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The motor proficiency of Czech School Children

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Background: It is now well documented that children's participation in regular physical activities is associated with many aspects of health. Achievement of a sufficient movement competence level at the school age is an important premise for the later participation of children in regular physical activities.

Objective: The aim of this pilot study was to assess the level of motor proficiency by the Bruin inks – Oseretzky test, second edition (BOT™-2) of Czech school age children. Methods: BOT™-2 - complete form with German normative criteria was used to assess the motor proficiency of the children. In the area of fine and gross motor development we evaluated total motor composite and 4 motor area composites: fine manual control, manual coordination, body coordination, strength and agility. The research sample consisted of 42 primary school children (age 9.2 ± 1.4 years, 19 boys and 23 girls).

Results: According to the total motor composite performance on BOT™-2, we found 16.7% of children with severe motor difficulties. It can identify the presence of developmental coordination disorder which requires necessary motoric intervention. 28.6% of children were in the parameter total motor composite [HYPERLINK "javascript:r\(0\)"](#) below [HYPERLINK "javascript:r\(2\)"](#) the average with a risk of motor difficulties. In total, 72% of children had the BOT™-2 score in the 50th percentile or lower.

Conclusion: Results of the BOT™-2 testing enable individual evaluation of the level of motor proficiency and motoric development. Total below average results of our sample group can be related to testing in the geographic area with a low level of socioeconomic status.

Biography

She has completed her PhD at the age of 27 years at Charles University, Faculty of Physical Education and Sport in Prague, Biomedical Laboratory and Human Movement Laboratory. Her research interest includes physical and sporting activities, psychomotricity and exercise physiology. At the present time she works at Technical University of Liberec, Faculty of Science, Humanities and Education, Department of Physical Education.

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