

Calories burned by a 100 lbs person per hour
(<http://primusweb.com/fitnesspartner/jumpsite/calculat.htm>)

Gym Activities			
Aerobics: low impact	264	Aerobics: high impact	336
Aerobics, Step: low impact	336	Aerobics, Step: high impact	480
Aerobics: water	192	Bicycling, Stationery: moderate	336
Bicycling, Stationery: vigorous	504	Calisthenics: vigorous	384
Calisthenics: moderate	216	Circuit Training: general	384
Elliptical Trainer: general	432	Riders: general (ie., HealthRider)	240
Rowing, Stationery: moderate	336	Rowing, Stationery: vigorous	408
Ski Machine: general	456	Stair Step Machine: general	288
Stretching, Hatha Yoga	192	Teaching aerobics	288
Weight Lifting: general	144	Weight Lifting: vigorous	288
Training and Sport Activities			
Archery: non-hunting	168	Badminton: general	216
Basketball: playing a game	384	Basketball: wheelchair	312
Billiards	120	Bicycling: BMX or mountain	408
Bicycling: 12-13.9 mph	384	Bicycling: 14-15.9 mph	480
Bicycling: 16-19 mph	576	Bicycling: > 20 mph	792
Bowling	144	Boxing: sparring	432
Curling	192	Dancing: Fast, ballet, twist	288
Dancing: disco, ballroom, square	264	Dancing: slow, waltz, foxtrot	144
Fencing	288	Football: competitive	432
Football: touch, flag, general	384	Frisbee	144
Golf: carrying clubs	264	Golf: using cart	168
Gymnastics: general	192	Handball: general	576
Hang Gliding	168	Hiking: cross-country	288
Hockey: field & ice	384	Horseback Riding: general	192
Ice Skating: general	336	Kayaking	240
Martial Arts: judo, karate, kickbox	480	Orienteering	432
Race Walking	312	Racquetball: competitive	480
Racquetball: casual, general	336	Rock Climbing: ascending	528
Rock Climbing: rapelling	384	Rollerblade Skating	336
Rope Jumping	480	Running: 5 mph (12 min/mile)	384
Running: 5.2 mph (11.5 min/mile)	432	Running: 6 mph (10 min/mile)	480
Running: 6.7 mph (9 min/mile)	528	Running: 7.5 mph (8 min/mile)	600
Running: 8.6 mph (7 min/mile)	696	Running: 10 mph (6 min/mile)	792
Running: pushing wheelchair, marathon wheeling	384	Running: cross-country	432
Scuba or skin diving	336	Skateboarding	240
Skiing: cross-country	384	Skiing: downhill	288
Sledding, luge, toboggan	336	Snorkeling	240
Snow Shoeing	384	Soccer: general	336
Softball: general play	240	Swimming: general	288
Swimming: laps, vigorous	480	Swimming: backstroke	384
Swimming: breaststroke	480	Swimming: butterfly	528
Swimming: crawl	528	Swimming: treading, vigorous	480
Tai Chi	192	Tennis: general	336
Volleyball: non-competitive, general play	144	Volleyball: competitive, gymnasium play	192
Volleyball: beach	384	Walk: 3.5 mph (17 min/mi)	192

