MOTOR PROFICIENCY AND PHYSICAL FITNESS IN ACTIVE AND INACTIVE GIRLS AGED 12 TO 13 YEARS

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ABSTRACT
In modern day society physical activity levels diminish rapidly among girls and may be a direct consequence of girls experiencing motor difficulties. Therefore the aim of the study was to compare motor proficiency levels and physical fitness levels among active and inactive girls (N=97), aged 12 to 13 years. The BOTMP Short Form was used to assess the girl’s motor proficiency levels and the results revealed a highly significant difference (p=0.000007**) between the groups. The Fitness-gram and Activity-gram were used to measure health-related fitness and activity levels respectively. The research indicated that only two of the variables regarding health-related fitness showed a highly significant difference with regard to the healthy fitness zone (HFZ) and needs to improvement zone (NTIZ) between the groups, namely the one-mile-run (p=0.0057**) and the push-up test (p=0.0001**). No significant difference was observed for the curl-up (p=0.7643), trunk-lift (p=0.0922), back-saver sit-and-reach (p=0.2365), shoulder-stretch left arm (p=0.7145) and shoulder-stretch right arm (p=0.2620) and percentage body fat (p=0.2365). The activity logging-chart revealed that the active girls in contrast to the inactive girls met the recommended physical activity requirements of 60 minutes of moderate to vigorous intensity activities every day.

Key words: Physical activity; Motor proficiency; Physical fitness; Healthy fitness zone; Health-related fitness; Activity-gram; Bruininks-Oseretsky test battery; Fitness-gram.