

### STRUCTURAL MODEL OF IN-GROUP DYNAMIC OF 6-10 YEARS OLD BOYS' MOTOR FITNESS

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Abstract. <u>Purpose</u>: to determine structural model of in-group dynamic of 6-10 years old boys' motor fitness. <u>Material</u>: in the research 6 years old boys (n=48), 7 years old (n=45), 8 years old (n=60), 9 years' age (n=47) and10 years' age (n=40) participated. We carried out analysis of factorial model of schoolchildren's motor fitness. <u>Results</u>: we received information for taking decisions in monitoring of physical education. This information is also necessary for working out of effective programs of children's and adolescents' physical training. We determined model of motor fitness and specified informative tests for pedagogic control in every age group. In factorial model of boys' motor fitness the following factor is the most significant: for 6 years – complex development of motor skills; for 7 years - also complex development of motor skills; for 8 years – strength and coordination; for 9 years – complex development of motor skills; for 10 years – complex development of motor skills. <u>Conclusions</u>: In factorial model of 6-10 years old boys' motor fitness the most significant are backbone and shoulder joints' mobility, complex manifestation of motor skills, motor coordination. The most informative tests for assessment of different age boys' motor fitness have been determined. **Key words:** factorial analysis, informative indicators, modeling, motor fitness, boys.

#### Introduction

The problem of motor functioning and health improvement is important both in Ukraine and in European space [26, 27, 28, 42, 44, 46, 47, 48]. Health strengthening and increase of children's and adolescents' workability depend on optimal motor functioning, which is ensured by physical education at school (V.K. Baltsevych [2]; T.Yu. Krutsevych, G.V, Bezverkhnia. [9]).

One of conditions of schoolchildren's motor fitness improvement is organization of pedagogic control at physical culture lessons [4, 5, 6, 17, 19, 33, 34, 35, 36, 37], in conditions of sport training 3, 18, 16, 17, 27]. Effectiveness of pedagogic control depends on the presence of object of control and informative indicators characterizing change of its state. In recent publications it has been determined that modeling is an effective method for receiving of new information concerning current and finalizing control on the base of testing of children's and adolescents' motor fitness [13, 33, 34, 35, 36, 37]. One of methods of statistical modeling is factorial and discriminant analysis. Effectiveness of their application is witnessed by the data of scientific literature [29, 30, 31, 32, 33, 34, 35, 36, 40]. The mentioned works note that it is necessary to search methodological approaches to solution of motor fitness problems and pedagogic control of children and adolescents.

So, determination of motor fitness factorial model is of practical importance for taking decisions in monitoring of physical education as well as for working out of effective programs for children's and adolescents' physical training.

### Purpose, tasks of the work, material and methods

*The purpose of the research:* is to determine structural model of group dynamic of 6-10 years old boys' motor fitness.

*The methods of the research:* for solution of our tasks we used such methods as analysis of scientific literature, pedagogic testing and methods of mathematical statistic. Factorial analysis was used as method of modeling.

In planning of the research we used conceptual approaches to working out scientific researches' programs in physical education and sports [1, 8, 12, 14].

Testing program included commonly known tests [10, 11, 21, 22] for assessment of 6-10 years old boys' motor fitness. We registered results of motor tests. The results are presented in table 1.

In the research 6 years old boys (n=48), 7 years old (n=45), 8 years old (n=60), 9 years' age (n=47) and 10 years' age (n=40) participated.

# **Results of the research**

For determination of structural model of in-group dynamic of boys' motor fitness we carried out factorial analysis by 15 indicators. Results of analysis are given in table 1.

