MAR 2021

GUIDE 4

BODY COMPOSITION ASSESSMENT (BCA)

a. Use the Percent Body Fat Estimation for Women (Table 3) to locate the column which matches the Sailor's height (rounded up to nearest half inch) and the row which matches the Sailor's cumulative circumference value (rounded down to nearest half inch).

b. Follow applicable column down and row across until they intersect; this number represents Sailor's estimated percent body fat (BCA). This is only an estimate and the official BCA is determined once entered in PRIMS.

c. For circumference values less than the value in Table 3, body fat percentage is less than or equal to smallest body fat percentage in the column. For circumference values greater than the value in Table 3, body fat percentage is greater than or equal to largest body fat percentage in column.

TABLE 1

MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

Sailor's Height (i

Men

Maximum Weight (pounds)

TABLE 3
PERCENT BODY FAT ESTIMATION FOR WOMEN (CONT'D)

Circumference	Height (inches)																			
Value*	68	68.5	69	69.5	70	70.5	71	71.5	72	72.5	73	73.5	74	74.5	75	75.5	76	76.5	77	77.5
56	28	28	27	27	27	26	26	26	25	25	25	25	24	24	24	23	23	23	23	22
56.5	29	28	28	28	27	27	27	26	26	26	26	25	25	25	24	24	24	24	23	23
57	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25	25	24	24	24	24
57.5	30	29	29	29	29	28	28	28	27	27	27	26	26	26	26	25	25	25	25	24
58	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26	26	25	25	25
58.5	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26	26	25
59	32	31	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27	26	26
59.5	32	32	32	31	31	31	30	30	30	29	29	29	29	28	28	28	27	27	27	27
60	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28	28	28	28	27
60.5	33	33	33	32	32	32	32	31	31	31	30	30	30	30	29	29	29	28		