Abstract

Title: The level of motor skills, physical fitness and body composition in preschool children

Objectives: 1) To find out the current level of selected motor skills, physical fitness and body composition in preschool children.

2) To find out the interrelationship between selected parameters from the area of motor skills, physical fitness and body composition in preschool children.

Methods: The main research method was observation – measurement. The research sample included 35 preschool children (4 – 6 years, M 5.8 ± 0.7 y). Motor skills were measured using the MABC-2 test battery and physical fitness using the Unifittest 6-60 test battery. Furthermore, the body composition was evaluated by BMI index and the skinfold thickness. Obtained data were processed in Microsoft Excel 2007, subjected to descriptive statistical procedures and further analyzed by correlations and Cohen’s d.

Results: The MABC-2 “aiming and catching” subtest level of preschool children exceeded the population average (10.23 ± 2.2). On the contrary, in subtest „balance“ children remained below the population average with a result of 9.5 ± 2.6. Overall, the results indicate average level of fundamental motor skills of our experimentee. We didn’t find any statistically signifiant relationships between motor skills, physical fitness and body compostion among preschool children.

Keywords: Preschool age, motor skills, physical fitness, body composition, fine and gross motor skills, balance