

Pre-Test Instructions: BodPod

Thank you for scheduling your BodPod testing appointment. In order to ensure the most accurate measurement of your body density, you should adhere to the following guidelines:

1. Do not eat at least 2 hours prior to the test
2. Do not exercise at least 2 hours prior to the test
3. Attempt to be in a “normal” state of hydration (i.e. don’t consume a large quantity of liquid prior to your appointment)
4. Wear minimal, form-fitting clothing such as a Lycra® or Spandex® during testing (when in doubt, wear compression clothing).
5. A swim cap must also be worn to compress any air pockets within the hair. **This will be provided by the testing staff.**

Men

Women

Acceptable Clothing	Unapproved Clothing
Short Sleeve Compression Shirt OR No shirt 	Loose T-shirt (i.e. cotton T-shirt) 
Compression Shorts (i.e. bike shorts) OR Spandex® swimsuit 	Loose fitting shorts 

Acceptable Clothing	Unapproved Clothing
Compression Shirt 	Loose T-shirt (i.e. cotton T-shirt) 
Compression Shorts (i.e. bike shorts) OR Compression pants 	Loose fitting shorts 
Swimsuit 	

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

If you have any questions, please contact the Sport and Exercise Studies department at: 216-987-4822 or Christopher.Faciana@tri-c.edu

Thanks!

Cuyahoga Community College
 Fitness Training and Testing Center

What to Expect

Testing Process

- Your confidential client information will be entered into the system
- The Bod Pod will validate for 2 minutes while the client is in the PRIVATE dressing room getting ready.
- Once validated the client is weighed (mass), before entering the BodPod for 2 very brief 50-second tests (door opened in between)*. You may hear sounds relating to valves opening and closing or the hum of a fan during the procedure. However, no pressure changes will be felt.
- After second test results are printed & discussed.

*The Bod Pod has an *over-sized window for a wide open view* while testing

How does it work?

Research studies at major universities established the outstanding accuracy, safety and speed of the BodPod. Before the BodPod, the most accepted method was underwater weighing (the “dunk tank”). When comparing the two methods, the BodPod and underwater weighing often produce identical results. BodPod and underwater weighing usually agree within 1% body fat for adults and children.

The BodPod technology is fundamentally the same as underwater (hydrostatic) weighing, but uses air instead of water. The BodPod measures the volume of air a person's body displaces while sitting inside a comfortable chamber, rather than measuring how much water their body displaces when dunked in a tank. By using air instead of water, the BodPod offers a fast, safe, and easy-to-use tool for measuring body composition, without sacrificing accuracy.

	<i>Accuracy</i>	<i>Speed</i>	<i>Safety</i>	<i>Populations*</i>
BOD POD	★★★★★	★★★★★	★★★★★	★★★★★
Dual Energy X-Ray	★★★	★★★	★★	★★
Underwater Weighing	★★★★★	★	★★★	★★
Bioelectric Analysis	★	★★★★★	★★★	★★★★
Skinfold Callipers	★	★★★	★★★★★	★★★★

**Populations - refers to the ability of the method to assess body composition among a wide range of populations, including the elderly, obese, children, and those with disabilities.*