

Physical activity patterns in adolescents according to sex, chronological and biological age [Patrones de actividad física en adolescentes en función del sexo, edad cronológica y biológica]

Cossio-Bolaños M.A.

Viveros-Flores A.

Castillo-Retamal M.

Vargas-Vitoria R.

Gatica P.

Gómez-Campos R.

Objective: To verify the patterns of physical activity (PA) aligned chronological and biological age and analyze differences according to sex. **Methods:** 275 adolescents (153 males and 122 females) from a geographic area of Peru located at 2,320 meters above sea level (Arequipa) were studied. The age range was 11-17 years ($X = 14.0 \pm 2.1$ años). Weight, height, trunk-cephalic height, physical activity (questionnaire) was evaluated. Somatic maturation through the years of peak growth rate (PVC) was calculated. **Results:** PVC occurred in women 12.2 ± 0.5 years and boys at 15.6 ± 0.6 years. PA levels were maintained after the VCCT occur. Males showed higher levels of AF in relation to women, both chronological age and biological age ($p < 0.001$). **Conclusion:** PA levels were stable after the PVC occurs in both sexes. Males showed higher levels of AF than women. The results suggest increasing levels of AF in women, especially after the somatic maturation occur.

Biological maturation

Health

Peak height velocity

School