

## **Motoric abilities and somatic data of children with mild mental handicap**

### **Summary:**

**Goals:** Obtaining self-contained information regarding motoric abilities and somatic data of children with a mild mental retardation at the age of 11. Comparing the level of monitored values of tested children with the common population of children.

**Methods:** The testing of motoric abilities and somatic data according to UNIFITTEST (6 – 60) (Měkota, K. et al, 2002) was used for the studying. It dealt with a single-stage empiric research.

**Results:** In test results of «standing long jump» a majority of tested children reached a zone of the substantial below-average, as for boys 43.9 % and as for girls 50 %. Only 17.1 % of boys and 23.1 % of girls were included in the zone of the average. In the test «lying/sitting» repeatedly, the most numerous group containing both sex categories included children in the zone of the below-average, as for boys 48.8 % and girls 61.5 %. Only 26.8 % of boys and 19.2 % of girls scored the average value. In the long-distance test «twelve-minute run» a substantially below-average result was accomplished; as for boys 61.0 % and girls 69.2 %. 39.0 % of boys and 30.8 % of girls reached the below-average result. As for the «race run», the most numerous group included substantially below-average boys with 51.2 % and girls with 65.4 %. 7.3 % of boys achieved 7.3 % and 3.8 % of girls. As for the measurement of the subcutaneous fat by the summation of three skinfolds it was shown that 73.2 % of boys and 57.7 % of girls corresponded to the zone of the above-average. The average values were measured in case of 9.7 % of boys and 15.4 % of girls only. As for the index of the body weight the most numerous group included tested children in the zone of above-average weight – as for boys 36.6 % and girls 46.1 %. Only 34.1 % of boys and 26.9 of girls accomplished the average values; and the measurement showed 29.3 % of boys and 26.9 % of girls in the zone of the lower weight.

**Conclusions:** The processing of the motoric tests results proved that boys and girls with mild mental retardation would score lower point assessment compared with the common population of children. As for the somatic data it has not been confirmed that the tested