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Table	1
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№	Description of test	Age		n of Kaiser Factors					h <sup>2</sup>
				1	2	3	4	5	_
1	Static posture on one foot (sec.)	6	48	689				-426	789
		7	45		668				524
		8	60			846			789
		9	47				782	318	776
		10	40			758			587
2	Walking on hexagon segments (steps)	6	48	687				468	801
		7	45	557					395
		8	60				640		448
		9	47		654				466
		10	40	751					686
3	Exercises for combining of arms' torso's	6	48				-907		829
	and legs' movements (points)								
		7	45		778				703
		8	60			754		-330	748
		9	47	-702					597
		10	40				898		830
4	Walk on straight line after 5 rotations,	6	48					924	866
	deviations (cm)								
		7	45		-606				511
		8	60					775	633
		9	47				837		743
		10	40	428		-544	414	334	791
5	Shuttle run 4x9 m (sec.)	6	48			921			912
		7	45	-814					729
		8	60	732					576
		9	47		-645				486
		10	40		608			390	611
6	30 meters' run (sec.)	6	48			489		582	636
		7	45	-805					703
		8	60	651				349	596
		9	47	692	-485				745
		10	40		-844				756
7	Frequency of arms' movements (times)	6	48		732		497		892
		7	45					900	838

Structural model of in-group dynamic of 6-10 years old boys' motor fitness. Method of rotation. Varimax with normalization of Kaiser



N⁰	Description of test	Age	ge N Factors						
				1	2	3	4	5	-
		8	60		672		322		756
		9	47	-675			330		618
		10	40	-700			435		696
8	Seizing of falling Dietrich's stick (cm)	6	48			659	499	434	911
		7	45				840		776
		8	60		679			333	635
		9	47	320	375	596		-349	805
		10	40	642			387	444	867
9	Long jump from the spot (cm)	6	48		824	-318			855
		7	45	740					582
		8	60	-519	414		430		680
		9	47		787				641
		10	40		779				722
10	300 meters' run (sec.)	6	48	-878					858
		7	45	-787					700
		8	60	712					589
		9	47	663					505
		10	40	314		723			701
11	Chin ups on rope in mixed hanging (times)	6	48	764	379	-306	-381		968
		7	45	682					584
		8	60	-828					748
		9	47		357	-689			651
		10	40	389	528			-470	696
12	Rising into sitting position during 1 minute (times)	6	48	783				307	733
		7	45	508			383	435	678
		8	60	-713					616
		9	47		557	-562			666
		10	40	423		-600			701
13	Torso bending from sitting position (cm)	6	48		835		-433		911
		7	45			-778			632
		8	60	-516	544				730
		9	47					865	787
		10	40	-402	-398		643		759

№	Description of test	Age	Ν	Factors					h <sup>2</sup>
				1	2	3	4	5	
14	Index mark of backbone mobility	6	48		-601	747			957
	(bridge)								
		7	45			736			579
		8	60				-656		441
		9	47			733			595
		10	40					938	891
15	Index mark of shoulder joints' mobility	6	48		-310	375	632		688
		7	45		-338	399	572		669
		8	60			-606			545
		9	47	430			324	-433	562
		10	40	693					521
		6	48	20.678	17.552	17.124	14.823	13.860	
		7	45	24.557	11.795	10.131	9.177	8.355	
	Full dispersion, % of dispersions	8	60	22.562	12.361	9.947	9.690	8.300	
		9	47	15.544	15.483	12.351	11.735	9.174	
		10	40	18.435	15.355	13.413	12.519	11.865	

As a result of analysis in group of 6 years' age boys we marked out five factors, which explain 84.037% of dispersion's variation.

First factor (informative potential 20.678%) has the highest correlation with results of tests  $\mathbb{N}$  10 (-0.878),  $\mathbb{N}$  11 (0.764),  $\mathbb{N}$  11 (0.764). The factor characterizes level of endurance and strength itself.

Second factor (informative potential 17.552%) has the highest correlation with results of tests  $N_{2}$  13 (0.835),  $N_{2}$  9 (0.824),  $N_{2}$  7 (0.732). The factor characterizes complex development of flexibility, speed power and dexterity.

Third factor (informative potential 17.124%) has the highest correlation with results of tests  $\mathbb{N}$  5 (0.921),  $\mathbb{N}$  14 (0.747),  $\mathbb{N}$  8 (0.651). The factor was named general coordination of movements.

Forth factor (informative potential 14.823%) has the highest correlation with results of test  $\mathbb{N}$  3 (-0.907). The factor was named coordination of movements of different body parts.

Fifth factor (informative potential 14.823%) has the highest correlation with results of test  $\mathbb{N}$  4 (0.924) and it characterizes vestibular stability of 6 years old boys.

