

Table 2*BMI and body composition variables*

Variables	Formulae	Reference
BMI	Weight (kg)/Height (m) ²	WHO, 1995
PBF (Boys)	1.21 (TRSF+SSSF) -0.008 (TRSF+SSSF) ² -1.7	Slaughter et al., 1988
PBF (Girls)	1.33 (TRSF+ SSSF) -0.013 (TRSF+SSSF) ² -2.5	
FM (kg)	Body Weight (kg) x[PBF/ 100]	
FFM (kg)	Weight (kg) – Fat Mass (kg)	Van Itallie, Yang,
FMI (kg / m ²)	FM (kg) /Height ² (m ²)	Heymsfield, Funk, &
FFMI (kg / m ²)	Fat Free Mass (kg)/ Height ² (m ²)	Boileau, 1990