

Abstract

Title: Body composition and motor performance in children of younger school age

Objectives: The main objective is to prepare a literature review on the issue of body composition and motor performance. A partial goal is to evaluate the methods of estimating body composition and evaluation of test batteries designed to diagnose motor performance of individuals of younger school age.

Methods: The work was processed on the basis of research and comparison of domestic and foreign professional literature, which deals with body composition and motor performance. These concepts were identified through content analysis of professional communications, publications and articles. Many information sources were used to obtain data, mainly professional literature and books on sports topics concentrated in the National Digital Library of the Czech Republic. And then also the Portal of Electronic Resources of Charles University, especially PubMed and SPORTDiscus. To search for data for this work, I used keywords such as body composition, physical fitness, motor performance, diagnostics, younger school age, test battery.

Results: Research summarized the literature on the topic body composition and motor performance. Another result is a summary of body composition estimation methods and test systems for diagnosis the level of basic motor performance in children of younger school age. Their advantages and disadvantages and possibilities of use in practice were described. For the evaluation of motor performance was selected, on the basis of comparison , the FITNESSGRAM test battery, which best reflects modern approaches to the evaluation of physical fitness. The method of bioelectrical impedance in combination with appropriate prediction equations was recommended for the determination of body composition components.

Keywords: body composition, physical fitness, motor performance, diagnostics, younger school age, test battery