A Research Paper
Submitted in partial requirements
for HUEC 3012
of
The University of the West Indies

**Title:** Body composition and physical activity of Students of the University of the West Indies

**Student Name:** Josanne Quamina

**Project Supervisor:** Dr. Selby Nichols

**Year Submitted:** 2009

Department of Agricultural Economics & Extension
Faulty of Food and Agricultural
Title: BODY COMPOSITION AND PHYSICAL ACTIVITY OF STUDENTS OF THE UNIVERSITY OF THE WEST INDIES

A Research Paper

Submitted in Partial requirements for HUEC 3012

of

The University of the West Indies

Josanne Quamina

supervised by Dr. Selby Nichols

(Semester 1, 2009)
Acknowledgements

I wish to extend gratitude to my Supervisor, Dr. Selby Nichols for his guidance and patience throughout this research paper and also, the opportunity given to work with him. Also, I wish to thank God for the good health and strength during this stressful period, also for the understanding and confidence which I needed to successfully complete this research paper. Also, I wish to specially thank my parents and brothers, the Agriculture and Economic Extension computer lab assistant (Nikosi) and friends for their support.
# Table of Contents

Abstract 3

Introduction 5

Literature Review 8

Methodology 13

Results 17

Discussion 34

Limitations 38

Recommendation 39

Conclusion 40

References 41

Appendices 46