

A Comparison of 9th Grade Student's Body Mass Index, Body Weight, Skin Fold Measurement and Blood Pressure

Introduction

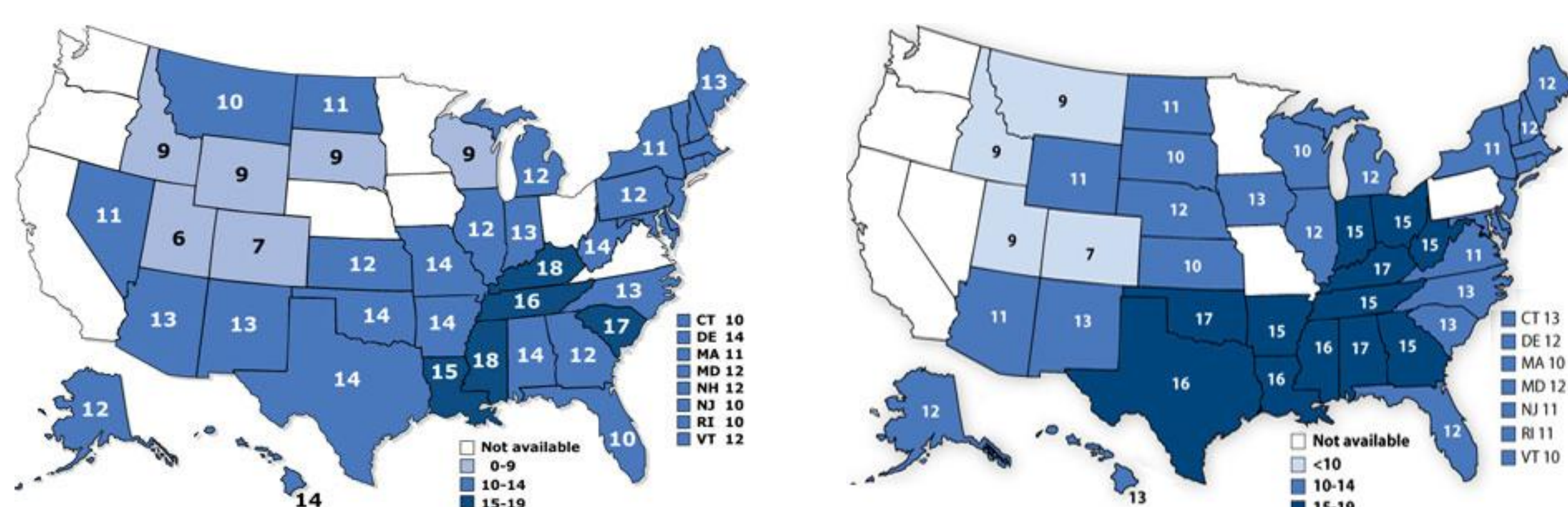
- About 1 in 3 teenagers in the U.S. is overweight or obese
- The percentage of adolescents aged 12- 19 years who were obese in 1980 increased from 5% to 18% in 2010.
- Overweight kids have a 70- 80 percent chance of staying overweight their lives
- 7 in 10 U.S. adults are overweight or obese

National Physical Activity Recommendations

American Heart Association suggest every student should engage in **60 minutes** of daily physical activity.

Physical activity should include muscle and bone strengthening at least **three days per week**.

