Body Composition Fitness Homework

Name: ____________________

What is Body Composition?

In physical fitness, **body composition** is used to describe the percentages of fat, bone and muscle in human bodies. Because muscular tissue takes up less space in our body than fat tissue, our body composition, as well as our weight, determines leanness. Two people at the same height and same body weight may look completely different from each other because they have a different body composition.

What is BMI?

Body Mass Index (BMI) is a number calculated from a child's weight and height. BMI is a reliable indicator of body fatness for most children and teens. For children and teens, BMI is age- and sex-specific.

How is BMI calculated and interpreted for children and teens?

Calculating and interpreting BMI using the BMI Percentile Calculator involves the following steps:

2. Calculate the BMI and percentile using the formula provided. The BMI number is calculated using standard formulas.
3. Find the weight status category for the calculated BMI-for-age percentile as shown in the following table. These categories are based on expert committee recommendations.

<table>
<thead>
<tr>
<th>Weight Status Category</th>
<th>Percentile Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Less than the 5th percentile</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>5th percentile to less than the 85th percentile</td>
</tr>
<tr>
<td>Overweight</td>
<td>85th to less than the 95th percentile</td>
</tr>
<tr>
<td>Obese</td>
<td>Equal to or greater than the 95th percentile</td>
</tr>
</tbody>
</table>

Each line on the graph moving vertically (up and down) is worth .2
Each line on the graph moving horizontally (left to right) is worth .25
Calculate your BMI

Name: ___________________________  Class: _______  Block: __

To calculate your BMI use the following formula

\[
\text{BMI} = \frac{\text{Your weight (lbs)} \times 703}{\text{Height (in inches)} \times \text{Height (in inches)}}
\]

Example weight is 190 lbs and height is 70 inches

\[
\text{BMI} = \frac{190 \times 703}{70 \times 70} = \frac{133570}{4900} = 27.26\
\]

__________________________________________________________________________________

Your BMI:

\[
\text{BMI} = \frac{\text{_______ lbs}}{\text{_______ inches} \times \text{_______ inches}} \times 703
\]

\[
\text{BMI} = \frac{\text{_______ inches}}{\text{_______ inches}}
\]

\[
\text{BMI} = \frac{\text{_______}}{\text{_______}} = \text{_______ %}
\]

What is your Percentile? _______________

What is your Weight Status Category? __________