

Vol III Issue VII April 2014

ISSN No : 2249-894X

*Monthly Multidisciplinary
Research Journal*

*Review Of
Research Journal*

Chief Editors

Ashok Yakkaldevi
A R Burla College, India

Flávio de São Pedro Filho
Federal University of Rondonia, Brazil

Ecaterina Patrascu
Spiru Haret University, Bucharest

Kamani Perera
Regional Centre For Strategic Studies,
Sri Lanka

Welcome to Review Of Research

RNI MAHMUL/2011/38595

ISSN No.2249-894X

Review Of Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Horia Patrascu Spiru Haret University, Bucharest, Romania	Mabel Miao Center for China and Globalization, China
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Delia Serbescu Spiru Haret University, Bucharest, Romania	Ruth Wolf University Walla, Israel
Ecaterina Patrascu Spiru Haret University, Bucharest	Xiaohua Yang University of San Francisco, San Francisco	Jie Hao University of Sydney, Australia
Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Karina Xavier Massachusetts Institute of Technology (MIT), USA	Pei-Shan Kao Andrea University of Essex, United Kingdom
Catalina Neculai University of Coventry, UK	May Hongmei Gao Kennesaw State University, USA	Loredana Bosca Spiru Haret University, Romania
Anna Maria Constantinovici AL. I. Cuza University, Romania	Marc Fetscherin Rollins College, USA	Ilie Pinte Spiru Haret University, Romania
Romona Mihaila Spiru Haret University, Romania	Liu Chen Beijing Foreign Studies University, China	
Mahdi Moharrampour Islamic Azad University buinzahra Branch, Qazvin, Iran	Nimita Khanna Director, Isara Institute of Management, New Delhi	Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai
Titus Pop PhD, Partium Christian University, Oradea, Romania	Salve R. N. Department of Sociology, Shivaji University, Kolhapur	Sonal Singh Vikram University, Ujjain
J. K. VIJAYAKUMAR King Abdullah University of Science & Technology, Saudi Arabia.	P. Malyadri Government Degree College, Tandur, A.P.	Jayashree Patil-Dake MBA Department of Badruka College Commerce and Arts Post Graduate Centre (BCCAPGC), Kachiguda, Hyderabad
George - Calin SERITAN Postdoctoral Researcher Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, Iasi	S. D. Sindkhedkar PSGVP Mandal's Arts, Science and Commerce College, Shahada [M.S.]	Maj. Dr. S. Bakhtiar Choudhary Director, Hyderabad AP India.
REZA KAFIPOUR Shiraz University of Medical Sciences Shiraz, Iran	Anurag Misra DBS College, Kanpur	AR. SARAVANAKUMARALAGAPPA UNIVERSITY, KARAIKUDI, TN
Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur	C. D. Balaji Panimalar Engineering College, Chennai	V.MAHALAKSHMI Dean, Panimalar Engineering College
	Bhavana vivek patole PhD, Elphinstone college mumbai-32	S.KANNAN Ph.D , Annamalai University
	Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust), Meerut (U.P.)	Kanwar Dinesh Singh Dept.English, Government Postgraduate College , solan

More.....

Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.ror.isrj.net



A COMPARATIVE ASSESSMENT OF FUNDAMENTAL MOVEMENT SKILLS BETWEEN CHILDREN AND ADOLESCENTS

A.Y. Karkare and Om Prakash

Principal, Rani Laxmibai Mahila Mahavidyalaya, Sawargaon, Nagpur.
Research Scholar.

Abstract:

The present study was aimed to comparatively assess fundamental movement skills of children and adolescent boys. For present study, 100 boys (Ave. age 10.14 years) and 100 adolescent boys (Ave. age 14.22 years) years were selected as sample. The sample was selected from different schools in and around Nagpur city. 50 meter run, Vertical jump, Catching, Overhand throw, Forehand strike and Kick for accuracy was chosen to assess fundamental movement skills of the selected subjects. Result reveals that fundamental movement skills as assessed by selected movement test of adolescent boys were found to be significantly superior as compared to pre-teen boys. It was concluded that fundamental movement skills improves from pre-teen stage to initial adolescence period in boys.

