

**Test of effort in obese boys and adolescents: proposal for classification by maturity #65**

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With increasing of obesity in children and adolescents the specialized care services, for the most serious cases, become imperative. Child and Adolescent Obesity Clinic, in the Clinics Hospital/Unicamp give assistance to patients between 03 and 19 years, with BMI $\geq$ percentile 95 of the CDC curve. This assistance involves physicians, nutritionists, psychologists and physical educators. For orientation of physical activities and its follow-up an effort test is used, the "go-and-come" test (Course-Navette), wich was proposed by Leger and Lembert (1982-1988). Children maturity was classified according to criteria of pubescence of Tanner (1962). Subjects: 33 boys, aged between 7 and 18 years old. The values of VO<sub>2</sub>max (ml/kg/min<sup>-1</sup>) were distributed in average and Standard Deviation, by age and maturity. There is a greater result oscillation in the breakdown by age, and a further drop in the classification values by maturity in VO<sub>2</sub>max (ml/kg/min<sup>-1</sup>). These values tend to fall from the young ones to the older ones, unlike the expected. In the population studied, there is an inversion of the trend of VO<sub>2</sub>max, probably due to children's obesity habits; the classification by maturity seems to give more reliable results; the test proved to be suitable for use in outpatient service.

**Key words:** VO<sub>2</sub>max ; obesity; child; adolescent; maturity.

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