Physique Assessment Decision Tree

AIS

Has Performance Support Team (PST) met with athlete & coach to enable informed discussions on the benefits & contraindications of physique manipulation?

- NO → **Do not proceed.** Lack of support for athlete via PST creates a high-risk environment.
- YES ↓

Is there a valid reason to assess athlete physique, relating to athlete well-being &/or performance?

- NO → **Do not proceed.** Lack of justification for assessment.
- YES ↓

Has appropriate screening (Body Image/ Physique Anxiety/ Eating Behaviour) of athlete been undertaken to assist in mitigating athlete risk?

- NO → **Do not proceed** without screening. Consider referral to relevant member/s of PST to address issue/s identified.
- YES ↓

Is there a need to obtain an estimate of absolute composition (regional or whole body)?

- YES ↓

Consider use of DXA

DXA will provide absolute estimates of physique traits.

Can procedure be undertaken by a suitably qualified DXA technician, in accordance with Best Practice Protocols?

- NO → **Do not proceed.** Consider if other valid methods may be appropriate to provide estimates of body composition.
- YES ↓

Schedule DXA scan but only after providing athlete with sufficient background information.

Has informed consent been granted?

- NO → **Do not proceed.** No testing is compulsory.
- YES ↓

- NO ↓

Consider use of surface anthropometry

Is a suitably qualified ISAK technician available?

- NO → **Do not proceed.** Consider if other valid methods may be appropriate to provide estimates of body composition.
- YES ↓

Schedule assessment but only after providing athlete with sufficient background information.

Has informed consent been granted?

- NO → **Do not proceed.** No testing is compulsory.
- YES ↓

Schedule follow-up with athlete ± PST post-scan/test

Seek athlete consent to share data with relevant members of PST to assist with data interpretation & guide subsequent discussions on any proposed interventions.