



## International Society for the Advancement of Kinanthropometry

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### **\*\* A message from the President of ISAK \*\***

On behalf of the **International Society for the Advancement of Kinanthropometry (ISAK)**, it gives me great pleasure to extend a word of welcome to all our anthropometry friends in Iran who are attending this seminar. A warm word of welcome also to all the VIP's, colleagues and friends who have contributed and are still contributing in making this seminar a truly landmark occasion for your country, Iran. ISAK is a small but prestigious international organization, acknowledged by UNESCO as the world body for anthropometry. We as members of ISAK are very proud of our society and you will realize that the members function as one big "family". We try our utmost best to create an international network where members can assist and support each other as far as possible with regard to anthropometry. A special word of thanks from me and ISAK to our good friend, Dr. Shahram Faradjzadeh Mevaloo at the Anthropometry Department of the National Olympic and Paralympic Academy Enghelab Sport Complex in Tehran, for his outstanding work over the past few years in Iran. With his knowledge and expertise, Shahram has made a huge contribution to ISAK and on behalf of the Society we thank and honour him for that.

The title of the seminar is *"Kinanthropometry and development of Elite Sport in Iran"* and with the Olympic Games in China fresh behind us and with a world that still stands astounded at the unbelievable performances of these athletes, this is a very relevant seminar for you and your country. What rings true, is the important role that science plays in sporting performance. We have reached a point in history where performance, as we know it at top level, will no longer be possible without the help of sport science. The assistance that science can offer these athletes with regard to physical conditioning, scientific testing, sport psychology, nutrition, injury prevention, etc. is most of the time the decisive factor in the top performance of athletes and the winning of medals. If one looks at the success story of countries like Australia and England on the sports field, the "secret" of these countries is using sport science to their absolute maximum benefit.

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The role that kinanthropometry plays in relation to sport science, is also very important. We know that the physique of athletes has become a very important factor in the elite athlete's make-up. Physique may not be the only factor which determines if you win or lose, but it is a very important factor that, together with aspects such as physiology, biomechanics, psychology, etc, it forms a unit which determines your success on the field of sport. It is like a chain. If one link is damaged, the chain is broken and it will have an influence on the success of the athlete.

Therefore it is essential that you as anthropometrists identify and categorize the important role that kinanthropometry plays in the development of elite athletes in your country, while at this seminar. It is also very important that you compile a plan of action for the future on how to use science and kinanthropometry to develop Iran's elite athletes to their full potential and how to improve your medal tally at the next Olympic Games in 2012 in London.

Once again, may I bid each and everyone of you a warm word of welcome and I really hope that you as anthropometrists and sport scientists will use the knowledge gained from this seminar to take Iran and its elite athletes to new heights in the future.

Kind regards



**Prof. dr. J. Hans de Ridder**  
**President : International Society for the Advancement of Kinanthropometry**  
**(ISAK)**