Thus, in factorial model of motor fitness the following is marked out: complex development of motor skills (factors 1,2); general coordination (factors 3); coordination of movements of different body parts (factor 4) and vestibular stability (factor 5). Analysis of communities ( $h^2$ ) showed that tests No 11 (0.968), No 14 (0.957), No 5 (0.912), No 13 (0.911), No 8 (0.911) have the highest informative potential for assessment of 6 years boys' motor fitness.

In group of 7 years old boys, analysis marked out also five factors, which explain 64.015% of dispersion's variations.

First factor (informative potential 25.223%) has the highest correlation with results of tests  $\mathbb{N}$  5 (-0.814),  $\mathbb{N}$  11 (0.764),  $\mathbb{N}$  16 (-0.805),  $\mathbb{N}$  10 (-0.787). The factor characterizes development of general motor coordination, dexterity and endurance. This factor is a complex one and takes priority place.

Second factor (informative potential 13.112%) has the highest correlation with results of tests No 3 (0.778), No 1 (0.668), No 4 (-0.606). The factor characterizes motor coordination.

Third factor (informative potential 9.891%) has the highest correlation with results of tests  $\mathbb{N}$  13 (-0.778),  $\mathbb{N}$  14 (0.736). The factor was named flexibility.

Forth factor (informative potential 8.279%) has the highest correlation with results of tests  $N_{2}$  8 (0.840),  $N_{2}$  15 (0.572). The factor was named dexterity.

Fifth factor (informative potential 7.511%) has the highest correlation with results of test  $\mathbb{N}$  7 (0.900) and it characterizes dexterity of 7 years old boys. The factor was named dexterity.

Thus, in factorial model of motor fitness the following is marked out: complex development of motor skills (factors 1); general coordination (factors 2); flexibility (factors 3) and dexterity (factor 4, 5). Analysis of communities ( $h^2$ ) showed that tests  $N \ge 7$  (0.838),  $N \ge 8$  (0.776),  $N \ge 5$  (0.729),  $N \ge 3$  (0.703),  $N \ge 6$  (0.703) have the highest informative potential for assessment of 7 years boys' motor fitness.

In group of 8 years old boys' analysis marked out also five factors, which explain 62,861% of dispersion's variations.

First factor (informative potential 22.562%) has the highest correlation with results of tests  $\mathbb{N}$  11 (-0.828),  $\mathbb{N}$  5 (0.732),  $\mathbb{N}$  12 (-0.713). The factor characterizes strength and coordination.

