EFFECTS OF A 10 WEEKS AEROBIC DANCE EXERCISE PROGRAMME IN MANAGING OVERWEIGHT AND OBESITY IN PRIMARY SCHOOL CHILDREN AGED 10-15 YEARS by Kamau Jane Wanjiku, Mwangi Peter Wanderi and Wahome Peninah Wangari

This paper is based on the findings of a study that was conducted in 2007. The objective of the study was to establish the effects of aerobic dance exercises on overweight and obesity among primary school children. A classic experimental design which involved an experimental group (N=48) and a control group (N=21) was used. The target population included overweight and obese pupils who were involved in the first phase of the main study. Purposive sampling procedure was used to sample out one private primary school where a high prevalence to overweight and obesity had been observed during the first phase of the main study. Both male and female pupils were used in the study. Data were collected using BMI, BIA, and skin fold calipers. The obtained data were entered in Statistical Package for Social Scientists (SPSS) and then analysed using paired samples t-tests at 0.5 level of significance. The results indicated that there were significant decreases (P>0.5) in mean BMI, BIA and skin fold calipers following involvement in the 10 weeks aerobic dance exercise programme. It was therefore recommended that there be an enhancement of regular physical activities among children using school based programmes. It was also recommended that aerobic dance exercises be included in the existing primary school physical education curriculum and be practiced in the Kenyan primary schools due to its positive effect on the overweight and obesity status of the children.