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

% Body Fat

BMI

Diastolic

Systolic

Weight

Summary

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

Measuring Norms

Charts based on averages of high school students

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

Study Limitations:
• Genetics
• Hereditary Health Problems
• Food Consumption/Food Choices
• Physical Activity outside of class and school
References


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