

## 4-5 Anthropometrics online course

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Anthropometrics means taking measurements of people. In WIC getting accurate measurements is an important part of a complete assessment. This online course will show you how to correctly weigh and measure WIC participants.

### What you need to do

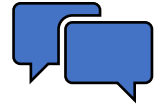
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1. Work with your training supervisor to determine a time to complete the *Anthropometrics* online course.  
Date and time \_\_\_\_\_
2. Complete the *Anthropometrics* online course, the Head Circumference supplement, learning activities and the posttest.
3. Make note of any questions or concerns you have about information in the module.
4. Schedule a time to discuss what you learned with your training supervisor using the *Talk it over* section below.  
Date and time \_\_\_\_\_

## Talk it over

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1. Review your notes and ask any questions you have about the course.
2. Practice taking measurements of women, infants, and children. How did that go?
3. What kinds of things might make it difficult to take accurate measurements?
4. What are common errors when weighing or measuring?
5. Who maintains the measuring equipment in your agency?
6. What steps do you take if a participant doesn't want to be weighed or measured?