body composition of children for the purpose of monitoring changes during growth and development and classifying the levels of body fitness. Anthropometric measurements may also be used as markers of adiposity or of fat distribution in children and adolescents. However, anthropometry requires adequate training by an experienced professional and also quality control. The range of available with regard to body composition assessment methods is extensive and range from relatively simple and inexpensive field methods to more complex and expensive laboratory techniques requiring advanced equipment. The latter are therefore out of reach of most school teachers and coaches. It is also important to remember that BMI is only a crude index of body composition and/or obesity and should be used with care. It is therefore recommended that the BMI compilation table by Cole *et al.* (2000) that provides cut-off values for overweight and obesity up to 18 years of age is used. To determine the percentage body fat of children by means of skinfold equations, the Slaughter *et al.* (1988) equations are recommended.