

Table 201. High School Students Engaged in Physical Activity by Sex, Race, and Hispanic Origin: 2005

[In percent. For students in grades 9 to 12. Based on the Youth Risk Behavior Survey, a school-based survey and subject to sampling error; for details see source]

Characteristic	Met currently recommended levels of physical activity ¹	Met previously recommended levels of physical activity ²	No vigorous or moderate physical activity ³	Enrolled in physical education class			Played on a sports team	Watched three or more hours/day of TV
				Total	Attended daily	Exercised 20 minutes or more per class ⁴		
All students	35.8	68.7	9.6	54.2	33.0	84.0	56.0	37.2
Male	43.8	75.8	7.9	60.0	37.1	87.2	61.8	38.0
Grade 9	42.8	78.4	7.2	72.8	46.5	86.3	64.7	42.4
Grade 10	46.8	77.8	7.5	65.4	39.0	88.0	63.4	42.7
Grade 11	43.8	74.2	8.4	51.1	33.5	87.5	61.0	34.1
Grade 12	41.9	71.9	8.4	45.9	26.1	87.3	57.3	30.3
Female	27.8	61.5	11.3	48.3	29.0	80.3	50.2	36.3
Grade 9	30.8	68.4	8.2	70.3	43.1	80.3	56.1	42.4
Grade 10	30.0	63.0	10.3	53.0	31.5	81.0	52.3	37.4
Grade 11	25.1	60.7	12.4	32.9	19.4	79.5	48.9	31.7
Grade 12	24.0	51.7	15.2	32.0	18.8	79.7	41.3	32.4
White, non-Hispanic . .	38.7	70.2	8.1	52.1	31.7	86.3	57.8	29.2
Male	46.9	77.0	6.9	58.1	36.7	89.3	61.5	30.2
Female	30.2	63.3	9.3	46.1	26.6	82.5	53.9	28.1
Black, non-Hispanic. . .	29.5	62.0	14.4	55.8	34.4	78.7	53.7	64.1
Male	38.2	71.7	10.2	61.7	37.5	83.8	64.6	63.5
Female	21.3	53.1	18.2	50.5	31.6	73.1	43.6	64.5
Hispanic	32.9	69.4	10.6	61.5	38.3	81.6	53.0	45.8
Male	39.0	76.0	8.9	65.9	38.1	85.0	62.0	45.8
Female	26.5	62.6	12.3	57.1	38.6	77.5	43.8	45.8

¹ Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes/day for at least 5 or more days out of the 7 days preceding the survey. ² Participated in at least 20 minutes of vigorous physical activity on at least 3 or more days of the 7 days preceding the survey and/or at least 30 minutes of moderate physical activity (physical activity that did not make them sweat and breathe hard) on a least 5 or more days of the 7 days preceding the survey. ³ During the seven days preceding the survey. ⁴ For students enrolled in physical education classes.

Source: U.S. Centers for Disease Control and Prevention, Atlanta, GA, Youth Risk Behavior Surveillance—United States, 2005, *Morbidity and Mortality Weekly Report*, Vol. 55, No. SS-1, June 9, 2006. See also <<http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5505a1.htm>>.