

عنوان مقاله:

Comparison of The Effect of a Selected Training Period and Core Stability on Object Control Skills in ۴-۶ Years Old Children

محل انتشار:

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خلاصه مقاله:

Background: Fundamental motor skills form the basis of the development of sports skills. The purpose of this study was to compare the effect of a selected training period and core stability on child object control skills. Method: The statistical population of this study included all the ۴-۶-year-old boy children in the kindergarten schools and preschools of Shiraz during in the academic year ۱۳۹۷-۹۸. ۴۵ individuals were randomly divided into three groups (۱۵ in control group, ۱۵ in experimental group and ۱۵ in core stability training group). The research method was quasi-experimental and the research design was pretest-posttest with control group. In this study, the TGMD۲ test was used. Shapiro-Wilk test was used to check the natural distribution of data. Data were analyzed using MANCOVA. $P \leq 0.05$ was considered as the level of significance. Results: The results showed that selected exercises and core stability can improve object control skills. The results showed that selected exercises and core stability can improve object control skills. Conclusion: Based on the findings of the study, it can be recommended to improve the basic skills of children, especially their object control skills, by designing selected exercises and central stability and implementing them during school hours.

کلمات کلیدی:

Fundamental Movement, Core Stability Training, Object Control, TGMD-۲, Children

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