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**CONDUCTING AN ASSESSMENT OF THE PHYSICAL ACTIVITY OF CHILDREN AND ADOLESCENTS IN ORDER TO DEVELOP MEASURES TO PREVENT OVERWEIGHT**

Regular physical activity is an important component of a healthy lifestyle. It is physical activity that is the determining factor in energy expenditure, and is crucial for energy metabolism and weight control. Physical activity levels of children and adolescents can be divided into physically inactive, moderately active or active. Lack of physical activity (lack of exercise) can be defined as physical activity that does not meet accepted recommendations for physical activity or as an artificial threshold, which is set on the basis of the distribution of levels of physical activity in the corresponding sex and age population sample. Physical activity includes organized (structured) physical activity - playing sports or exercise at school and unorganized or habitual physical activity that is part of daily life: walking to and from school or playing with a dog in the yard. Physical activity is characterized by type, intensity, duration and frequency. The physical activity of children and adolescents is divided into three types: aerobic, strengthening muscle strength and strengthening the skeletal system. Each type has important health benefits. Aerobic physical activity is a type of physical activity in which there is a rhythmic muscle contraction for a long time, an increase in metabolism and a significant increase in heart rate: running, dancing, jumping rope, swimming and cycling. Regular aerobic physical activity has a training effect on the cardiovascular and respiratory systems. Physical activity that develops and strengthens muscle strength contributes to the improvement of general physical fitness, the successful development of other physical qualities. It is recommended to start strengthening the muscular system in school-age children even before the onset of adolescence after 10 years. Exercises with increased resistance are used, aimed at overcoming the severity of various objects, the partner's opposition, the weight of one's own body, as well as training devices. Physical activity that strengthens the skeletal system, such as running, jumping rope, basketball, tennis, is especially important for children and adolescents, because the greatest increase in bone mass occurs a year before the start and during puberty. The peak of bone mass accumulation occurs at the end of puberty. Intensity is the amount of effort required to carry out any type of activity or exercise. Physical activity can have a different intensity, depending on the effort involved: light, moderate, high-intensity. Duration is the length of time during which the physical activity is performed. Duration is usually expressed in minutes. The duration of the load is inversely related to its intensity.The frequency, or multiplicity, of physical activity is the number of physical activity or exercise. Frequency is usually expressed in terms of sessions, series or number of sessions per week.The minimum effective frequency of classes, held 3 times a week. Methods for assessing physical activity include: talk test - a simple and fairly accurate method of measuring intensity that does not require any equipment or training, estimation of heart rate and estimation of metabolic equivalent. Physical activity, depending on its frequency, duration and intensity, is divided into three categories - low, moderate and high. At the same time, moderate-intensity physical activity leads to increased heart rate, a feeling of warmth and slight shortness of breath. An example of such activity is brisk walking, cycling, dancing. Vigorous-intensity physical activity leads to increased sweating and a sharp increase in breathing. These are sports or purposeful physical exercises, such as running, jumping rope, basketball, distance swimming or aerobic dancing (aerobics) [1, p.688; 2, p.295; 3, p.474].

**Conclusion.** To prevent the development of overweight and obesity children and adolescents aged 6-17 need daily physical activity from moderate to high intensity, at least 60 minutes a day.It should be noted that most of the daily physical activity should be aerobic physical activity such as running, dancing, jumping rope, swimming and cycling. Every effort should be made to encourage children and adolescents to engage in a variety of physical activities that are age appropriate and enjoyable. Children and adolescents with disabilities should also follow these recommendations, but they should consult with an appropriate specialist.

**The list of sources:**

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