

ASSOCIATIONS BETWEEN PARENTAL PHYSICAL ACTIVITY AND CHILDREN'S MOTOR DEVELOPMENT

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Background and Aims

Research has shown the importance of physical activity for all people, regardless of gender, age or health condition, aims were to assess parental physical activity (FA) and children's motor development, and to identify associations between them.

Methods

The assessment was carried out before or after the physiotherapy. The Peabody Developmental Motor Skills Test was used to assess the children's motor development (reflexes, positioning, movement and object manipulation). The International Physical Activity Questionnaire was used to assess parental FA, consisting of questions on vigorous, moderate-intensity physical activity, walking and sitting. A questionnaire about the child. For data analysis, physical activity was translated into MET, according to IPAQ Scientific Committee guidelines.

Results

The average mean of parents physical activity was high. 44% had a high level, 53% a medium level, and 3% had a low level. The mean value of the motor development quotient for all the subjects was moderate. 53% of the children scored at the average level and 47% scored above the average level. Children of parents with moderate and high levels of physical activity had average and above-average motor development.

Conclusion

The the average mean of physical activity score for all subjects was high. 44% of adults achieved a high level of FA, with the highest proportion of 53% in the medium range and 3% in the low range. The assessment of motor development resulted in an average motor development coefficient of all subjects reaching the average level of motor development. The results of the assessment of the four domains of large motor development showed that reflex development determines the development of position-holding and movement skills. Children of parents with moderate and high levels of physical activity had moderate and above-average motor development coefficient, but no association was found between parental physical activity and children's motor development ($p>0.05$).

Keywords: children's motor development, physical activity