



Measurements

Anthropometrics

Height.

Weight.

Waist, Hip, & Neck

Circumferences.

Biceps, Triceps, Suprailiac,
& Subscapular Skinfolde.

Blood Pressure

Systolic Blood Pressure.

Diastolic Blood Pressure.

Cardio-respiratory Fitness

20 m Multi-stage Fitness Test.

Questionnaires

Physical Activity Questionnaire
for Adolescents.

Maturation Status .

Dietary Questionnaire.

Fasting Blood Variables

Total Cholesterol.

High-density Lipoprotein Cholesterol.

Low-density Lipoprotein Cholesterol.

Triglycerides.

Insulin.

Glucose.

High-Sensitivity C-Reactive Protein.

Interleukin-6.

Fibrinogen.

Adiponectin.

Psychological Variables

Motivation.

Well-being (Mood States).