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題目 (Title):

發展性協調障礙兒童之休閒時間體能活動參與及有氧體適能之關係

(Relationship Between Participation in Leisure Time Physical Activities and Aerobic
Fitness in Children With DCD)

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目的 (Purpose):

一、比較發展性協調障礙兒童及一般發展兒童在休閒時間體能活動參與之異同。二、檢驗休閒時間體能活動參與及有氧體適能之關聯性。

((1) To explore participation in leisure time physical activities (LTPAs) in children with developmental coordination disorder (DCD) compared with children developing typically. (2) To examine the association between participation in LTPA and aerobic fitness.)

方法 (Methods):

受試者為 38 位發展性協調障礙兒童(年齡介於 7-12 歲)及 38 位年齡、性別配對的一般發展兒童。休閒時間體能活動參與之量測使用自填活動問卷，有氧體適能則由折返跑測試來估測。

(Thirty-eight children with DCD (aged 7–12 years) were age and gender matched with 38 children developing typically. Participation in LTPA was self-administered by using

an activity questionnaire, and aerobic fitness was estimated using a Shuttle Run Test.)

結果 (Results):

相較於一般發展兒童，發展性協調障礙兒童顯著地花較少時間在整體、非組織型及激烈型的休閒時間體能活動，也具有較低的有氧體適能。分析結果之最佳模式包括年齡、組別及整體休閒時間體能活動參與等三個因素，解釋了 46.2% 的有氧體適能的變異性。

(Children with DCD spent significantly less time in overall, nonorganized, and vigorous LTPA compared with children developing typically. Aerobic fitness was significantly lower for children with DCD. The best model, including age, group, and overall LTPA, explained 46.2% of the variance in aerobic fitness.)

結論 (Conclusions):

發展性協調障礙兒童具有較低的休閒時間體能活動參與率及較低的有氧體適能，應促進其從事適當的體能活動。

(Suitable physical activities should be fostered in children with DCD, who have a low participation rate and aerobic fitness level.)

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