



The Effect of Traditional Games on Perceived Physical Fitness and Fitness Factors of 7 to 11-Year-Old Boys

Oral Presentation

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Abstract

Introduction: Traditional games are part of Iranian children, these games are called folk games which are legendary, and every game has a story or history. The aim of this study was to investigate the effect of traditional games on perceived physical fitness and Fitness Factors of 7 to 11-Year-Old Boys.

Methods: The research method was semi-experimental with pre-test, post-test, and control group design. The statistical population of this study includes all primary school boys in Aran and Bidgol schools, 40 of whom were selected voluntarily and were divided into experimental and control groups. The experimental group performed traditional games according to the determined protocol during eight sessions (three sessions per week, 45 minutes each session), and the control group did the daily activities during the study. Data collection tools included perceived physical fitness questionnaire (Abadi, 1988), 5×10m running test to measure agility (Peshlerli et al., 2016), length jump test to measure explosive power (Peshlerli et al., 2016), sit and Reach test was used to measure flexibility (Peshlerli et al., 2016) and the 20-meter running test (Agha Ali Nejad et al., 2013) was used to measure speed. Then the post-test was performed, and eight weeks after the post-test, a follow-up test was conducted. For analyzing data, analysis of covariance was used.

Results: The results of the analysis of covariance showed that after the intervention, a significant difference was found in the mean scores of perceived physical fitness, agility, explosive power, flexibility, and running speed in the experimental group with the control ($p < 0.001$) so that the perceived physical fitness, agility, explosive power, flexibility and running speed was higher in the experimental group than the control group.

Conclusion: In general, eight weeks of traditional games can effectively improve perceived physical fitness and perceived fitness of boys.

Keywords

Traditional Games; Physical Fitness; Perceived Physical Fitness; Children

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