

# **Comparison of two methods of physical fitness training, body composition, basic motor skills along with dietary education of 8-12 year old male students**

Maryam Akbari Alale Gorabi\*,

**Introduction:** The purpose of this study was to compare Kapo and Sharp training on physical fitness, body composition, basic motor skills, and dietary education of 8-12 year old male students. **Method:** The present study was semi-experimental and field-based. The statistical population of this study was 60 students one of the schools in Fouman County. After completing the consent, parents were randomly divided into control, experimental, 1 and experimental 2 groups. The two experimental groups 1 and 2 participated in an interventional program of eight weeks. Interventions included two Kapo and Sharp practices, along with parental nursing behaviors. The Empirical Exercise Exercise 1 program consisted of a Capo Exercise that included 9 balance, jump and speed based on moderate to severe exercises; three sessions per week, each session lasted for 45 minutes. In addition, he was physically active for three teen sessions a week for fifteen minutes, shot by the student and sent to the teacher. The second experimental exercise program consists of a Sharp training program that includes moving stretching movements, multiple motor skills, accessibility through separation (exercises should be tightened up hard), lowering sit and standing, promoting physical activity in the classroom. Before and after the end of the interventions, measurements of body composition variables (BMI, WHR, fat percentage and lipid mass), physical fitness (aerobic capacity, anaerobic power, speed, agility of balance and flexibility), basic motor skills Object Control Skills and Transitional Skills) and student anxiety were measured. Data analysis was performed by SPSS software version 22 with a significant level of P

**Keywords :** Students, Sharp, Capo Exercise, Body Composition, Physical Fitness,

---

**Motor Skills, Anxiety.**

[Islamic Azad University, Rasht Branch - Thesis Database](#)  
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)