

原作者及出處 (Original):

Gísladóttir, órdís; Haga, Monika; Sigmundsson, Hermundur
Pediatric Physical Therapy. 26(1): 69-74, Spring 2014.
doi: 10.1097/PEP.0000000000000006

題目 (Title):

青少年之動作能力與體適能
(Motor Competence and Physical Fitness in Adolescents)

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目的 (Purpose):

此研究針對 15-16 歲青少年探究體適能與動作能力間相關性。
(In this study we examined the relationship between physical fitness and motor
competence in adolescents aged 15 to 16 years.)

方法 (Methods):

共有 94 位青少年參與此研究。動作能力以「兒童動作 ABC 評量表第二版」進行
測試。體適能則以下列項目進行施測：立定跳遠、20 公尺短跑、短版庫柏測驗(短
版 12 分鐘跑走)以及坐姿體前彎測驗。
(A sample of 94 adolescents participated in the study. To test motor competence, the
Movement Assessment Battery for Children-2 was used. Physical fitness was assessed
using the following test items: standing broad jump, 20-m dash, reduced Cooper test,
and sit-and-reach test.)

結果 (Results):

結果顯示研究樣本之動作能力與體適能間呈現具統計意義但微弱之正相關

(0.248)。更具體而言，兩個變項僅在女性呈現顯著相關 (0.353)，男性則否 (0.248)。

(The results revealed a significant but weak relationship (0.248) between motor competence and physical fitness for the whole sample. More specifically, the correlation between the 2 variables was significant for girls (0.353) but not for boys (0.248).)

結論 (Conclusions):

動作能力與體適能間相對微弱的關係顯示，動作能力可能不是維持青少年體適能的關鍵因素。

(The relatively weak relationship between motor competence and physical fitness suggests that motor competence might not be critical in adolescents to maintain their physical fitness.)

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