

FIGURE 1. A Summary of the major findings of the studies.

STUDY	SAMPLE	FINDINGS
Durnin (67)	13-15 year old British children	Results revealed that boys spent 29 mins in very heavy physical activity and 12 mins in very heavy activity. Girls spent 10 mins in heavy and three mins in very heavy activity
Hendry (78)	15-16 year old Scottish children	More than 50% of boys and 66% of girls were classified as non-participants
McKusker (85)	15-19 year olds in Stirling, Scotland	More than 90% of boys and girls were found to take part in recreational sport
The Sports Council for Wales (86)	11-16 year old Welsh children	90% claimed they were actively involved in recreational activities outside of school
Dickenson (87)	11-16 year old English children	Between 80 and 85% of children did less than five mins of vigorous activity over the study week. 38.16% of boys and 62.16% of girls were found to be totally inactive during the week
The Sports Council for Wales (87)	Welsh teenagers	Less than half of the males and only 19% of the females participated in sufficient amounts of appropriate activity
Williams (88)	English adolescents	Only 52% of the sample reported to take part in physical activity outside of school
The Northern Ireland Fitness Survey (89)	N. Irish post-primary school children	32.9% of boys and 34.4% of girls reported they had done no exercise outside of school during the preceding seven days
Armstrong (89)	English children aged 11-15	Results showed children to be inactive. Over four days, 50% of girls and more than 25% of boys did not manage a single 10 min period of appropriate activity
Armstrong et al., (90a)	English children aged 11-16	Results revealed that few children have periods of physical activity of sufficient intensity and duration to stress the cardiopulmonary system
Armstrong et al., (90c)	11-16 year old children from Devon	British children had surprisingly low levels of physical activity. Many children were found to seldom experience the intensity and duration of physical activity believed to stress the cardio-pulmonary system appropriately
Armstrong et al., (90c)	Second year children from two Community Colleges	Over 12 hours testing, girls maintained their heart rates above 159 bpm for 1.5% of the time. Boys managed 2.6% of the time
Sleep & Warburton (90)	English primary school children	Primary aged children were found to do very little vigorous physical activity
Armstrong & Bray (91)	English primary school children (mean age 10.7 years)	Few children were found to experience the volume of physical activity associated with an improvement in cardiopulmonary fitness
Armstrong et al., (91)	11-16 year old English children from two communities in Southern England	35.9% of the boys and 47.8% of the girls did not manage a single 10 min period of activity with their heart rates above 139 bpm

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Résumé

Les niveaux d'activité chez les enfants: une revue des études menées sur des enfants anglais

L'article passe en revue plusieurs études ayant fait état des niveaux d'activité d'enfants anglais de tous âges. En général, la majorité d'études concordent pour indiquer que les niveaux d'activité des enfants anglais sont bas et pour mettre en évidence que de nombreux enfants ne pratiquent qu'à un niveau insuffisant pour améliorer leur état de santé et leur santé