

**Table 3***Age and sex-specific mean height, weight, BMI and the five body composition measures*

Variables	Sex	Age in years								Total	F
		10	11	12	13	14	15	16	17		
Height (cm)	Boys	131.0 (7.5)	135.6 (6.01)	140.5 (8.4)	147.7 (7.6)	152.9 (10.7)	152.9 (9.3)	160.3 (6.6)	160.4 (7.6)	146.8 (13.1)	87.9***
	Girls	133.7 (8.3)	139.1 (6.6)	144.2 (7.2)	145.9 (6.5)	148.7 (5.7)	149.9 (4.6)	150.4 (5.3)	150.9 (5.2)	145.7 (8.2)	43.9***
	<i>t</i>	-1.7	-2.6*	-2.6*	1.3	2.4*	2.2*	8.2***	7.1***	1.5	
Weight (kg)	Boys	24.4 (4.3)	27.8 (5.2)	31.1 (6.5)	36.0 (6.2)	40.0 (7.0)	39.4 (8.1)	47.4 (8.0)	47.2 (7.0)	36.1 (10.3)	78.5***
	Girls	25.8 (5.3)	29.1 (5.7)	32.9 (6.0)	36.0 (6.0)	40.2 (6.5)	41.1 (4.1)	42.4 (6.2)	41.4 (5.1)	36.4 (7.9)	57.9***
	<i>t</i>	-1.40	-1.16	-1.56	-0.02	-0.2	-1.4	3.5**	4.5***	-0.5	
BMI	Boys	14.1 (1.4)	15.0 (1.9)	15.6 (2.0)	16.4 (2.1)	17.1 (2.4)	16.8 (2.6)	18.4 (2.2)	18.3 (2.0)	16.3 (2.5)	24.4***
	Girls	14.3 (1.9)	14.9 (2.2)	15.7 (1.9)	16.8 (2.1)	18.1 (2.4)	18.3 (1.9)	18.7 (2.2)	18.2 (2.0)	16.9 (2.6)	32.5***
	<i>t</i>	-0.54	0.17	-0.29	-1.0	-2.1*	-3.4**	-0.7	0.21	-3.3**	
PBF	Boys	10.8 (2.6)	12.5 (4.6)	13.2 (4.5)	13.2 (4.3)	12.9 (3.3)	14.0 (4.0)	14.6 (4.1)	14.4 (3.9)	13.1 (4.1)	4.7***
	Girls	13.7 (3.9)	14.9 (3.8)	17.4 (3.9)	18.7 (4.4)	21.6 (4.7)	21.9 (3.6)	22.6 (4.0)	22.5 (3.8)	19.3 (5.1)	37.6***
	<i>t</i>	4.5 ***	2.7**	-5.0**	-6.6 ***	-10.3 ***	-10.1 ***	-9.7 ***	-10.0 ***	-18.5 ***	
FM	Boys	2.7 (1.0)	3.6 (2.3)	4.3 (2.5)	4.9 (2.4)	5.2 (1.9)	5.6 (2.6)	7.1 (3.03)	6.9 (2.9)	4.9 (2.7)	19.6***
	Girls	3.7 (1.8)	4.5 (2.0)	5.8 (2.3)	6.9 (2.5)	8.9 (3.2)	9.1 (2.2)	9.7 (2.9)	9.4 (2.4)	7.3 (3.2)	45.0***
	<i>t</i>	-3.4**	-1.93	-3.4 ***	-4.3 ***	-6.5 ***	-7.2 ***	-4.3 ***	-4.5 ***	-11.1 ***	
FFM	Boys	21.7 (3.5)	24.2 (3.7)	26.8 (4.6)	31.1 (4.8)	34.7 (5.6)	33.8 (6.4)	40.3 (5.8)	40.3 (5.1)	31.1 (8.2)	92.7***
	Girls	22.1 (3.8)	24.6 (4.1)	27.1 (4.1)	29.1 (3.9)	31.3 (3.8)	32.0 (2.7)	32.6 (3.8)	32.0 (3.4)	29.1 (5.0)	51.2***
	<i>t</i>	-0.502	-0.57	-0.39	2.4*	3.5**	1.9	7.9***	9.2	4.3***	
FMI	Boys	1.5 (0.5)	1.9 (1.1)	2.1 (1.1)	2.2 (1.1)	2.2 (0.7)	2.4 (1.0)	2.7 (1.1)	2.7 (1.0)	2.2 (1.0)	7.5***
	Girls	2.0 (0.9)	2.3 (0.9)	2.7 (0.9)	3.2 (1.1)	4.0 (1.4)	4.1 (1.0)	4.3 (1.2)	4.1 (1.0)	3.4 (1.3)	34.8***
	<i>t</i>	-3.3**	-1.61	-3.3**	-4.5 ***	-7.6 ***	-8.0 ***	-6.7 ***	-6.8 ***	-13.6 ***	
FFMI	Boys	12.6 (1.0)	13.1 (1.2)	13.5 (1.2)	14.2 (1.3)	14.9 (1.9)	14.4 (2.0)	15.6 (1.5)	15.6 (1.3)	14.2 (1.8)	29.2***
	Girls	12.3 (1.2)	12.7 (1.4)	13.0 (1.2)	13.6 (1.1)	14.1 (1.3)	14.3 (1.1)	14.4 (1.3)	14.1 (1.3)	13.6 (1.4)	20.0***
	<i>t</i>	1.3	1.56	2.2*	2.5*	2.2*	0.43	4.4***	5.6***	5.0***	

\* =  $p < 0.05$ ; \*\* =  $p < 0.01$ ; \*\*\* =  $p < 0.001$