

Body Fat Percentage of Urban South African Children: Implications for Health and Fitness

DT Goon¹, AL Toriola², BS Shaw², LO Amusa¹, LB Khoza³, I Shaw^{2, 4}

Affiliations:

¹Centre for Biokinetics, Recreation and Sport Science, University of Venda, Thohoyandou, South Africa,

²Department of Sports, Rehabilitation and Dental Sciences, Tshwane University of Technology, Pretoria, South Africa,

³Dean's Office: School of Health Sciences, University of Venda, Thohoyandou, South Africa

⁴Office of the Deputy Vice-Chancellor: Research, Monash South Africa, PO Box X60, Ruimsig, 1725, Republic of South Africa.

Correspondence:

Dr DT Goon

Centre for Biokinetics, Recreation and Sport Science

University of Venda

X5050 Thohoyandou, Limpopo 0590

Republic of South Africa

E-mail: daniel.goon@univen.ac.za; daniel.goon.2013@yahoo.com

Fax: **provide if available**

Short title: Body Fat Percentage of Urban South African Children

Synopsis: School children in Central Pretoria, South Africa, have a high level of excessive percentage body fat, with girls having significantly higher percentage body fat compared to boys. Racially, black children were fatter than white children. The excessive percentage body fat observed among the children in this study has implications for their health and fitness.

Keywords: Anthropometry, children, percentage body fat, sex and racial differences, South Africa