KEY WORDS:

Fundamental Movement , Children and Adolescents , physical activity.

INTRODUCTION:

Early development of fundamental movement skill is a significant step towards ensuring a lifelong, healthy and safe involvement in physical activity. Without competence in such skills as running, leaping, balancing, rolling, catching, and throwing, it is difficult to access the range of options available to establish an active lifestyle.

The general definition of fundamental motor skills is the ability to learn a sequence of movements to produce a smooth action in order to accomplish a task. Fundamental movement skills are the building blocks of movement, forming the basis of more advanced and specific specialised actions, and representing the foundation for future participation in physical activity and sport (Clark, 2002).

Due to importance of fundamental movement skills, researchers such as Alderman (1968), Morris et al. (1982), Okely, Booth, and Patterson (2001), Vassiliki Derri et al. (2007), Vasilios Tsimaras et al. (2011) studies movement patterns of children and adolescents but so far fundamental movement skills of pre teen and adolescent boys of India which has different socio-cultural-economic set-up, have not been studied, hence the present study was planned.

HYPOTHESIS :

Proficiency in Fundamental movement skills will be significantly different in pre-teen and adolescent boys.

Title: "A COMPARATIVE ASSESSMENT OF FUNDAMENTAL MOVEMENT SKILLS BETWEEN CHILDREN AND ADOLESCENTS ", Source: Review of Research [2249-894X] A.Y. Karkare and Om Prakash yr:2014 | vol:3 | iss:7

METHOD AND MATERIAL :

To test the abovementioned hypothesis, following methodological steps were taken.

Sample :

The present study was aimed to comparatively assess fundamental movement skills of children and adolescent boys. For present study, 100 boys (Ave. age 10.14 years) and 100 adolescent boys (Ave. age 14.22 years) were selected as sample. The sample was selected from different schools in and around Nagpur city. Random sampling method was used to select the data.

Tools :

To measure fundamental movements following test was used:-

- a) 50 meter run (sec.)
- b) Vertical jump (in inches)
- c) Catching (out of 6 attempt how many catches taken by the sample).
- d) Overhand throw (maximum distance was recorded)
- e) Forehand strike (out of six ball how many successful strike sample did)
- f) Kick for accuracy (Out of six attempts how many successful kick was done).

Procedure :

Test items pertaining to fundamental movement skills i.e. Vertical jump, Catching, Overhand throw, Forehand strike and Kick for accuracy were performed by selected subjects under the supervision of researcher. After scoring data was tabulated in their respective groups. Independent sample 't' test was used to compare fundamental movement skills of children and adolescent subjects. The result is presented in table no. 1.

RESULT

Table 11
Comparison of Dimensions of Fundamental Movement Skills
between Pre-teen and Adolescent Boys

Variables	Pre-teen Boys (N=100)		Adolescent Boys (N=100)		Mean Difference	't'
	Mean	S.D.	Mean	S.D.		
50 metre run	9.70	2.01	8.42	0.66	1.27	5.98**
Vertical jump	19.44	5.52	25.17	6.33	5.73	6.81**
Catching	2.12	1.39	2.90	1.26	0.78	4.13**
Overhand throw	25.26	7.17	36.35	7.33	11.09	10.80**
Forehand strike	1.83	1.27	2.39	1.25	0.56	3.13**
Kick	1.20	1.01	1.74	1.16	0.54	3.50**

** Significant at .01 level

A perusal of entries reported in table 11 indicate that mean scores on 50 metre run in a group of adolescent boys (M=8.42) was found to be significantly lower as compared to selected group of pre-teen boys (M=9.70). The calculated t=5.98 which is statistically significant at .01 level adds support to this

finding.

