

**eTable 2. Comparison of results from body composition practices questionnaires, 2013 and 2022.** See details on questionnaire and methodology in supplementary material.

		<b>2013</b>	<b>2022</b>
Methods used *		Total n=147	Total n=59
	Skinfolds using ISAK methodology	55%	78%
	Dual-energy X-ray absorptiometry	38%	49%
	Bioelectrical impedance	29%	29%
	Skinfolds using formula to estimate BF (%)	48%	8%
	Air displacement plethysmography	17%	7%
	Ultrasound	3%	5%
	Hydrostatic/underwater weighing	10%	0%
	Other	17%	5%
Measurers *		Total n=114	Total n=59
	Sports Dietitian/Nutritionist	54%	78%
	Physiologist / Sport Scientist	57%	56%
	Athletic Training / Strength and Conditioning Coach	13%	19%
	Sports Medicine Physician/Doctor	14%	17%
	Allied Health Professional	6%	12%
	Sport Coach	5%	3%
	Physiotherapist	4%	0%
	Team Manager	<i>not an option on original survey</i>	3%
	Head of Performance		5%
	Commercial / external operator / tester		5%
	Sport Psychologist		0%
	Other		18%
At what age do the organisation first consider monitoring BC?		<i>not an option on original survey</i>	Total n = 57
	≤ 12 years		0%
	13-15 years		9%
	16-18 years		27%
	>18 years		67%

		<b>2013</b>		<b>2022</b>	
Are cut off values used?		Total n=132	Total n=123	Total n=52	
		Minimum	Maximum		
	Yes	48%	26%	38%	
	No	52%	74%	62%	
What Minimum values are used?		Male	Female	Male	Female
	BF (%) (range)	4-10%	9-15%	6%	12%
	Subcutaneous Adipose Tissue (ultrasound)			12 mm	25 mm
	Sum of 8 Skinfolts			40 mm	45 mm
What Maximum values are used?	BF (%) (range)	12-25%	15-25%		
	Subcutaneous Adipose Tissue (ultrasound)			>70 mm	>50 mm
	Sum of 8 Skinfolts (range)	80-120 mm	100-150 mm	52-110 mm	
Initiation of Measurement *		Total n=121		Total n=47	
	Requested by athlete	52%		68%	
	Requested by coach	56%		57%	
	Requested by athletic trainer or physiotherapists	25%		45%	
	Requested by physician	26%		32%	
	Requested by Sport Dietitian/Nutritionist	<i>not an option on original survey</i>		74%	
	Part of repeat/routine testing			32%	
	Requested by Sport Scientist/Physiologist			26%	
	Requested by Head of Performance			13%	
	Requested by Psychologist			2%	
Other	56%		11%		
Frequency of Measurement *		Total n=114		Total n=38	
	Every 2 weeks	3%		0%	
	Every 4 weeks	15%		5%	
	Every 6-8 weeks	16%		34%	
	4 times per year	23%		55%	
	2 times per year	21%		34%	
	1 time per year	9%		21%	
	Other	55%		32%	
Standardisation Strategies **		Total n=106		Total n=38	
	Recognised protocols/best practice for selected method followed	n=39 (37%)		n=27 (71%)	
	Trained/qualified measurer	n=25 (24%)		n=13 (34%)	

		<b>2013</b>	<b>2022</b>
	Pre-testing conditions standardised	n=22 (21%)	n=12 (32%)
	Equipment used calibrated/consistent	n=21 (20%)	n=7 (18%)
	Same measurer	n=24 (23%)	n=6 (16%)
	None/no standardisation	n=5 (5%)	n=0
	Inter/intra tester reliability/TEM calculated	n=17 (16%)	n=0
		<b>Total n= 113</b>	<b>Total n=41</b>
Are other variables measured at the same time as BC?	Yes	81%	73%
	No	19%	20%
	Not sure	<i>not an option on original survey</i>	7%
		<b>Total n=88</b>	<b>Total n=28</b>
Parameters/variables measured alongside BC*/**	Performance/physical parameters	n=52 (59%)	n=19 (68%)
	Nutrition status/intake/diet	n=45 (51%)	n=10 (36%)
	Blood parameters	n=28 (32%)	n=6 (21%)
	Menstrual/hormonal status	n=11 (12%)	n=5 (18%)
	Immune Function	n=12 (14%)	n=5 (18%)
	Bone mineral density	n=3 (3%)	n=1 (4%)
	Hydration status/urine analysis	n=4 (4%)	n=1 (4%)
	Training/injury status	n=10 (11%)	n=9 (32%)
	Wellness/psychological status	n=12 (14%)	n=2 (7%)
	Metabolic markers/status	n=6 (7%)	n=2 (7%)
		<b>Total n=113</b>	<b>Total n=37</b>
What data are given to the athlete? *	Sum of skinfolds	56%	70%
	BF (%)	68%	46%
	Fat mass	55%	30%
	Fat free mass / Lean BM / Muscle mass	43% / 49% / 34%	57%
	Other	40%	38%
		<b>Total n=125</b>	<b>Total n=40</b>
Are there challenges/problems encountered that are associated with a focus on BM/BC? ( $X^2 = 0.748$ ; $p=0.387$ )	Yes	69%	78%
	No	31%	23%
		<b>Total n=80</b>	<b>Total n=26</b>
Perceived problems associated with the focus on BM and BC in sport**	Lack of knowledge; misperception that changes in BM/BC always improve performance	n=9 (11%)	n=11 (42%)
	Disordered eating/eating disorders; female athlete triad, body image issues; injuries	n=43 (54%)	n=9 (35%)

		<b>2013</b>	<b>2022</b>
	Lack of guidance in goal setting for BM/BC	n=7 (9%)	n=5 (19%)
	BM loss through pathogenic methods; dehydration	n=15 (19%)	n=1 (4%)

*Note: BM, body mass; BC, body composition; BF (%), percentage of body fat; \*Respondents could select more than one answer or provided answers that covered more than one theme; for frequency of measurement in 2022 respondents could provide frequency of measurement for each method, these data have been combined for all methods in the table to allow comparison to 2013 but respondents may have provided more than one answer \*\* Open ended question for respondents to report voluntarily and freely.*