

Name _____ Per _____

Body Composition Worksheet

For this assignment we will be using the internet to research our BMI and BMR using designated websites. This is a research assignment only. Your information will not be shared with the class and you will not be graded on the results of your research. We will be conducting follow up research into health risks and benefits related to BMI and BMR as well as using other internet calculators to measure our exercise levels and actual daily caloric intake.

You will need your **height** _____, **weight** _____, **age** _____, and **gender** _____.

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. BMI **does not measure body fat directly**, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing. BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems. For children and teens, BMI is age- and sex-specific and is often referred to as BMI-for-age.

To calculate your BMI visit apps.nccd.cdc.gov/dnpabmi/Calculator.aspx and enter your personal information the required fields. Hit the calculate button for your BMI calculation.

My BMI= _____

Which percentile and weight category did this place you? _____

What is BMR?

Your BMR, or basal metabolic rate (metabolism), is the energy (measured in calories) expended by the body at rest to maintain normal bodily functions. This continual work makes up about 60-70% of the calories we use ("burn" or expend) and includes the beating of our heart, respiration, and the maintenance of body temperature. Your BMR is influenced by a number of factors, including age, weight, height, gender, environmental temperature, dieting, and exercise habits.

To calculate your BMR visit internetfitness.com/calculators/bmr.htm and enter you personal information in the required fields and hit calculate.

My BMR= _____ **calories**

(A calorie is the energy needed to raise the temperature of 1 gram of water 1 degree Celsius).

Obviously, your body "burns" more calories throughout the day than just the energy expended at rest to maintain normal bodily functions. Once you have calculated your BMR above, you can enter the average minutes you spend in a variety of activities each day. We have divided these into five levels from very light to very heavy. We have included a few examples of each category to allow you to gauge where a given activity might fit. The result is only an estimate, but should

give you an idea of your daily caloric needs. Be sure to enter the number of minutes per day you spend at each activity level to get a more accurate estimate.

My Total Daily Energy Requirement = _____ calories