

The effects of traditional games with home-based exercises on basic movement skills, happiness and some of the physical fitness indicators of the female elementary school students

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Abstract Background: The aim of this study was to assess the effect of traditional games combine with exercise at home on fundamental motor skill, happiness and some of physical fitness index in elementary student girls. **Method:** In this semi-experimental study, among students girls of a ed school of Rasht, 40 volunteers were collected and randomly divided into two experimental (n=20, doing traditional games combine with exercise at home) and control (n=20, without intervention) groups. The study duration was eight weeks. Interventions were including of two 45 min session of traditional games and two session of basic skills training (three sets of 4-8 repetitions) at home. The subject's happiness, fundamental motor skill, physical fitness and body composition were measured before and after the end of interventions in both groups. **Results:** Interventions results in significantly improvement of object-control skills, locomotor skills, happiness, strength, anaerobic power and agility in experimental group ($p=0.00$). However, training was not effective for significantly improvement of body composition ($p>0.05$). Between groups changes indicated that there were significantly difference of object-control skills ($p=0.00$), locomotor skills ($p=0.00$), happiness ($p=0.00$), strength ($p=0.01$), power ($p=0.00$) and agility ($p=0.00$) between two groups at post-test. **Conclusion:** It seems that traditional games combine with exercise at home can be effective for improving basic motor skill, happiness and physical fitness in elementary student girls.

Keywords : traditional games, fundamental motor skill, physical fitness, girl students

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