

**ANTHROPOMETRIC BASICS –
WORKSHEET FOR MODULES 1 - 4**

Print this document. As you take the course, complete the questions.

MODULE 1

1.	An ideal infant scale feature is a built-in motion detector and _____ (fill in the blank).
2.	A digital or balance beam adult scale should weigh in increments of: a. 1/6 pound b. 1/4 pound c. 1/2 pound
3.	Use a _____ (fill in the blank) to measure infants and young children that cannot stand.
4.	List one reason below why you should not use a height rod attached to a scale.
5.	For maintaining a beam balance, zero the balance scales weekly. a. True b. False
6.	When should you use a calibration rod?

MODULE 2

1.	Name two things you can do to respect privacy when weighing and measuring.
2.	_____ (fill in the blank) is the key in weighing and measuring.
3.	List 2-3 common errors when measuring height.
4.	It is critical to have head touching the stable end, one leg straight and heel touching when measuring an infant on a recumbent length board. a. True b. False
5.	Read and record recumbent and height measurements to the nearest: a. 1/4 inch b. 1/8 inch c. 1/16 inch
6.	What are 2-3 ways to measure infant weight accurately?

MODULE 3

1.	Body mass index is used for children starting at _____ (fill in the blank) years old.
2.	How are growth charts used?
3.	The World Health Organization growth standards reflect patterns among children who were mainly: a. bottle fed b. breast fed c. both
4.	During pregnancy, a height measurement is needed on first visit along with a weight measurement. a. True b. False
5.	What can a prenatal weigh gain grid identify?
6.	The current weight gain during pregnancy for a woman with normal pre-pregnant weight status is: a. 28 to 40 pounds b. 25 to 35 pounds c. 20 to 30 pounds

MODULE 4

1.	A sudden weight gain during pregnancy may indicate ____ (fill in the blank below).
2.	Name 2 or 3 potential reasons for excessive weight gain during pregnancy.
3.	Ultrasound is the best indicator of fetal growth in a pregnant woman with two or more fetuses. a. True b. False
4.	The risk of preterm birth is approximately doubled when third trimester weight gain is low or inadequate. a. True b. False