

Name _____ Date _____



Therapeutic Services

Project 2.2 Topic: Body Mass Index (BMI)

Materials Needed

- Student Information Sheet
- Rebecca Green's Laboratory Results
- Graph paper
- Tape measure
- Scale
- Pencil
- Paper

Introduction

When your instructor tells you that it's time, your class will gather into four groups. Take a few minutes with your group to define the term "fast food restaurant." Share and compare your definition with the other three groups and agree on a working definition. Then, with your group, generate a list of as many fast food restaurants as possible. Your list may include restaurants from your local area or others that you've experienced through travel and the media, television, movies, etc. You'll have three minutes to list as many fast food restaurants as you can. At the end of the time, you'll put down your pencils.

Procedures

PART 1: Your instructor will provide some information for you to assess one of the factors used to determine a person's physical fitness. Be prepared to take notes on the information. You'll use it to consider some ways to improve physical fitness.

PART 2: Complete the following worksheet to calculate BMI. After you complete the calculations, compare your results with the charts at <http://www.cdc.gov/growthcharts>. Scroll down to Set 1: Clinical Charts with 5th and 95th percentiles, Children 2 to 20 years. Click on the appropriate link, Boys BMI-for-Age or Girls BMI-for-Age. As you compare your calculated percentages with the charts from the Web site, complete the section on the worksheet that asks you to identify issues to think about. This section gives you an opportunity to set goals for improving your physical fitness.

(continued)

Scenario 2: Diabetes

Name _____ Date _____

Project 2.2: *(continued)*

BODY MASS INDEX CALCULATION SHEET

Directions: Using a tape measure, determine the height of each partner in total inches (or meters). Using a scale, find the weight of your partner to the nearest pound (or kilogram). Enter the information in the spaces below, and calculate your partner's Body Mass Index (BMI). Use the BMI-for-Age graphs from the Web site address in Part 2.

Partner #1

Height (h1): _____ inches/meters **Weight (w1):** _____ pounds/kilograms

BMI _____ = $(w1 \text{ _____} / [h1 \text{ _____} \times h1 \text{ _____}]) \times 703$ (or 10,000 if using metric units)

Math Work Space:

BMI-for-Age: _____ percentile. This means I may want to think about ...

Partner #2

Height (h2): _____ inches/meters **Weight (w2):** _____ pounds/kilograms

BMI _____ = $(w2 \text{ _____} / [h2 \text{ _____} \times h2 \text{ _____}]) \times 703$ (or 10,000 if using metric units)

Math Work Space:

BMI-for-Age: _____ percentile. This means I may want to think about ...