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題目 (Title):

六至十二歲兒童之爆發力短跑測驗參考值
(Reference Values for the Muscle Power Sprint Test in 6- to 12-Year-Old Children)

翻譯者 (Translator):

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目的 (Purpose):

本篇研究目的為：(1)以爆發力短跑測驗(MPST) 發展測量荷蘭兒童無氧運動表現的百分位參考值，(2)檢驗爆發性短跑測驗之再測信度。

(The aims of this study were (1) to develop centile reference values for anaerobic performance of Dutch children tested using the Muscle Power Sprint Test (MPST) and (2) to examine the test-retest reliability of the MPST.)

方法 (Methods):

徵召年齡 6 至 12 歲(平均年齡 8.9 歲)的正常發展兒童(178 位男童與 201 位女童)參與此研究。共 379 位兒童接受爆發性短跑測驗，其中 47 位兒童並參與再測信度檢驗。所有受試者的爆發力短跑測驗分數依廣義加成性模型所產生之位置、尺度與曲線形狀，建構出百分位曲線圖。

(Children who were developing typically (178 boys and 201 girls) and aged 6 to 12 years (mean = 8.9 years) were recruited. The MPST was administered to 379 children, and test-retest reliability was examined in 47 children. MPST scores were transformed into centile curves, which were created using generalized additive models for location, scale, and shape.)

結果 (Results):

依不同性別建構出與身高相關之參考曲線圖。檢驗結果顯示出極佳的再測信度 (組內相關係數 = 0.98)。

(Height-related reference curves were created for both genders. Excellent (intraclass correlation coefficient = 0.98) test-retest reliability was demonstrated.)

結論 (Conclusions):

六至十二歲正常發展兒童之爆發力短跑測驗參考值可作為兒童物理治療執業參考臨床標準之一。爆發性短跑測驗是一種可信且可用於了解兒童無氧運動表現的測量方法。

(The reference values for the MPST of children who are developing typically and aged 6 to 12 years can serve as a clinical standard in pediatric physical therapy practice. The MPST is a reliable and practical method for determining anaerobic performance in children.)