

Title: Monitoring Students' Physical Activity at Omska's Gymnasium.

Purpose: Measure the physical activity level of students at Omska's Gymnasium to determine if the average student meets the prescribed physical standards.

Tasks:

- study the literature
- choose appropriate measurement concepts for evaluating physical activity
- take measurements using pedometers
- define the research sample
- monitor through the use of pedometers and informal interviews
- perform statistical data analysis
- compare and contrast the collected data against the theory

Methods: The information collected, through the use of pedometers and supporting informal interviews, provided an overview of how students spend their free time and of their nutritional habits.

Results: The results proved that the average value of the steps did not reach the prescribed standards.

Keywords: physical activity, physical activity of children, prescribed limits, steps