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題目 (Title):

健康、過重與肥胖的中年級學生的動作精練度、肌力、耐力及身體活動度
(Motor Proficiency, Strength, Endurance, and Physical Activity Among Middle School Children Who Are Healthy, Overweight, and Obese)

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目的 (Purpose):

比較來自弱勢背景的健康、過重或肥胖的兒童的動作精練度、肌力、耐力及身體活動度。

(To compare motor proficiency, strength, endurance, and physical activity among children from minority backgrounds who were healthy weight (HW), overweight (OW), or obese (OB).)

方法 (Methods):

86 位 10 到 15 歲的兒童參與此研究，大部分為西班牙裔。兒童依照身體質量指數的年齡百分位分類。以布魯茵克斯—歐西瑞斯基動作精練度測驗第二版(BOT2)簡短版、坐到站測驗(STS)、計時上下樓測驗及六分鐘行走測試(6MWT)施測。身體活動度以活動監測器施測。

(Eighty-six children, aged 10 to 15 years, of mostly Hispanic ethnicity, participated.

Children were categorized according to body mass index-for-age percentile.

Bruininks-Oseretsky Test of Motor Proficiency (BOT2) Short Form, Sit-to-Stand (STS),

Timed Up and Down Stairs, and 6-Minute Walk Test (6MWT) were administered. Physical activity was measured by using activity monitors.)

結果 (Results):

百分之 45 的兒童被歸類為過重/肥胖。肥胖的兒童在 BOT2, STS, 及 6MWT 的平均表現較健康體重兒童差。過重/肥胖的兒童平均每天走路步數較健康體重兒童低且靜態活動的時間較長。針對過重/肥胖的兒童，身體質量指數和 BOT2, STS, 及仰臥起坐表現呈現負相關。

(Forty-five percent of children were classified as OW/OB. Children who were OB had lower mean BOT2, STS, and 6MWT performance than children of HW. Among children who were OW/OB, daily mean steps were lower and sedentary minutes higher than children of HW. In children who were OW/OB, body mass index was negatively correlated with BOT2, STS, and abdominal curls.)

結論 (Conclusion):

肥胖的兒童相較於健康體重兒童，在動作精練度、肌力及耐力方面呈現較多障礙，且身體活動度也較低。

(Children who are OB demonstrate greater impairments in motor proficiency, strength, and endurance and participate in less physical activity than peers of HW.)

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