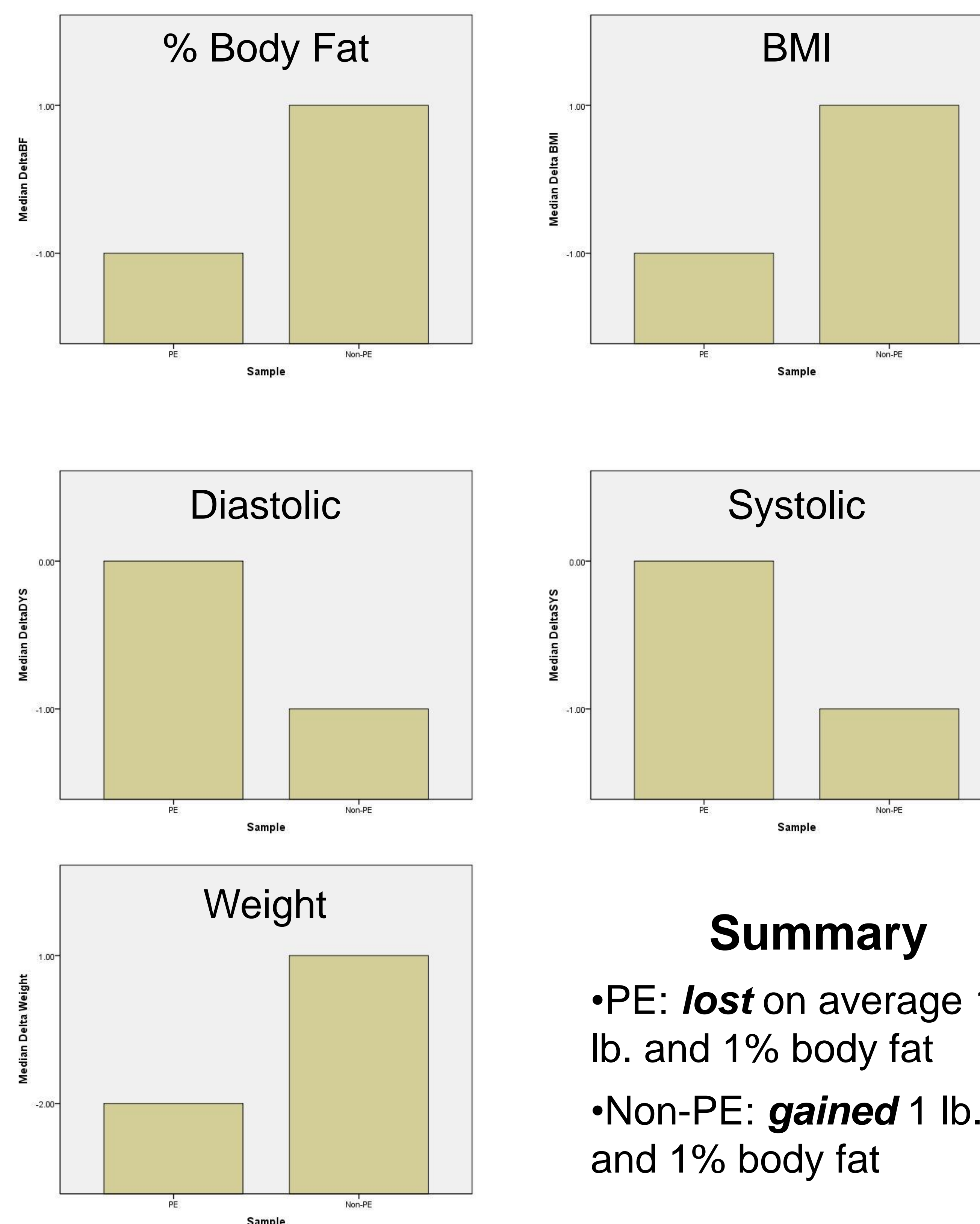
Obesity 2009- 2011



Only **2% of high schools** in the U.S. require daily physical education or physical activity from their students.

Data Collection: Week 1 to Week 4

PE vs Non-PE



Summary

- PE: **lost** on average 1 lb. and 1% body fat
- Non-PE: **gained** 1 lb. and 1% body fat

Study Limitations:

