

## **The Examining Body Composition, Sprint and Coordination Characteristics of the Children Aged 7- 12 Years**

**H. I. Ceylan, O. Saygin and G. B. Irez**

*Mugla Sitki Kocman University, School of Physical Education and Sports, Mugla, Turkey*

**KEYWORDS** Eight-run Test. 30m Sprint. Gender. Children. Body Mass Index

**ABSTRACT** The aim of the present paper is to examine body composition, sprint and coordination parameters of the children aged 7-12 years according to gender and age. Nine hundred forty-five children participated in the research study. To determine the values of body composition of children, Body mass index was calculated. In addition, to determine the sprint performance; 30 m sprint test, for coordination skills; the eight-run test, were used. Independent t-test, One Way ANOVA and Tukey HSD were used for statistical analysis. Significant differences were 30 m sprint and the eight-run test performance between boys and girls in favor of boys. No significant differences were observed in body mass index. It was observed that speed and coordination performance of girls and boys improved as age progressed. Body mass index of children increased due to increase in their body height and body weight resulted from their physical evolution. The reason to performances of boys to be better than girls in all ages may be attributed to differentiated endocrine system starting with the puberty. The differentiation in endocrine system may affect the body composition. It is thought that growth process might play an important role in children's performance.