

## عنوان مقاله:

The effect of a period of selected physical activities on improving gross and fine motor skills elementary school boy students urban and rural

## محل انتشار:

دومین همایش بین المللی پژوهش های نوین در علوم ورزشی و تربیت بدنی (سال: 1396)

تعداد صفحات اصل مقاله: 2

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## خلاصه مقاله:

The movement represents existence of life among living entities, and in fact, the basis of human life is based on the movement process. The child's development also gets meaning from the very beginning by movement, while it becomes more complicated and qualified as his mental and cognitive abilities, as well as his neuropsychological coordination get stronger. Basic motor skills, characterized by fine and clumsy motor skills, form the main element of motor growth. One of the abilities that a child develops in his developmental stages is the neuromuscular coordination necessary for many basic and fundamental movements in life. Given socio-economic advances and the need to promote welfare and social services in cities and villages, training motor skills is a special priority. Since growth is visible and measurable, and it manifests itself in the nervous system through physiological symptoms, we decided to investigate the effects of a selected training program (SPARK training) related to fine and gross motor movements on improvement of Neuromuscular coordination. For this purpose, 120 male students aged 6 to 9 were selected randomly from four elementary urban (N=60) and rural (N=60) schools in Khorramabad province. After performing an eight-day pretest, each group were divided into two homogeneous experimental and control groups. The experimental group performed 24 sessions of the selected training program, which is part of the SPARC movement program for children, were hold for the experimental group, while the control group received no training. Both groups participated in a pretest and posttest measured by Bronx-Ozeretski Test. To investigate the data, in the descriptive and inferential sections, the mean and standard deviation, and t-independent and t-correlated tests were applied, respectively. The significance level was considered 0.5 for all the tests. Results of data investigation in SPSS software confirmed that SPARK selected training program had made significant difference between the two groups in terms of development of fine motor skills and improvement of Neuromuscular coordination. as a consequence, spark training can be effective to improve neuromuscular coordination. we can apply this training method for people involving in the movement deficiency such as MS

## کلمات کلیدی:

fine and gross motor skills, of Neuromuscular coordination, SPARK training program

## لینک ثابت مقاله در پایگاه سیویلیکا:

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