

# Table 205. High School Students Engaged in Physical Activity by Sex: 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 <sup>1</sup>	Met previously recommended levels of physical activity <sup>2</sup>	No vigorous or moderate physical activity <sup>3</sup>	Enrolled in physical education class			Played on a sports team	Watched 3 or more hours/day of TV
				Total	Attended daily	Exercised 20 minutes or more per class <sup>4</sup>		
<b>All students . . . .</b>	<b>35.8</b>	<b>68.7</b>	<b>9.6</b>	<b>54.2</b>	<b>33.0</b>	<b>84.0</b>	<b>56.0</b>	<b>37.2</b>
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

<sup>1</sup> 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. <sup>2</sup> 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. <sup>3</sup> During the seven days preceding the survey. <sup>4</sup> 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>>.