

The impact of coordination ability in anthropometric parameters in children 8.12 years old

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Abstract

The purpose of this study is to measure the coordination skills (Eurofit and KTK test) and anthropometrics of children of age 8-12 participating in sport activities. The groups are categorized by age and gender into two phases, 120 girls and boys in the first phase (60 children in the control group and 60 children in the intervention group) and in the second phase. The results of the measurements are compared by control and intervention group. During the 3-month intervention period, the intervention group have completed the plan to motivate them to engage in sports and physical activity as well as communicate with parents to stimulate children to engage in sports. This study has included 1,200 children from elementary schools and sports centers in Tirana. While anthropometric measurements include waist circumference weights and subcutaneous measurements / static equipment.

Keywords: coordination abilities, anthropometric parameters, children