

Data Brief 139. Measures of Muscular Strength in U.S. Children and Adolescents, 2012

Data table for Figure 1. Number of seconds plank position held among children and adolescents aged 6–15 years, by sex and age group: United States, 2012

Sex and age group	<i>n</i>	Mean	SE	95% CIs
Plank (number of seconds)
Male
6–11 years	352	59.5	3.1	(52.7, 66.2)
12–15 years	244	90.9	5.7	(78.7, 103.1)
Female
6–11 years	373	60.6	1.8	(56.7, 64.5)
12–15 years	234	77.3	3.6	(69.7, 85.0)

... Category not applicable.

NOTES: SE is standard error. CI is confidence interval.

Data Brief 139. Measures of Muscular Strength in U.S. Children and Adolescents, 2012

Data table for Figure 2. Maximum right knee extension force among children and adolescents aged 6–15 years, by sex and age group: United States, 2012

Sex and age group	<i>n</i>	Mean	SE	95% CIs
Knee extension force (pounds)
Male
6–11 years	347	43.2	3.6	(35.4, 50.9)
12–15 years	243	86.1	6.2	(72.9, 99.4)
Female
6–11 years	367	44.4	3.2	(37.6, 51.2)
12–15 years	233	77.2	5.5	(65.4, 88.9)

... Category not applicable.

NOTES: SE is standard error. CI is confidence interval.

Data Brief 139. Measures of Muscular Strength in U.S. Children and Adolescents, 2012

Data table for Figure 3. Number of modified pull-ups completed among children and adolescents aged 6–15 years, by sex and age group: United States, 2012

Sex and age group	<i>n</i>	Mean	SE	95% CIs
Modified pull-up (number completed)
Male
6–11 years	352	5.0	0.4	(4.2, 5.7)
12–15 years	242	9.8	0.6	(8.5, 11.2)
Female
6–11 years	370	4.3	0.3	(3.6, 4.9)
12–15 years	231	3.7	0.4	(2.9, 4.6)

... Category not applicable.

NOTES: SE is standard error. CI is confidence interval.

Data Brief 139. Measures of Muscular Strength in U.S. Children and Adolescents, 2012

Data table for Figure 4. Combined grip strength force among children and adolescents aged 6–15 years, by sex and age group: United States, 2012

Sex and age group	<i>n</i>	Mean	SE	95% CIs
Grip strength force (pounds)
Male
6–11 years	353	70.5	1.7	(67.0, 74.1)
12–15 years	244	142.7	2.7	(137.0, 148.5)
Female
6–11 years	368	67.5	1.2	(64.9, 70.0)
12–15 years	233	116.1	1.7	(112.3, 119.8)

... Category not applicable.

NOTES: SE is standard error. CI is confidence interval.