

**Project title: Nutrition and Physical Activity of Students in Wimberley Independent School**

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**Project summary:**

The purpose of this study is to assess, in a sample of second through twelfth grade students enrolled in Wimberley Independent School District (WISD), the following: (1) attitudes towards physical activity, (2) nutrition and physical activity behaviors, (3) knowledge about nutrition and physical fitness, and (4) level of health-related physical fitness. Second through twelfth grade male and female participants (n=~200) were recruited from approximately 3,000 students enrolled in physical education classes at Wimberley Independent School District.

In order to participate in this study, interested students were required to have their parent/guardian sign and return an informed consent to either their PE teacher or their homeroom teacher. The informed consents were collected by study investigators and copies of the signed informed consent were given to the participating students. Interested students who failed to return an informed consent signed by a parent/guardian were not allowed to participate in this research project. This study was intended for apparently healthy children and adolescents exhibiting no signs or symptoms suggestive of heart, metabolic (diabetes), and pulmonary disease. Therefore, the informed consent stated that children/adolescents with heart disease, diabetes, musculoskeletal injuries, and chronic obstructive pulmonary disease (including severe asthma) could not participate in the study.