Epidemiological study confirm that the diagnosis of obesity as a child often foretells of obesity as an adults. The aim of the study was to find the influence of the higher physical activity on the children development in Poland.

Material and methods.

The research was conducted in 2004-2006 and involved 697 (100.0%) schoolchildren, among them 348 (49.9%) children came from sport classes (8-12 hours of training per week). 349 children have early week 3 training hours (according to the average school program). The children age range was 10-16 years. Measurements such as height, weight and BMI calculations were done and related to the national percentile charts. Three times were checked 363 children. The study groups came from the same town, the same school and they have the similar environment background. The previous study checking the dietary habits and their influence on BMI concluded that gender was the main factor that differentiated dietary habits in the adolescent group and girls selected food products with lower calories value when compared to boys. In this study the physical activity was the main factor to check.

Results.

In sport classes (10-16 year old children) from 6.58-11.40% pupils were below 10 percentile of BMI national Polish charts, what means undernutrition and problems with undernutrition and 6.38-16.24% were above 90 percentile, which means overweight and obese children. In normal classes 4.31-11.02% pupils were below 10 percentile and 8.92-21.30% were above 90 percentile.

Conclusion.

Physical activity may be one of the factor to help resolve problem of the increase of the obesity among Polish children and this situation is not comparable to other countries in Europe.

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