

4th International Conference on

Sports Medicine and Fitness

November 14-15, 2018 | Edinburgh, Scotland

The effect of six weeks Tai Chi Chuan Trainings on the motor skills of children with Autism Disorder

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Autism Spectrum Disorder (ASD) is related to dysfunction of central nervous system that normally appears in the age of three years old. There is no certain cure for this disease yet; however, decreasing complications can make major life changes in these patients. Physical activity as a desirable method may reduce behavioral disorders in children with ASD. Since Tai Chi Chuan training improves focus, attention to internal cues and balance, it can be an effective workout for Autistic children. 18 ASD children in the 6-12 yrs age range were divided randomly into experimental and control groups. The experimental group participated in a six weeks Tai Chi Chuan training program consisted of 18 sessions were limited to 60 min. To assess motor skills, M-ABC test was used during pre and post assessment. In order to analyze the data, dependent and independent T tests (with significance level of 0.05) were used. The results showed significant difference in the subscales of ball skills and balance performance ($P < 0.05$), but there was no significant difference in manual agility scale ($P > 0.05$) between two groups. According to the results, it can be concluded that Tai Chi Chuan forms improve balance of structure and motion coordination. Moreover, it consists of slow motion workouts with a large focused attention and may lead to develop control body motions in harmony and discipline. Therefore, Tai Chi Chuan training may reduce problems and these benefits can be transferred to daily life activities in Autistic children too, which more detail about possible justifications will be debatable in the main text.

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