

## Station 7: BMI

Height in feet x 12 inches = total inches  
Height in inches X 0.0254 = Height in meters

Mass in pounds X .45 = Mass in kilograms

$$\text{BMI} = \frac{\text{weight (kilograms)}}{\text{height (meters)} \times \text{height (meters)}}$$

### Character Card 1

Name: \_\_\_\_\_ Age: \_\_\_\_\_ 

Height in inches: \_\_\_\_\_ Height in meters: \_\_\_\_\_

Mass in pounds: \_\_\_\_\_ Mass in kilograms: \_\_\_\_\_

Calculated BMI: \_\_\_\_\_ BMI percentile: \_\_\_\_\_

BMI Classification: \_\_\_\_\_

Space for student to calculate information:

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### Character Card 2

Name: \_\_\_\_\_ Age: \_\_\_\_\_ 

Height in inches: \_\_\_\_\_ Height in meters: \_\_\_\_\_

Mass in pounds: \_\_\_\_\_ Mass in kilograms: \_\_\_\_\_

Calculated BMI: \_\_\_\_\_ BMI percentile: \_\_\_\_\_

BMI Classification: \_\_\_\_\_

Space for student to calculate information:

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### Character Card 3



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Height in inches: \_\_\_\_\_ Height in meters: \_\_\_\_\_

Mass in pounds: \_\_\_\_\_ Mass in kilograms: \_\_\_\_\_

Calculated BMI: \_\_\_\_\_ BMI percentile: \_\_\_\_\_

BMI Classification: \_\_\_\_\_

Space for student to calculate information:

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### Character Card 4



Name: \_\_\_\_\_ Age: \_\_\_\_\_

Height in inches: \_\_\_\_\_ Height in meters: \_\_\_\_\_

Mass in pounds: \_\_\_\_\_ Mass in kilograms: \_\_\_\_\_

Calculated BMI: \_\_\_\_\_ BMI percentile: \_\_\_\_\_

BMI Classification: \_\_\_\_\_

Space for student to calculate information:

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*This table is for you to calculate your own BMI. Your calculations will be done in private and are for your use only. Copy this table onto your own paper.*

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Height in inches: \_\_\_\_\_ Height in meters: \_\_\_\_\_

Mass in pounds: \_\_\_\_\_ Mass in kilograms: \_\_\_\_\_

Calculated BMI: \_\_\_\_\_ BMI percentile: \_\_\_\_\_

BMI Classification: \_\_\_\_\_

Space for student to calculate information:

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# Processing Out

1. Why is it important to know your BMI?

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2. What are some ways to decrease your BMI?

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3. Why is it important for a doctor to help you interpret your BMI?

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4. When might BMI be misleading as an indicator of obesity?

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5. How might carrying a backpack change your center of gravity?

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6. How might wearing high heels change your center of gravity?

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7. Why do you think overweight children are more likely to injure themselves while playing football or tennis?

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# Station 7



LESSON 3  
ACTIVITY 3B

Mo-Bility