

1. Title	Analyze body shapes and assess body weights
2. Code	BEZZBO202A
3. Range	Perform body shape analysis and body weight assessment for customers accurately at beauty salons or workplaces engaged in body treatments, and recommend appropriate body treatments to them.
4. Level	2
5. Credit	6 (for reference only)
6. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>6.1 Knowledge of body shapes and body weight</p> <ul style="list-style-type: none"> <li>◆ Know about the characteristics of basic body types and common, undesirable body types, such as: <ul style="list-style-type: none"> <li>• Endomorphic</li> <li>• Mesomorphic</li> <li>• Ectomorphic</li> </ul> </li> <li>◆ Know about the composition of the body weight, i.e. water, muscles, fats and bones</li> <li>◆ Know about the calculations and the international standards of the Body Mass Index</li> <li>◆ Know about the standards of body fat ratio</li> <li>◆ Know about the methods of testing muscle power and relevant standards</li> <li>◆ Know about the problems and imperfections resulting from incorrect posture, and their symptoms</li> <li>◆ Know about the factors leading to different body shapes, such as heredity, diets, living habits, medication and diseases</li> </ul> <p>6.2 Analyze body shapes and assess body weight</p> <ul style="list-style-type: none"> <li>◆ Master the parameters of body types and perform analysis for customers accurately</li> <li>◆ Master the techniques of assessing body weight and perform BMI analysis and fat ratio assessment for customers</li> <li>◆ Master the techniques of testing muscle power and perform assessment of muscle power for customers</li> <li>◆ Recommend appropriate body treatments to customers according to the assessment data of their body shapes and weight</li> </ul>
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are:</p> <p>(i) Capable to master the techniques of analyzing body shapes and assessing body weight; and</p> <p>(ii) Capable to recommend appropriate body treatments to customers according to the analysis and assessment reports of their body shapes and weight.</p>
8. Remarks	