

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.

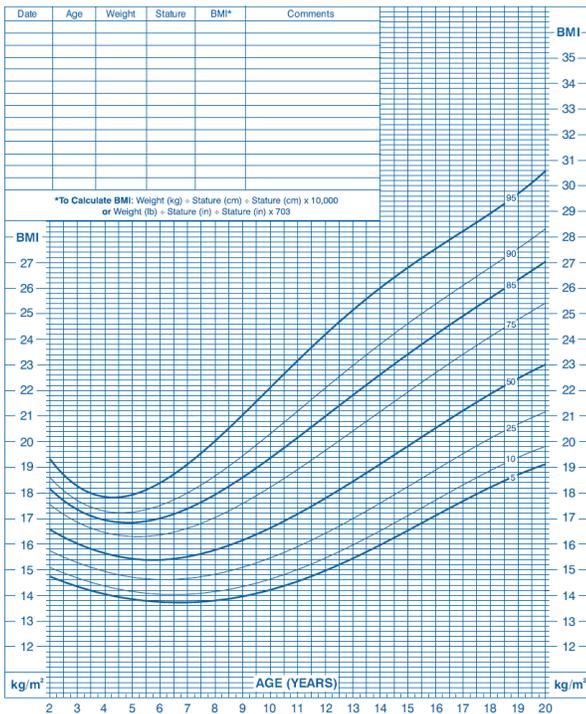
What is BMI?

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:

1. Before calculating BMI, obtain accurate height and weight measurements.
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.



Weight Status Category	Percentile Range
Underweight	Less than the 5th percentile
Healthy weight	5th percentile to less than the 85th percentile
Overweight	85th to less than the 95th percentile
Obese	Equal to or greater than the 95th percentile

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

$$\text{BMI} = \frac{\text{Your weight (lbs)} * 703}{\text{Height (in inches)} * \text{Height (in inches)}}$$

Example weight is 190 lbs and height is 70 inches

$$\text{BMI} = \frac{190 * 703}{70 * 70}$$

$$\text{BMI} = \frac{133570}{4900}$$

$$\text{BMI} = 27.26\%$$

Your BMI:

$$\text{BMI} = \frac{\text{_____ lbs} * 703}{\text{_____ inches} * \text{_____ inches}}$$

$$\text{BMI} = \text{_____}$$

$$\text{BMI} = \text{_____} \%$$

What is your Percentile? _____

What is your Weight Status Category? _____