



# Development of innovative training solutions in the field of functional evaluation aimed at updating of the curricula of health sciences schools



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## MODULE BIOMECHANICS: FOUNDATIONS OF BIOMECHANICS APPLIED TO THE LOCOMOTOR SYSTEM

### Didactic Unit E: TECHNIQUES FOR THE INSTRUMENTAL ANALYSIS OF PHYSIOLOGICAL SIGNS AND ANTHROPOMETRIC AND MORPHOMETRIC PARAMETERS

#### E.3. How can I measure morphometric and anthropometric parameters?

## Self-Questionnaire

## Self-questionnaire:

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- Self-questionnaire aimed to test the knowledge acquired.
- It will include 4 objective questions with 4 answer options.
- Mark in bold the correct answer.

## Type of questions:

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- **Drag and drop into text:** Students select missing words or phrases and add them to text by dragging boxes to the correct location. Items may be grouped and used more than once.
- **Drag and drop markers:** Students drop markers onto a selected area on a background image. Unlike the drag and drop onto image question type, there are no predefined areas on the underlying that are visible to the student.
- **Drag and drop onto image:** Students make selections by dragging text, images or both to predefined boxes on a background image. Items may be grouped.
- **Matching:** A list of sub-questions is provided, along with a list of answers. The respondent must “match” the correct answers with each question.
- **Multichoice:** With the Multichoice question type you can create single-answer and multiple-answer questions, include pictures, sound or the other media in the question and/or answer options and weight individual answers.
- **Select missing words:** Students select a missing word or phrase from a dropdown menu. Items may be grouped and used more than once.
- **True/False:** In response to a question (that may include an image), the respondent selects from two options: True or False.

## Question 1

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The core elements of anthropometry are ... :

- A height, weight and body mass index (BMI),
- B body circumferences (waist, hip, and limbs),
- C and skinfold thickness,
- D **all of the above are correct**

## Question 2

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The body mass index (BMI) is calculated as:

- A body weight [kg] divided by the height in [cm],
- B **body weight [kg] divided by the height in [m] squared,**
- C body weight [kg] divided by the height in [cm] squared,
- D none of the above

## Question 3

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The body mass index (BMI), which measures using height and weight whether the weight of person is healthy classifies You in 'normal' group if its value belongs to the range:

- A 25 – 29.9,
- B 17 – 18.4,
- C **18.5 – 24.9,**
- D none of the above





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