

The effect of Educational games on physical fitness Physical composition and mental health of primary school girl students Saravan district of Rasht

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The aim of this study was to investigate the effect of Educational games on physical fitness Physical composition and mental health of primary school girl students Sangar district. The research method is semi-experimental. The present study was carried out with two groups of practice and control with pretest-posttest design. In the academic year 2017,2018. the statistical population is the fifth and sixth grade elementary students. The sample included two groups of 15 people who were randomly ed and available to the researcher. The pre-test questionnaire was completed to assess the mental health of children and adolescents aged 6 to 14 years (CSI-4) based on (DSM-IV) by parents. Then, measurements of height, weight and body fat percentage and physical fitness (flexibility, static balance, 504 m running, sit-up) were performed. Then the experimental group was held for 6 weeks and also twice per week. Each session was held for a period of 45 minutes at a game program. The same pretest test was repeated for both groups. Findings: Statistical analysis results was performed using t correclated and independent tests Independent or nonparametic equivalents (Vellicoxon and Yummy Whitney) were indicated games improved the record of flexibility and sit-up tests as well as reduced running time of 540 m, meaning a significant improvement in aerobic power in the training group (p

Keywords : Educational games, Physical fitness, Physical composition, Mental health, Students

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