



Uniwersytet Rzeszowski



# COURSE LEVEL 1

## INTERNATIONAL SOCIETY FOR THE ADVANCEMENT KINANTHROPOMETRY



**Level 1 | 2025  
January 24-26**

**Rzeszów, Poland**



# COURSE LEVEL 1

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**Kinanthropometry** is the application of measurement to assess human size, shape, proportion, composition, maturation, and gross function. It is a fundamental discipline for solving problems related to **growth, exercise, performance, and nutrition.**

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It is a useful analytical tool for monitoring **nutritional interventions, personal training, medical interventions, sports training,** etc.

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To achieve an adequate level of **precision and accuracy,** and to be able to **compare results** with standards or other individuals (locally, nationally and internationally), it is essential to follow a standardized **measurement protocol** and to achieve an adequate level of **skill in performing measurements.**

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A person who successfully completes the Level 1 ISAK course can demonstrate **adequate precision and accuracy** in 21 basic measurements and receive an **official ISAK accreditation certificate.**



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## During the course, you will gain knowledge and practical skills related to:

- Correct **location and marking** of 17 anthropometric landmarks
- Proper **handling and manipulation** of all required anthropometric equipment
- Internationally recognized and respected **measurement protocols** and procedures (base measurements, skinfolds, girths, breadths)
- Use of advanced official ISAK anthropometric software (with **free access** after accreditation)
- Theory essential for proper preparation to measurements and interpretation of its results (equipment calibration, basic anatomy, statistics, body composition, somatotype, ethics,) with **free access to the handbook** after registering to the course.



# COURSE LEVEL 1

The course is recommended for **sports and health professionals**:

Physical education teachers, coaches, personal trainers, nutritionists, dieticians, kinesiologists, physicians, physiotherapists, etc.

Requirements for accreditation

Mandatory attendance in practical and theoretical classes during 3 full days

Successful completion of a practical exam

Completion of the measurement of 20 subjects within 4 months after the course

Location

Antropometry Lab, Institute of Physical Culture Sciences, Medical College of Rzeszów University

Sports hall, Building D12, room 111 (1st floor)  
ul. Zelwerowicza 8c, Rzeszów

Instructor

dr Piotr Matłosz, ISAK Level 3,  
- doctor of health sciences  
- master of physiotherapy  
- assistant profesor  
- researcher





# COURSE LEVEL 1

Full price – 2500 PLN

Investment  
Level 1

Students – 2000 PLN (non-salaried)

The number of places on the  
course is limited

Reservation - 500 PLN

Price  
include

Official accreditation and certificate (includes  
ISAK membership fee for 4 years)

Theoretical material

Full access to app software

ISAK measurement technique manual (online)



Fill out the registration form:  
<https://forms.office.com/e/fQmJr4vU2c>

Payment  
method

Fit For Health-Piotr Matlosz  
PL 92 2490 0005 0000 4530 0038 9045  
Alior Bank SA  
ALBPPLPWXXX

Send proof of payment to:  
[fit.for.health.matlosz@gmail.com](mailto:fit.for.health.matlosz@gmail.com)





# COURSE LEVEL 1

## CONTACT INFORMATION:



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SEE YOU  
on the course!

