



**CALIFORNIA STATE SCIENCE FAIR
2008 PROJECT SUMMARY**

Name(s) Saira Delgado	Project Number J1110
Project Title The Relation between Physical Activity and Overall Fitness of Japanese and American Students	
Abstract Objectives/Goals The goal of my project is to determine how American students score on Japanese physical fitness exam. Methods/Materials I am testing 42 American subjects, ages 11-12, on height, weight, body fat, body mass index (BMI), grip power, cross-armed sit-ups, toe-touch, side-step, 50-meter run, and standing long jump. I am also surveying the American subjects and 28 Japanese subjects about their daily health habits, such as eating, sleeping, and exercise. Results For body fitness tests, the body fat had the largest gap. Females: The Japanese had 18.6%. The Americans had 26.98%. Males: The Japanese had 17.4%, and the Americans had 27.58%. For running tests, there was the 50-meter run. Females: The Japanese had 9.12 sec. The Americans had 9.5452 sec. Males: The Japanese had 8.69 sec. The Americans had 9.5453 sec. For jumping tests, the side-step had the largest gap. Females: The Americans had 33.66 side-steps. The Japanese had 42.2 side-steps. Males: The Americans had 33.941 side-steps. The Japanese had 46.34 side-steps. For flexibility tests, there was the toe-touch. Females: The Americans had 34.15 cm. The Japanese had 36.72 cm. Males: The Americans had 32.47 cm. The Japanese had 36.72 cm. For strength tests, the grip power had the largest gap. Females: The Americans had 13.97 kg. The Japanese had 20.88 kg. Males: The Americans had 12.529 kg. The Japanese had 22.95 kg. Conclusions/Discussion The Japanese did better on most of the tests. They did better than even the American athletes. I found out who the athletes were from my surveys. I found that the physical activity does affect overall fitness. The Japanese exercise more on a daily basis, so they have less obesity in their population. My main message is that the American students need to exercise more and eat healthier to prevent childhood obesity.	
Summary Statement My project is about how the American students will score on Japanese fitness exams and how physical activity would affect overall fitness and obesity.	
Help Received	