

BASICS (1st day)

Test persons: course participants and students
should be available from 9:00 to 15:00

Time	min	Keynotes / hands-on practices
08:30 – 08:45	15	Course opening
08:45 – 09:00	15	SUM – introduction, ultrasound sites
09:00 – 09:15	15	Site-marking - demonstration
09:15 – 10:30	75	Practical site-marking
10:30 – 11:00	30	Ultrasound imaging of SAT - demonstration
11:00 – 12:30	90	Hands-on US imaging of SAT (basics)
12:30 – 13:00	30	Lunch break
13:00 – 15:00	120	Hands-on US imaging of SAT
15:00 – 15:30	30	Image evaluation – demonstration (Software NISOS – BCA)
15:30 – 17:30	120	Hands-on image evaluation (NISOS – BCA)

BASICS (2nd day)

Test persons should be available from 8:30 to 12:30

Time	min	Keynotes / hands-on practices
08:30 – 09:30	60	Hands-on site marking (competency check)
09:30 – 12:30	180	Hands-on SUM SAT imaging
12:30 – 13:00	30	Lunch break
13:00 – 15:00	120	Hands-on SUM SAT image evaluation
15:00 – 16:00	60	Comparison of results (competency check), discussion of measurer related errors
16:00 – 17:00	60	Keynotes, relevant chapters in the book <i>Beyond BMI</i> , general discussion

ADVANCED LEVEL, part A (3rd day)

Test persons should be available from 8:30 to 12:30

Time	min	Keynotes / hands-on practices
08:30 – 11:00	150	Anthropometry, site marking, US imaging (competency check)
11:00 – 12:30	90	Hands-on SUM SAT image evaluation (competency check)
12:30 – 14:00	90	Lunch break
14:00 – 14:45	45	Comparison of result, discussion of the measurement method, post course tasks
14:45 – 15:30	45	Keynotes, important chapters in the book <i>Beyond BMI</i> , measurement methods and demands
15:30 – 16:30	60	Discussion of application fields, cooperations, designing studies and scientific publications

ADVANCED LEVEL, part B (post course autonomous training)

Autonomous measurements of a series of persons are part of the advanced level competency check. We recommend to send the results of these 8-site measurements of test persons with various adiposity levels to the IASMS office within four weeks after the course – as **forgetting is a function of time**. In case there are two or more measurers in your team, compare and improve your results autonomously before sending them.