

原作者及出處 (Original):

Bonney E, Ferguson G, Burgess T, Smits-Engelsman B.

Pediatr Phys Ther. 2019 Oct;31(4):338-345. doi: 10.1097/PEP.0000000000000636.

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題目 (Title):

以活動為基礎之介入對過重與肥胖之女性青少年的益處

Benefits of Activity-Based Interventions Among Female Adolescents Who Are Overweight and Obese.

摘要中文翻譯**目的：**

本研究的目的是比較2種以活動為基礎的動作介入方式對過重與肥胖之女性青少年的效果

方法：

本研究在南非開普敦的低收入社區進行，有52位歸類於過重與肥胖的參與者。參與者隨機分成任務導向功能性訓練或Wii Fit介入。兩種介入皆為45分鐘的主動訓練，一週1次，持續14週。成效評量包括有氧適能、動作協調、以及自我效能。在介入前及介入後收集資料。

結果：

兩組之參與者，除了自我效能之外，皆在有氧適能、動作協調呈現顯著的進步。然而，在任一成效評量上皆沒有觀察到組間差異。

結論：

以活動為基礎之介入可能可以改善過重與肥胖之女性青少年的有氧適能與動作協調，並且有助於預防此一族群之體適能與協調變差。

Original Abstract

PURPOSE:

The purpose of this study was to compare the effects of 2 activity-based motor interventions among female adolescents who are overweight and obese.

METHODS:

This study was conducted in a low-income community of Cape Town, South Africa. The study involved 52 participants classified as overweight and obese. Participants were randomly assigned to task-oriented functional training or Wii Fit intervention. Both interventions were 45 minutes of active training once a week for 14 weeks. Outcome measures included aerobic fitness, motor coordination, and self-efficacy. Data were collected before and after the interventions.

RESULTS:

Participants in both groups demonstrated significant improvement in aerobic fitness and motor coordination but not self-efficacy. However, no between-group differences were observed on any of the outcomes.

CONCLUSIONS:

Activity-based interventions may improve aerobic fitness and motor coordination in female adolescents who are overweight and obese and may also help prevent declines in physical fitness and coordination in this population.

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