



Body Composition in Biological Anthropology (Cambridge Studies in Biological and Evolutionary Anthropology)

Roy J. Shephard

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This volume provides a thought-provoking, interdisciplinary perspective on the empirical and analytic study of body composition and the techniques used for measuring body components, such as fat, water, muscle, and bone mass and density. The nature of regional differences, developmental changes, pathological abnormalities, and the impact of heredity and environment in shaping body composition are discussed in the context of human evolution. For instance, the author looks at how growth, aging, and exposure to heat, cold, excess or lack of nourishment modify normal body composition.

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