STUDY ON THE OCCURRENCE OF ABNORMAL BODY MASS INDEX (BMI) IN FEMALE STUDENTS

Abstract

The female students are a special group with a very specific status. The body mass index (BMI) is used to determine the normal values of the weight and the degree of fattening in adults aged over 18. The aim of this research is to study the distribution of abnormal BMI in female students. The objects of the study are 1357 female students from Trakia University - Stara Zagora in 2004, 2005, 2007, 2008 and 2009. As a conclusion we can say that the abnormal body mass in female students is a serious problem for the solution of which concrete measures should be taken. We recommend that modules with purposeful complex activities should be included in the curricula of higher schools. The introduction of elective subjects in the secondary and higher school or making personal program for individual study would contribute to the elimination of the abnormal body mass problem.

Key words: body mass index, female students, obesity