

Investigation of Physical Activity Levels and Body Compositions of Adolescent Boys and Girls

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KEYWORDS Physical Activity. Body Mass Index. Pedometer. Adolescent. Student

ABSTRACT The purpose of this study is to investigate the physical activity and body composition of boys and girls between 14 and 18 years of age studying in high school. The research comprises 532 people without any health problems, including 279 girls and 253 boys, who participated voluntarily. An independent t-test, the Pearson Correlation test and Chi-square test were used. There was a significant difference ($p < 0.001$) between the pedometer values of boys (12377.59 ± 4245.16) and girls (9438.95 ± 2806.01). In the standard of Body Mass Index (BMI) values, girls were average and below by seventy-six percent, overweight by 17.2 percent, obese by 6.8 percent, while boys were average and below by 75.1 percent, overweight by 18.6 percent, and obese by 6.3 percent. A significant relationship was found at a level of $p < 0.05$ between the daily step counts and BMI variables of boys ($r = -.156$) and girls ($r = -.121$). Consequently, improving the physical activity level is thought to be a factor inhibiting obesity.