

The Effect of school Games with and without Music on Health-Related Physical Fitness in Elementary School students

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The main objective of the present study was to investigate the effect of elementary school games with and without music on the physical fitness of the elementary school students. 40 male students aged 8 to 10 years old in the 2nd district of Qazvin, with an average age of 9.2 ± 1.4 years, 141.5 ± 7.1 and 36.85 ± 5.7 volunteers participated voluntarily in this study. They were randomly divided into two groups of elementary school games with music and no music of 20 people. The experimental group participated for 6 weeks and 3 sessions per week (weekly coupled days) in ed games, including the Leil, the middle game, the airspeed, the Streets of War and the running of the chain with music. The relevant intervention consisted of 60 minutes of play, which lasted for 10 minutes, followed by gentle running and warming with simple and basic games such as playing rope, and 45 minutes later, training and performing the main games were dealt with, and the last 5 minutes of exercise and Stretching movements were performed to cool and prevent injury. During this period, the non-musical group also performed the relevant activities on weekly weekly ranges. Swedish and long swath tests were used to assess the muscular endurance of shoulder and shoulder belts. The flexor box for the muscles of the waist and back region was used to assess the flexibility of the trunk, testing 540 m distance to assess cardio-respiratory endurance, as well as to assess the body composition of the muscle of the armpit and leg in 2 points to evaluate body fat percentage. . Based on the results of dependent t-test, the mean of body fat percentage ($P = 0.001$), abdominal muscular endurance ($P = 0.001$), shoulder belt ($P = 0.031$), flexibility ($P = 0.001$) And cardio respiratory endurance ($P = 0.001$), music groups can be concluded that there is a significant difference between the two groups in the mean of the variables in the research. Therefore, it is recommended to use primary school games

along with music on increasing factors related to physical fitness.

Keywords : school games, music, physical fitness

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