

EFFECT OF AN INTERVENTION PROGRAM IN THE DYNAMIC BALANCE ACCORDING TO THE AGE IN PRIMARY EDUCATION STUDENTS

ABSTRACT

The objectives of this study were to analyze the effects of an intervention program based on the balance in primary education students and to analyze the differences in the results according to their age. Students ($n = 253$) improved significantly in all dynamic balance tests ($p < 0.01$, $TE = -0.9$, large) after the balance intervention program. Despite this, improvements in dynamic balance were not the same in all ages. Second grade students improved significantly in all dynamic balance tests ($p < 0.01$, $TE = 0.5$ to 1.2 , moderate to large), while those in third to fifth grade only improved in some tests ($p < 0.01$ to 0.05 , $TE = 1.1$ to 6.6 , large). The intervention program was effective for improving the dynamic balance of primary education students but the effects were different depending on their age.

KEY WORDS

Physical education; primary education; motor skills; didactic

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