

## ABSTRACT

### BODY APPEARANCE AND PHYSICAL ACTIVITY ATTITUDES AND BEHAVIORS AMONG URBAN MIDDLE SCHOOL YOUTH

The purpose of this study was to explore the physical activity and health-related attitudes, perceptions, and behaviors of urban middle school students. Two hundred and seventy seven middle school students from two urban middle schools completed questionnaires and body mass analysis. Data analysis revealed positive attitudes toward physical activity and significant relationships existed between BMI and select physical activity and healthy related attitudes and perceptions. The significance of these relationships suggests that current body size is an important determinant in youth attitudes regarding physical activity and health.

Adam Eugene Smith  
May 2007