

UNIVERSITI TEKNOLOGI MARA

**MOTOR SKILLS PROFICIENCY
AND BODY COMPOSITION AMONG
8 TO 10 YEAR-OLD CHILDREN**

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Dissertation submitted in partial fulfilment of the
requirements for the degree of
Master of Sports Science

Faculty of Sports Science & Recreation


January 2013

Author's Declaration

I declare that the work in this dissertation was carried out in accordance with the regulations of Universiti Teknologi MARA (UiTM). It is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This dissertation has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Post Graduate, UiTM, regulating the conduct of my study and research.

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Abstract

There is a prevalence of overweight and obesity issues among children worldwide today. A lack of physical activities been seen as the main factor that contributes to the dramatically increase of the overweight and obesity problems. Although reseachers have found that children who are overweight and obese are generally less active, the exact relationship between motor skills proficiency and obesity is still limited. The purpose of this study were to compare the motor skills proficiency between underweight, normal, overweight and obese children and to determine the relationship between motor skills proficiency and body composition among 8 to 10 years old children. This study involved 112 children aged between 8 to 10 years old (56 boys, 56 girls). Their motor skills proficiency was assessed using Bruininks-Oseretsky Test Second Edition- Short Form. Meanwhile, their body composition was determined by the skinfold thickness measurement. The result showed that there was a significant differences between underweight, normal, overweight and obese children in motor skills proficiency ($p < 0.05$). It was also reported that there was a significant correlation between motor skills proficiency and body comporsiton ($r = - 0.80$). This study concludes that motor skills proficiency is inversely correlated with body composition. The most superior group in motor skill is the normal weight children followed by underweight, overweight and obese children.

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