Walk: 4 mph (15 min/mi)	216	Walk: 4.5 mph (13 min/mi)	240
Walk/Jog: jog <10 min.	288	Water Skiing	288
Water Polo	480	Water Volleyball	144
Whitewater: rafting, kayaking	240	Wrestling	288
Outdoor Activities			
Carrying & stacking wood	240	Chopping & splitting wood	288
Digging, spading dirt	240	Gardening: general	216
Gardening: weeding	222	Laying sod / crushed rock	240
Mowing Lawn: push, hand	264	Mowing Lawn: push, power	216
Operate Snow Blower: walking	216	Planting seedlings, shrubs	192
Plant trees	216	Raking Lawn	192
Sacking grass or leaves	192	Shoveling Snow: by hand	288
Home & Daily Life Activities			
Child-care: bathing, feeding, etc.	168	Child games: hop-scotch, jacks, etc.	240
Cooking	120	Food Shopping: with cart	168
Heavy Cleaning: wash car, windows	216	Moving: household furniture	288
Moving: carrying boxes	336	Moving: unpacking	168
Playing w/kids: moderate effort	192	Playing w/kids: vigorous effort	240
Reading: sitting	54	Standing in line	60
Sleeping	30	Watching TV	36
Home Repair			
Auto Repair	144	Carpentry: outside	288
Carpentry: refinish furniture	216	Cleaning rain gutters	240
Hanging storm windows	240	Lay or remove carpet/tile	216
Paint house: outside	240	Paint, paper, remodel: inside	216
Roofing	288	Wiring and Plumbing	144
Occupational Activities			
Bartending/Server	120	Carpentry Work	168
Coaching Sports	192	Coal Mining	288
Computer Work	66	Construction, general	264
Desk Work	84	Firefighting	576
Forestry, general	384	Heavy Equip. Operator	120
Heavy Tools, not power	384	Horse Grooming	288
Light Office Work	72	Masonry	336
Masseur, standing	192	Police Officer	120
Sitting in Class	84	Sitting in Meetings	78
Steel Mill: general	384	Theater Work	144
Truck Driving: sitting	96	Welding	144

Calories burned by a 130 Pound student per hour

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Gym Activities			
Aerobics: low impact	343	Aerobics: high impact	437
Aerobics, Step: low impact	437	Aerobics, Step: high impact	624
Aerobics: water	250	Bicycling, Stationery: moderate	437
Bicycling, Stationery: vigorous	655	Calisthenics: vigorous	499
Calisthenics: moderate	281	Circuit Training: general	499
Elliptical Trainer: general	562	Riders: general (ie., HealthRider)	312
Rowing, Stationery: moderate	437	Rowing, Stationery: vigorous	530
Ski Machine: general	593	Stair Step Machine: general	374
Stretching, Hatha Yoga	250	Teaching aerobics	374
Weight Lifting: general	187	Weight Lifting: vigorous	374
Training and Sport Activities			
Archery: non-hunting	218	Badminton: general	281
Basketball: playing a game	499	Basketball: wheelchair	406
Billiards	156	Bicycling: BMX or mountain	530
Bicycling: 12-13.9 mph	499	Bicycling: 14-15.9 mph	624
Bicycling: 16-19 mph	749	Bicycling: > 20 mph	1030
Bowling	187	Boxing: sparring	562
Curling	250	Dancing: Fast, ballet, twist	374
Dancing: disco, ballroom, square	343	Dancing: slow, waltz, foxtrot	187
Fencing	374	Football: competitive	562
Football: touch, flag, general	499	Frisbee	187
Golf: carrying clubs	343	Golf: using cart	218
Gymnastics: general	250	Handball: general	749
Hang Gliding	218	Hiking: cross-country	374
Hockey: field & ice	499	Horseback Riding: general	250
Ice Skating: general	437	Kayaking	312
Martial Arts: judo, karate, kickbox	624	Orienteering	562
Race Walking	406	Racquetball: competitive	624
Racquetball: casual, general	437	Rock Climbing: ascending	686
Rock Climbing: rapelling	499	Rollerblade Skating	437
Rope Jumping	624	Running: 5 mph (12 min/mile)	499
Running: 5.2 mph (11.5 min/mile)	562	Running: 6 mph (10 min/mile)	624
Running: 6.7 mph (9 min/mile)	686	Running: 7.5 mph (8 min/mile)	780
Running: 8.6 mph (7 min/mile)	905	Running: 10 mph (6 min/mile)	1030
Running: pushing wheelchair, marathon wheeling	499	Running: cross-country	562
Scuba or skin diving	437	Skateboarding	312
Skiing: cross-country	499	Skiing: downhill	374
Sledding, luge, toboggan	437	Snorkeling	312
Snow Shoeing	499	Soccer: general	437
Softball: general play	312	Swimming: general	374
Swimming: laps, vigorous	624	Swimming: backstroke	499
Swimming: breaststroke	624	Swimming: butterfly	686
Swimming: crawl	686	Swimming: treading, vigorous	624
Tai Chi	250	Tennis: general	437
Volleyball: non-competitive, general play	187	Volleyball: competitive, gymnasium play	250
Volleyball: beach	499	Walk: 3.5 mph (17 min/mi)	250

