

The effect of movement happy 10-minute breaks program on body indexes and fundamental skills in 9-10 year girls

Safora Zekalab*,

Background and Aim: The aim of this study was to determine the effect of a motor program with 10-minute intervals in cheerful mood on physical indicators and basic skills among girls aged 9-10 years. **Materials and Methods:** The participants consisted of 60 female students (age 9.51 ± 0.84 and weight 35.25 ± 8.06) who were ed purposefully and divided into two experimental (n=30) and control (n=30) groups randomly. In the pre-test stage was evaluated height, weight, body fat percentage, flexibility, muscular and general endurance, BMI, WHR, and basic skills of subjects in two parts of the displacement skills and object control. For exercise, an exercise intervention with nutritional recommendations was made for one sessions of 10-minute intervals in duration per week for six weeks in break time. ANOVA and the MannWhitney U tests were used to analyze inferential statistics and investigate the type and extent of differences between the studied variables. In order to analyze the inter-group and intra-group differences we used respectively, Wilcoxon and t-correlated tests at a significant level of P

Keywords : 10-Minute Intervals in Cheerful Mood, Basic Skills, Girls aged 10-9, Physical Indicators

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