

effect of a course of elastic exercises with artistic gymnastic exercises on body composition, physical fitness and basic motor skills, and self-awareness of boys and girls.

Mansoureh Hamidi Girdehi*,

Introduction: The purpose of this study was to investigate the effect of a course of elastic exercises with artistic gymnastic exercises on body composition, physical fitness and basic motor skills, and self-awareness of boys and girls. The research is a semi-experimental one that was used for post-test and pre-test design. For this purpose, 40 students participated in this test, which included 20 girls and 20 boys. The statistical population of this study was a boy aged between 7 and 12 years old in Tonekabon, who had been referred to the gym for two weeks before the training. In the form of available sampling, 40 subjects were ed as the research sample. The subjects were measured in equal conditions of body composition, physical fitness, basic motor skills and self-perception before and after 8 weeks. Data analysis was done by SPSS software version 22. **Results:** The results showed that there was a significant difference between the scores before and after the BMI test in the girl group, but in the boys group, there was no significant difference between the two groups. The results showed that there was a significant difference between the scores before and after the test of agility index, speed, muscular endurance, displacement and object control, and self-concept comprehension in the male and female groups. Independent t-test showed that there was a significant difference in scores between groups in the pre and post test of body mass index and subcutaneous fat and agility and self-concept. Independent t-test showed that the difference in scores between groups in pre and post test of displacement index and object control was not significantly different. **Conclusion:** The results showed that a period of artistic gymnastics exercises along with elastic training on body composition and

physical fitness, self-understanding, motor skills of male and female students had a favorable effect.

Keywords : : Students, Artistic Gymnastics Exercise with Elasticity, Body Composition, Physical Fitness, Motor Skills, Understanding Self-Esteem

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