



Anthropometric International Certification - Level 1



<https://g-se.com/es/formacion/anthropometric-international-certification-level-1-t-m6...>





Anthropometric International Certification - Level 1

Sobre el Curso



Holway Anthropometric Tools

Marcos Lovera, ISAK instructor, disciple of Francis Holway, and representative of Holway Anthropometric Tools, invites you to become certified as an ISAK Level 1 Anthropometrist.

The ISAK Level 1 focus on basic measurements and skinfolds, with minimal need for advanced techniques. This level includes a limited number of girths and three bone breadths to allow for tracking health and growth indicators, as well as calculating somatotype and body composition. ISAK considers these tools essential for comparing body size, shape, and composition. Upon successfully completing Level 1, an individual will demonstrate proficiency in taking 4 base measurements, 8 skinfolds, 6 girths, and 3 breadths, along with a foundational understanding of the theoretical aspects of anthropometric applications.

This certification will take place from May 15th to 18th, 2025, at NutriActiva Medical Supply Store, located at 10800 Nesbitt Ave S, Bloomington, MN 55437, United States (RJ4R+Q5 Bloomington, Minnesota, USA).

Schedule:

Friday: 8:30 to 13:30

- Anatomic landmarking
- Handling equipment
- Basic measures: Skinfolds, Girths, Breadths
- Practice of the 21 anthropometric variables

Saturday: 8:30 to 13:30

- Anatomic landmarking
- Practice of the 21 anthropometric variables in duplicate
- Exam practice: Evaluate 1 subject in duplicate within 20 minutes

Sunday: 9:30 to 13:30





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- Practical exam: Evaluate 3 subjects in duplicate within 20 minutes per subject
- TEM verification versus L3/4 Criterion Anthropometrist

Online complements:

You will have the opportunity to participate in a live webinar where Francis Holway will share his knowledge and experience in the applied field of anthropometry.

About the instructor.

Marcos has a degree in Exercises Science made in Buenos Aires. He has been an ISAK L3 Instructor since 2012 and has accredited over 4000 students and measured more than 20.000 people. He has worked with several groups of athletes such as Volleyball, Basketball, Rugby, Powerlifting, Soccer, ICE and field Hockey, Figure skating, Tennis, CrossFit, Boxing and MMA fighters and at the Combine NFL.

He has taught ISAK Courses all along America (Canada, USA, Mexico, Ecuador, Salvador, Nicaragua, Bolivia, Paraguay, Uruguay and Argentina) He has lived in New Zealand, Canada, USA and his native Argentina.

He has also contributed to the world of science publishing in the field of anthropometry and powerlifting. PubMed.

He has also developed his career as a manager and trainer in boxing. He has grown a few boxers career reaching the most top-level events in USA and having reached 2 World Tittle Elimination.

In addition, he is currently developing his own GYM's chain.

* To eventually obtain the international ISAK certificate, the student must pass the practical exam above 80%, and then in a period of no longer than 4 months for L1 and 6 months for L2, it must be done a 20 POST COURSE work and uploaded to the METRY, the official ISAK software.

*Theoretical Classes:



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- You will have access to theoretical classes a few days before the practical days begin, as well as the ISAK online manual. Students can watch these materials at any convenient time. We strongly recommend completing the entire theoretical material before the practical days conclude.
- Compulsory attendance for all 3 in-person days is required. These sessions will be led by Level 3 Instructor Marcos Lovera.
- The week following the course, on a day and time to be confirmed (as a group), there will be a final online class with Marcos Lovera. This session will serve as a review, covering body composition software and addressing any questions students may have regarding the theoretical or practical components. This 40-minute Zoom class will be recorded and shared with all participants the following day.



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Docentes



MARCOS DAVID LOVERA

Módulo 1

ISAK Level 1



Journals



SPORT Discus™ with Full Text



Online Education Center nos brinda de manera exclusiva y gratuita para todos los alumnos avanzados de G-SE el ingreso a SPORT Discus with Full text.

Con cobertura a texto completo (full text) que data desde el año 1930, SPORTDiscus with Full Text es la herramienta esencial para los estudiantes que desean estar un paso adelante en cuanto a conocimientos, investigación y trabajos finales de grado, másteres y doctorados.

El contenido incluye:

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- Actas e informes de conferencias.
- Más de **3800 videos**.
- Más de **150000 artículos** con referencias citadas de búsqueda.

Pueden consultar y descargar estos materiales cuantas veces deseen mientras dure el acceso a este campus virtual de G-SE.



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Certificados

Avales Científicos



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Q&A



G-SE "Preguntas"

The screenshot displays the G-SE 'Preguntas' interface. On the left is a navigation menu with options: 'Iniciar Sesión', 'Home', 'Mis Preguntas', 'Preguntas Seguidas', and 'Mis Respuestas'. The main content area features a search bar 'Haz una pregunta...' and a search result for a question: '¿Qué? Pregunta 27 may 2021 · 11:29'. The question text is 'La exposición a la luz artificial ¿genera cambios o disturbios en el sueño?' with a 'ver más +' link. Below it is an answer: 'Respuesta 27 may 2021 · 11:29' by 'Ernesto Cifuentes Merenea'. The answer text discusses the physical and mental load of night football (>20 hours) and its impact on sleep quality, mentioning that elite football players are exposed to stadium artificial light. At the bottom, there is a 'Responder...' input field.

G-SE Preguntas es la base de conocimientos más grande de habla hispana sobre las ciencias del ejercicio. Preguntas, respuestas, comentarios y un valioso intercambio de información abierto y en tiempo real entre colegas de todas las disciplinas.

¿Cómo puedo participar?

- **Posteando preguntas a colegas.** Las preguntas son y serán siempre anónimas, por más que te pidamos que te loguees/registres.
- **Aportando tu conocimiento** respondiendo preguntas para ganar reputación dentro de la comunidad.

¡Echa un vistazo y comienza a participar!

MÁS INFORMACIÓN



Grupo Sobre Entrenamiento (G-SE) es el Líder Mundial en Información y Capacitación a Distancia en Ciencias del Ejercicio y Salud

G-SE es un referente en la información y la capacitación a distancia en ciencias del ejercicio y medicina del deporte, dividiéndose en tres grandes secciones: 1) "Artículos", en donde se presentan blogs y artículos gratuitos contenidos en más de 7 journals especializados; 2) "Capacitaciones", una gran plataforma de difusión y comercialización de formaciones a distancia ofrecidas por nuestros socios educativos integrada a nuestro poderoso LMS (learning management system) de desarrollo propio; y 3) "Foros" en donde se promueve la interactividad, experiencias compartidas y opiniones de expertos.

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   [g-se.com](https://www.g-se.com)