

ABSTRACT

Title: Body Composition and Motor Performance of Roma Children in the Most District

Background: The Roma way of life, or rather the values they live up to, is different from the values and way of life of the majority population. This results in a lower life expectancy of the Roma and a worse social position in Czech society, even in total social exclusion. Since the individual's lifestyle evolves from childhood on, we focused on assessing the lifestyle using several parameters of body composition and motor performance of Roma children in socially excluded Roma localities

Aims: The aim of this thesis is to find out the influence of the lifestyle of Roma children living in socially excluded Roma localities in the Most district on their body composition and motor performance. The second goal is to compare the body composition and motor performance of the children from majority population and socially excluded children from the Most district with the Czech children population standards.

Methods: In total 733 children 7-15 years of age participated in the study, of which 448 were from majority population of the Most district (221 girls and 227 boys) and 285 children were from socially excluded Roma localities in the Most district (124 girls and 161 boys). Bioelectric impedance analysis (BIA 2000 M instrument) was used to estimate the body composition. UNIFIT Test 6-60 was used to measure the motor performance of children. We compared selected parameters between ethnic groups by using Mann-Whitney test or Student T-test depending on data distribution analysis. We used Cohen's d or η^2 depending on data distribution analysis to estimate the size effect.

Results: We found a statistically significantly higher BMI in Roma girls only in the category of fifteen-year-old girls. A significantly higher body fat percentage was found only in eight-year-old Roma boys. We found a significantly higher level of speed abilities with a change in running direction, measured by a "4x10m shuttle run test" in 14-year-old boys and in 7-,8-,13-,14- and15-year-old girls from majority population. A significantly higher level of explosive strength of the lower extremities, which was measured by a standing long jump, was detected in 7-, 8-, 10-, 14- and 15-year-old girls from majority population.

Conclusion: The socio-economic strength of the region seems to have a relatively large impact on the selected parameters of body composition and motor performance. We haven't found many significant differences in the average values of monitored parameters of body composition and motor performance between children from socially excluded Roma localities and majority children because of The compulsory education constitutes a large part of the children daily routine.. This leads to similar behavior in both Roma children and the children from majority population. Thus it would be advisable to introduce some programs for Roma population following their basic education so that their daily routine gets closer to the majority society.

Keywords: body composition, motor performance, fitness, Roma children, bioimpedance, UNIFIT Test 6-60, socially excluded Roma locality