Walk: 4 mph (15 min/mi)	281	Walk: 4.5 mph (13 min/mi)	312
Walk/Jog: jog <10 min.	374	Water Skiing	374
Water Polo	624	Water Volleyball	187
Whitewater: rafting, kayaking	312	Wrestling	374
Outdoor Activities			
Carrying & stacking wood	312	Chopping & splitting wood	374
Digging, spading dirt	312	Gardening: general	281
Gardening: weeding	289	Laying sod / crushed rock	312
Mowing Lawn: push, hand	343	Mowing Lawn: push, power	281
Operate Snow Blower: walking	281	Planting seedlings, shrubs	250
Plant trees	281	Raking Lawn	250
Sacking grass or leaves	250	Shoveling Snow: by hand	374
Home & Daily Life Activities			
Child-care: bathing, feeding, etc.	218	Child games: hop-scotch, jacks, etc.	312
Cooking	156	Food Shopping: with cart	218
Heavy Cleaning: wash car, windows	281	Moving: household furniture	374
Moving: carrying boxes	437	Moving: unpacking	218
Playing w/kids: moderate effort	250	Playing w/kids: vigorous effort	312
Reading: sitting	70	Standing in line	78
Sleeping	39	Watching TV	47
Home Repair			
Auto Repair	187	Carpentry: outside	374
Carpentry: refinish furniture	281	Cleaning rain gutters	312
Hanging storm windows	312	Lay or remove carpet/tile	281
Paint house: outside	312	Paint, paper, remodel: inside	281
Roofing	374	Wiring and Plumbing	187
Occupational Activities			
Bartending/Server	156	Carpentry Work	218
Coaching Sports	250	Coal Mining	374
Computer Work	86	Construction, general	343
Desk Work	109	Firefighting	749
Forestry, general	499	Heavy Equip. Operator	156
Heavy Tools, not power	499	Horse Grooming	374
Light Office Work	94	Masonry	437
Masseur, standing	250	Police Officer	156
Sitting in Class	109	Sitting in Meetings	101
Steel Mill: general	499	Theater Work	187
Truck Driving: sitting	125	Welding	187

