

THE IMPACT OF ADDITIONAL ATHLETIC EXERCISE ON MORPHOLOGICAL DIMENSION TRANSFORMATION OF SEVEN YEAR OLD GIRLS

Abstract

In order to determine the efficacy of additional athletic exercise on morphological feature transformation, we analyzed totally 82 seven year old girls divided into experimental (N=33) and control (N=49) group. The experimental group included respondents who, beside regular PE classes three hours per week, attended three additional training units of athletic exercise for a period of nine months. The control group included respondents who only attended regular PE classes. The sample of variables to assess the morphological features of the initial and final measurements included 12 standard anthropometric measures. The results obtained indicate positive changes in experimental group which manifest primarily through increase of nonadipose body voluminous, while in control group saturated fat coverage was more pronounced. The working effects obtained with appliance of additional athletic exercise confirm previous findings that additional forms of extra-curricular activities are of crucial significance for the harmonious growth and development of children in early school age.

Keywords: *girls, transformation process, changes, growth harmony*
