

Table 3 Comparison of prediction equations of body fat percentage to the Bod Pod.

Equation	r	Mean diff. (%BF)	SEE (%BF)	TE (%BF)	Bias
Jackson & Pollock, 3-site	0.86**	-0.94	4.03	4.08	0.13
1-point biceps	0.89**	-6.54**	3.67	7.66	-0.23
Pollock, 3-site	0.91**	-1.93*	3.25	3.93	0.59**
Jackson & Pollock, 7-site	0.89**	-1.23	3.55	3.69	0.34*
Sloan, 2-site	0.80**	+1.23	4.80	4.72	0.40**
NHCA, 4-site	0.87**	-1.68	3.90	4.16	0.27
Forsyth & Sinning, 4-site	0.79**	-8.58**	4.86	11.34	-0.58**
Durnin & Womersley, 4-site	0.88**	-6.01**	3.82	7.11	0.46**
Parrillo, 9-site	0.82**	-4.72**	4.55	6.50	0.44**

Mean diff. = Bod Pod – prediction equation

*p<0.05; **p<0.01