Calories burned by a 160 lb student per hour
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Gym Activities			
Aerobics: low impact	422	Aerobics: high impact	538
Aerobics, Step: low impact	538	Aerobics, Step: high impact	768
Aerobics: water	307	Bicycling, Stationery: moderate	538
Bicycling, Stationery: vigorous	806	Calisthenics: vigorous	614
Calisthenics: moderate	346	Circuit Training: general	614
Elliptical Trainer: general	691	Riders: general (ie., HealthRider)	384
Rowing, Stationery: moderate	538	Rowing, Stationery: vigorous	653
Ski Machine: general	730	Stair Step Machine: general	461
Stretching, Hatha Yoga	307	Teaching aerobics	461
Weight Lifting: general	230	Weight Lifting: vigorous	461
Training and Sport Activities			
Archery: non-hunting	269	Badminton: general	346
Basketball: playing a game	614	Basketball: wheelchair	499
Billiards	192	Bicycling: BMX or mountain	653
Bicycling: 12-13.9 mph	614	Bicycling: 14-15.9 mph	768
Bicycling: 16-19 mph	922	Bicycling: > 20 mph	1267
Bowling	230	Boxing: sparring	691
Curling	307	Dancing: Fast, ballet, twist	461
Dancing: disco, ballroom, square	422	Dancing: slow, waltz, foxtrot	230
Fencing	461	Football: competitive	691
Football: touch, flag, general	614	Frisbee	230
Golf: carrying clubs	422	Golf: using cart	269
Gymnastics: general	307	Handball: general	922
Hang Gliding	269	Hiking: cross-country	461
Hockey: field & ice	614	Horseback Riding: general	307
Ice Skating: general	538	Kayaking	384
Martial Arts: judo, karate, kickbox	768	Orienteering	691
Race Walking	499	Racquetball: competitive	768
Racquetball: casual, general	538	Rock Climbing: ascending	845
Rock Climbing: rapelling	614	Rollerblade Skating	538
Rope Jumping	768	Running: 5 mph (12 min/mile)	614
Running: 5.2 mph (11.5 min/mile)	691	Running: 6 mph (10 min/mile)	768
Running: 6.7 mph (9 min/mile)	845	Running: 7.5 mph (8 min/mile)	960
Running: 8.6 mph (7 min/mile)	1114	Running: 10 mph (6 min/mile)	1267
Running: pushing wheelchair, marathon wheeling	614	Running: cross-country	691
Scuba or skin diving	538	Skateboarding	384
Skiing: cross-country	614	Skiing: downhill	461
Sledding, luge, toboggan	538	Snorkeling	384
Snow Shoeing	614	Soccer: general	538
Softball: general play	384	Swimming: general	461
Swimming: laps, vigorous	768	Swimming: backstroke	614
Swimming: breaststroke	768	Swimming: butterfly	845
Swimming: crawl	845	Swimming: treading, vigorous	768
Tai Chi	307	Tennis: general	538
Volleyball: non-competitive, general play	230	Volleyball: competitive, gymnasium play	307
Volleyball: beach	614	Walk: 3.5 mph (17 min/mi)	307

Walk: 4 mph (15 min/mi)	346	Walk: 4.5 mph (13 min/mi)	384
Walk/Jog: jog <10 min.	461	Water Skiing	461
Water Polo	768	Water Volleyball	230
Whitewater: rafting, kayaking	384	Wrestling	461
Outdoor Activities			
Carrying & stacking wood	384	Chopping & splitting wood	461
Digging, spading dirt	384	Gardening: general	346
Gardening: weeding	355	Laying sod / crushed rock	384
Mowing Lawn: push, hand	422	Mowing Lawn: push, power	346
Operate Snow Blower: walking	346	Planting seedlings, shrubs	307
Plant trees	346	Raking Lawn	307
Sacking grass or leaves	307	Shoveling Snow: by hand	461
Home & Daily Life Activities			
Child-care: bathing, feeding, etc.	269	Child games: hop-scotch, jacks, etc.	384
Cooking	192	Food Shopping: with cart	269
Heavy Cleaning: wash car, windows	346	Moving: household furniture	461
Moving: carrying boxes	538	Moving: unpacking	269
Playing w/kids: moderate effort	307	Playing w/kids: vigorous effort	384
Reading: sitting	86	Standing in line	96
Sleeping	48	Watching TV	58
Home Repair			
Auto Repair	230	Carpentry: outside	461
Carpentry: refinish furniture	346	Cleaning rain gutters	384
Hanging storm windows	384	Lay or remove carpet/tile	346
Paint house: outside	384	Paint, paper, remodel: inside	346
Roofing	461	Wiring and Plumbing	230
Occupational Activities			
Bartending/Server	192	Carpentry Work	269
Coaching Sports	307	Coal Mining	461
Computer Work	106	Construction, general	422
Desk Work	134	Firefighting	922
Forestry, general	614	Heavy Equip. Operator	192
Heavy Tools, not power	614	Horse Grooming	461
Light Office Work	115	Masonry	538
Masseur, standing	307	Police Officer	192
Sitting in Class	134	Sitting in Meetings	125
Steel Mill: general	614	Theater Work	230
Truck Driving: sitting	154	Welding	230