It was also found that adolescent boys (M=25.17) excelled over pre-teen boys (M=19.44) in vertical jump dimension. The reported $t=6.81$ is statistically significant at .01 level.

When catching performance of pre-teen and adolescent boys were compared with each other, the calculated $t=4.13$ was found to be statistically significant at .01 level. It indicates that catching performance of adolescent boys (M=2.90) was significantly superior than the catching performance of pre-teen boys (M=2.12).

A perusal of entries reported in table 11 indicate that mean scores of overhand throw performance in a group of adolescent boys (M=36.35) was found to be significantly higher as compared to selected group of pre-teen boys (M=25.26). The calculated $t=10.80$ which is statistically significant at .01 level adds support to this finding.

When basic fundamental movement skill i.e. forehand strike skill of pre-teen and adolescent boys were compared with each other, the calculated $t=3.13$ was found to be statistically significant at .01 level. It indicates that forehand strike performance of adolescent boys (M=2.39) was significantly superior than the pre-teenaged boys (M=1.83).

The mean kicking scores of adolescent boys was also found to be significantly superior (M=1.74) as compared to pre-teen boys (M=1.20). The reported $t=3.50$ is statistically significant at .01 level.

DISCUSSION

In previous studies conducted by Thomas and French (1985), Haley (1985), Ghai et al. (2007) also found significant and positive relationship between age and fundamental movement skills. Hence, the results of the present study once again confirms that age is an important marker as far as development of fundamental movement skills of children and adolescents are concerned.

CONCLUSION

It can be concluded that age is a significant factor for development of fundamental movement skills in pre-teen and adolescent boys.

REFERENCES :

1. Alderman, R.B. (1968). Age and sex differences in learning and performance of an arm speed motor task. *The Research Quarterly*, Vol. 39, No. 3.
2. Clark, J. E., and Metcalfe, J. S. (2002). The mountain of motor development: A metaphor. In J. E. Clark & J. H. Humphrey (Eds.), *Motor development: Research and reviews* (Vol. 2, pp. 163-190). Reston, VA: National Association of Sport and Physical Education.
3. Ghai, G.D. and Negi S.C. (2007). A comparative study of motor development patterns of trained and untrained Indian girls. *Journal of Exercise Science and Physiotherapy*, Patiala, Vol. 3, P. 142.
4. Haley P.R. (1985). A comparative analysis of selected motor fitness test performance of elementary school boys. *Dissertation Abstract Internationale*, 46:2, 373.
5. Morris A.M.; Williams, J. M.; Anne E. Atwater and Wilmore J.H. (1982). Age and Sex Differences in Motor Performance of 3 through 6 year old children. *Research Quarterly For Exercise and Sport*, Vol. 53, No. 3.
6. Okely, A.D., Booth, M.L. and Patterson, J.W. (2001). Relationship of physical activity to fundamental movement skills among adolescents. *Medicine & Science in Sports & Exercise* 33: 1899-1904.
7. Thomas, J.R. and French, K.E. (1985). Gender differences across age in motor performance: A meta-analysis. *Psychological Bulletin*, Vol 98(2), 260-282.
8. Vasilios Tsimaras, Despina Arzoglou, Eleni Fotiadou, Dimitrios Kokaridas, Marianna Kotzamanidou, Nikoletta Angelopoulou, and Eleni Bassa (2011) Gross motor ability of native Greek, Roma, and Roma immigrant school-age children in Greece. *Perceptual and Motor Skills: Volume 112, Issue 1*, pp. 279-288.
9. Vassiliki Derri and Maria Pachta (2007) : Motor skills and concepts acquisition and retention: Motor skills and concepts acquisition and retention: a comparison between two styles of teaching. *International Journal of Sport Science*, Páginas:37-47.

Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Books Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ Directory Of Research Journal Indexing
- ★ International Scientific Journal Consortium Scientific
- ★ OPEN J-GATE

Associated and Indexed, USA

- DOAJ
- EBSCO
- Crossref DOI
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Review Of Research Journal
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.ror.isrj.net