

Table 208. High School Students Engaged in Physical Activity by Sex: 2007

[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	Did not meet currently recommended levels of physical activity ²	Enrolled in physical education class		Played on at least one sports team ⁴	Injured while exercising or playing sports ⁵	Used computers ³ or more hours/day ⁶	Watched 3 or more hours/day of TV ⁷
			Total ³	Attended daily				
All students	34.7	24.9	53.6	30.3	56.3	21.9	24.9	35.4
Male	43.7	18.0	57.7	33.2	62.1	24.1	29.1	37.5
Grade 9	44.4	17.1	68.3	39.7	63.4	26.0	30.5	42.0
Grade 10	45.1	16.3	62.3	35.7	64.7	24.5	30.0	38.1
Grade 11	45.2	18.0	51.4	27.9	63.0	23.8	29.5	35.4
Grade 12	38.7	21.5	44.6	27.5	56.2	20.9	25.6	32.8
Female	25.6	31.8	49.4	27.3	50.4	19.3	20.6	33.2
Grade 9	31.5	26.1	65.1	40.4	54.7	21.7	24.9	37.2
Grade 10	24.4	31.7	51.2	26.1	50.8	20.8	22.6	35.9
Grade 11	24.6	34.3	38.8	19.8	52.5	18.2	17.9	29.6
Grade 12	20.6	36.2	38.5	20.2	41.9	14.8	14.8	28.9

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 during the 7 days before the survey. ² Did not participate 60 or more minutes of any kind of physical activity that increased their heart rate and made them breathe hard some of the time on at least 1 day during the 7 days before the survey. ³ On one or more days in an average week when they were in school. ⁴ Run by their school or community groups during the 12 months before the survey. ⁵ Students who saw a doctor or nurse for an injury that happened while exercising or playing sports. ⁶ For activity that was not school related. ⁷ On an average school day.

Source: U.S. Centers for Disease Control and Prevention, Atlanta, GA, Youth Risk Behavior Surveillance—United States, 2007, *Morbidity and Mortality Weekly Report*, Vol. 57, No. SS-4, June 6, 2008. See <<http://www.cdc.gov/mmwr/preview/mmwrhtml/ss5704a1.htm>>.