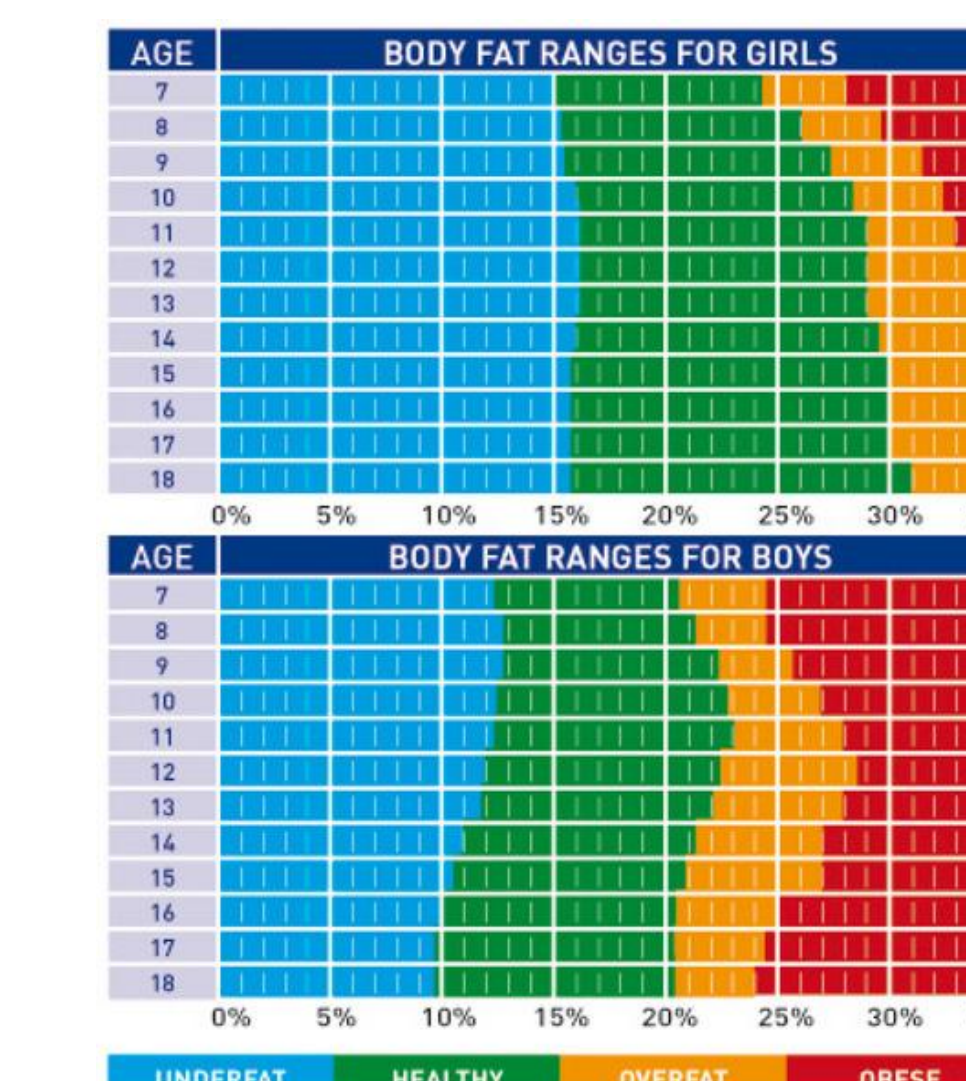
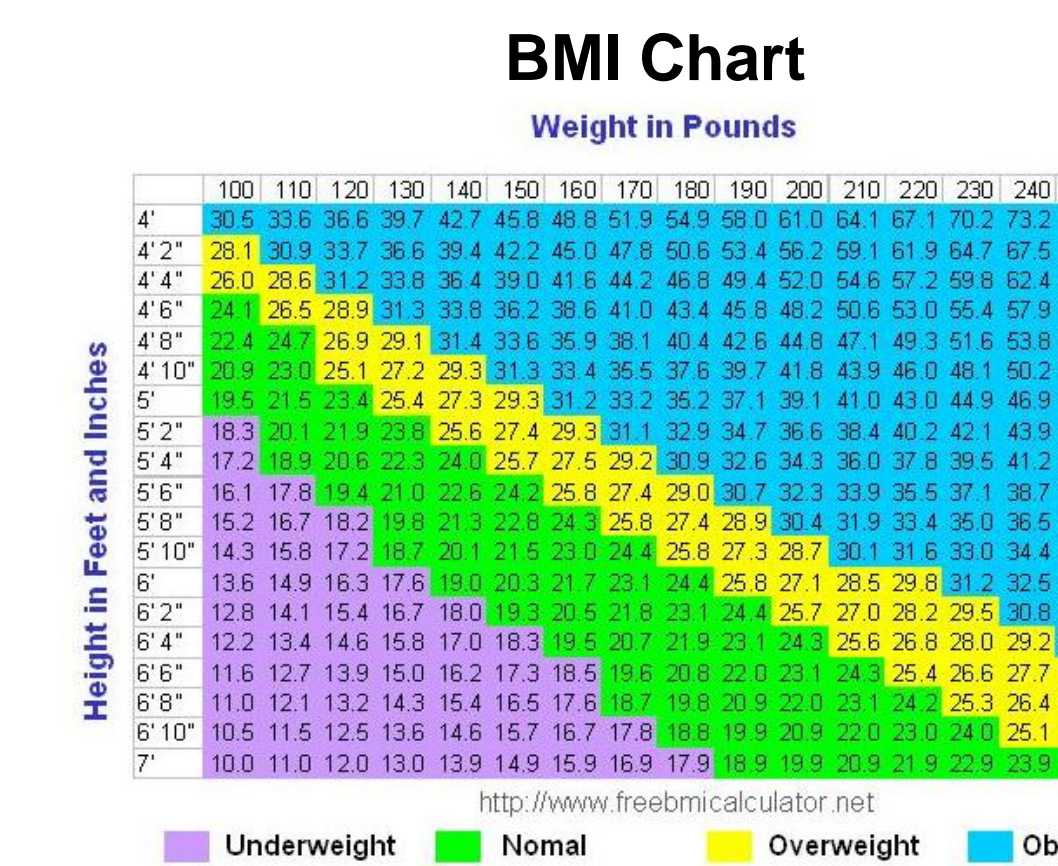
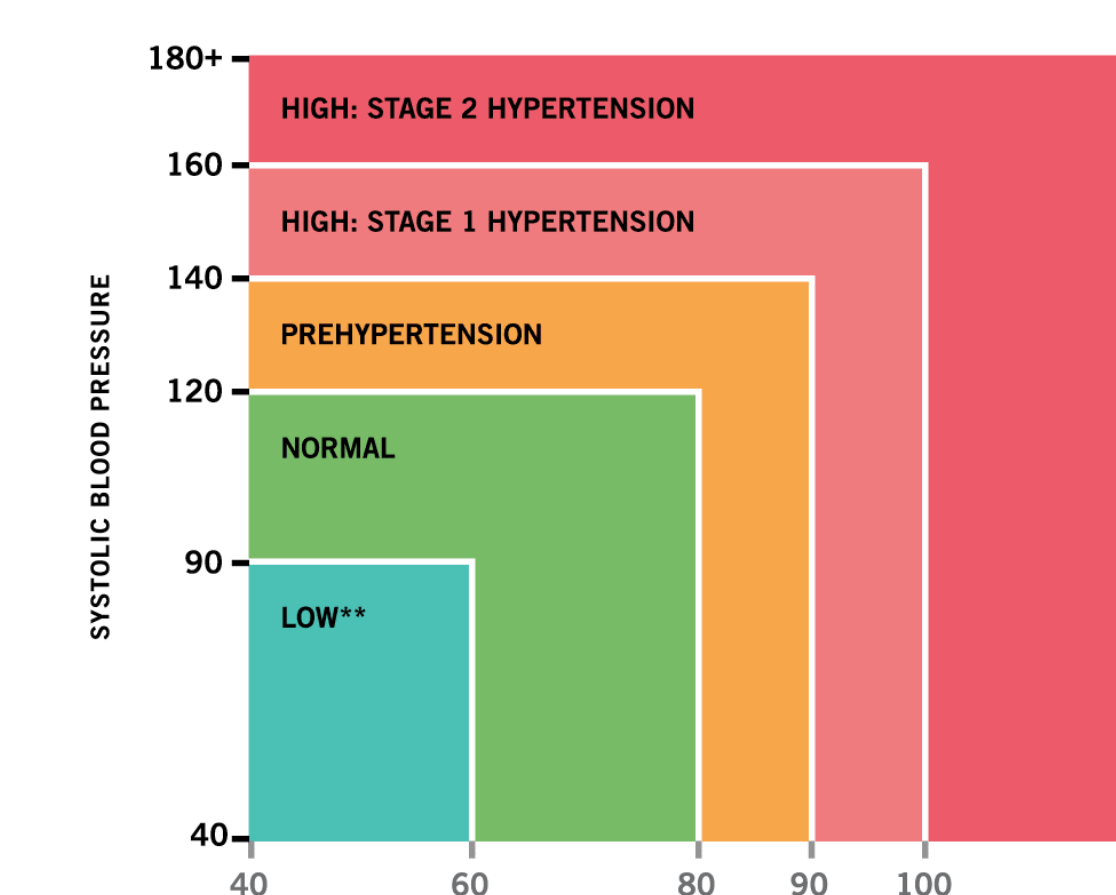
- Genetics
- Hereditary Health Problems
- Food Consumption/ Food Choices
- Physical Activity outside of class and school



Measuring Norms

Charts based on averages of high school students

Blood Pressure Chart* <http://www.breivickcalculator.net>



Instruments



Mr. Hamrick's PE Daily Routine

Fitness Testing (Week 1, Week 4, Week 9)

- Flexibility, Cardiovascular Endurance, Muscle Strength, Agility

Dynamic Warm Up

- High Knees, Butt Kicks, Karaoke, Power Skips, Sprints Push Ups, Sit Ups, Pull Ups, Core Planks

Twenty Minute Interval Training

- Run/ Walk in Minute Intervals building up to 20 minute run in 9 weeks

Team Sport Units

- Basketball, Volleyball, Football, Hockey, Softball, Handball

- Skills → Lead Up Games → Round Robin → Tournament



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