

Physical Fitness Assessment

Part 1: Analysis - Body Mass Index

Create the data file below. Use PASW to obtain BMI for each person (hint: use transform -- compute). Interpret BMI for each person.

Height (inches)	Weight (pounds)
54	93
56	111
58	122
60	124
62	130
64	134
66	140
68	146
70	157
72	163
74	179

Part 2: Analysis - Lean Body Mass

Create the data file below. Use PASW to obtain lean body mass and percent body fat for each person (hint: use transform -- compute). (gender: 1=male; 2=female)

Gender	Skinfold Thickness in millimeters			
	Thigh	Scapula	Suprailiac	Triceps
1	10	12		
1	14	16		
1	9	12		
1	16	14		
1	10	12		
2			14	10
2			9	8
2			10	12
2			12	14
2			10	8