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題目 (Title):

荷蘭地區 Fitkids 運動治療計畫
(Fitkids Exercise Therapy Program in the Netherlands)

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目的 (Purpose):

描述參與 Fitkids 運動治療計畫兒童之人口學特徵、醫學診斷、及運動起始時的
有氧體適能程度。Fitkids 為荷蘭地區針對慢性疾病或障礙兒童設計之運動治療活
動。

(To describe the demographics, medical diagnoses, and initial aerobic fitness levels of
children participating in Fitkids: an exercise therapy program for children with
chronic conditions or disabilities in the Netherlands.)

方法 (Methods):

作者回顧了在 2010 年 9 月時參與此計畫兒童的資料。
(We reviewed data of children who were in the program on September 2010.)

結果 (Results):

資料總共包含來自 105 Fitkids 中心的 2482 位兒童。結果顯示此族群的人口學特
徵及醫學診斷異質性很高。這些兒童在 6 分鐘行走測試及半套布魯斯跑步機測試
的分數有顯著較低。

(In total, 2482 children from 105 Fitkids centers were included. Results showed the large heterogeneity of the population regarding demographic characteristics and medical diagnoses. Significantly reduced scores on the 6-minute walk test and half Bruce treadmill test were observed.)

結論 (Conclusions):

參與 Fitkids 族群的異質性很高。此外，過多的體適能測試被使用，Fitkids 資料庫的登錄不盡理想。再者，本研究顯示參與的兒童有氧適能較差。未來研究應檢驗 Fitkids 活動的成效。

(The Fitkids population has great heterogeneity. In addition, a plethora of fitness tests were used, and registration of data in the Fitkids database was suboptimal. Moreover, this study showed the impaired aerobic fitness of children participating in Fitkids. Future research should investigate the effectiveness of the Fitkids program.)

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