- Second factor (informative potential 12.361%) has the highest correlation with results of tests  $\mathbb{N} \otimes \mathbb{R}$  (0.679),  $\mathbb{N} \otimes \mathbb{R}$  (0.672),  $\mathbb{N} \otimes \mathbb{R}$  (0.676). The factor characterizes complex development of dexterity.
- Third factor (informative potential 9.947%) has the highest correlation with results of tests No 1 (0.846), No 3 (0.754). The factor was named motor coordination.
- Forth factor (informative potential 8.3%) has the highest correlation with results of tests  $\mathbb{N}$  14 (-0.656), Tect  $\mathbb{N}$  2 (0.640). The factor was named motor coordination.
- Fifth factor (informative potential 8.3%) has the highest correlation with results of test  $\mathbb{N}$  4 (0.775) and characterizes vestibular stability of 8 years old boys. The factor was motor coordination.
- Thus, in factorial model of 8 years old boys' motor fitness strength and coordination are marked out. Analysis of communities ( $h^2$ ) showed that tests  $N \ge 1$  (0.789),  $N \ge 3$  (0.748),  $N \ge 11$  (0.748),  $N \ge 13$  (0.730),  $N \ge 9$  (0.68) have the highest informative potential for assessment of 8 years boys' motor fitness.
- In group of 9 years old boys, analysis marked out also five factors, which explain 64.286% of dispersion's variations.
- First factor (informative potential 15.544%) has the highest correlation with results of tests  $\mathbb{N}_{2}$  3 (-0.702),  $\mathbb{N}_{2}$  6 (0.692),  $\mathbb{N}_{2}$  7 (-0.675). The factor characterizes dexterity and motor coordination.
- Second factor (informative potential 15.483%) has the highest correlation with results of tests No 8 (0.679), No 7 (0.672), No 15 (-0.606). The factor characterizes complex development of dexterity.
- Third factor (informative potential 12.351%) has the highest correlation with results of tests  $N_{2}$  14 (0.733),  $N_{2}$  11 (-0.689),  $N_{2}$  8 (0.596). The factor characterizes flexibility, strength and dexterity.
- Forth factor (informative potential 11.735%) has the highest correlation with results of tests  $N_{2}$  4 (0.837),  $N_{2}$  1 (0.782). The factor was named motor coordination.
- Fifth factor (informative potential 9.174%) has the highest correlation with results of test  $N_{2}$  13 (0.865) and characterizes flexibility of 9 years old boys. The factor was flexibility.
- Thus, in factorial model of 9 years old boys' motor fitness the following are marked out: compels development of motor skills (factors 1, 2, 3), coordination (factor 4), flexibility (factor 5). Analysis of communities ( $h^2$ ) showed that tests No 8 (0.805), No 13 (0.787), No 1 (0.776), No 6 (0.745), No 4 (0.743) have the highest informative potential for assessment of 9 years boys' motor fitness.
- In group of 10 years old boys, analysis marked out also five factors, which explain 71.586% of dispersion's variations.
- First factor (informative potential 18.435%) has the highest correlation with results of tests  $\mathbb{N} \ 2 \ (0.751)$ ,  $\mathbb{N} \ 7 \ (-0.700)$ ,  $\mathbb{N} \ 15 \ (0.693)$ . The factor characterizes dexterity and motor coordination.
- Second factor (informative potential 15.355%) has the highest correlation with results of tests No 6 (-0.844), No 9 (0.779), No 5 (0.608). The factor characterizes complex development of dexterity, coordination and flexibility.
- Third factor (informative potential 13.413%) has the highest correlation with results of tests  $\mathbb{N} \ 1$  (0.758),  $\mathbb{N} \ 10$  (0.747),  $\mathbb{N} \ 8$  (0.651). The factor characterizes complex development of dexterity, coordination and flexibility.
- Forth factor (informative potential 12.519%) has the highest correlation with results of tests  $N_{2}$  3 (0.898),  $N_{2}$  13 (0.643). The factor was named motor coordination of different body parts.
- Fifth factor (informative potential 11.865%) has the highest correlation with results of test N 14 (0.938) and characterizes flexibility of 10 years old boys. The factor was flexibility.
- Thus, in factorial model of 9 years old boys' motor fitness the following are marked out: compels development of motor skills (factors 1, 2, 3), motor coordination of different body parts (factor 4), flexibility (factor 5). Analysis of communities ( $h^2$ ) showed that tests No 14 (0.891), No 8 (0867), No 3 (0.830), No 4 (0.791), No 13 (0.759) have the highest informative potential for assessment of 10 years boys' motor fitness.

# Discussion

The received results supplement the data about application of factorial and discriminant analysis for determination of children's and adolescents' motor fitness structure [4, 5, 6, 31, 39, 29, 40,]. Like in the works of Geoffrey D. Broadhead and Gabie E. Church [30], O.M. Khudolii, A.A. Titarenko [23], Khudolii O.M., Iermakov S.S., Ananchenko K.V. [37], Zh.L. Kozina, N. Popova [7] we observed high prognostic significance of factorial analysis in determination of models and informative indicators of junior school age children.

The materials, presented in table, witness that as a result of analysis of motor fitness factorial models there was received information, which is required for taking decisions in physical education monitoring as well as for working out of effective programs for junior schoolchildren's physical training.

So, factorial analysis permitted to determine models of motor fitness and specify informative indicators for pedagogic control in every age group.

# **Conclusions:**

In factorial model of boys' motor fitness the most important are:

- 6 years complex development of motor skills (factor 1), coordination (factor 2), flexibility (factor 3), dexterity (factors 4, 5);
- 7 years complex development of motor skills (factor 1), coordination (factor 2), flexibility (factor 3), dexterity (factors 4, 5);
- 8 years strength and coordination;
- 9 years complex development of motor skills (factor 1,2,3), coordination (factor 4), flexibility (factor 5);
- 10 years complex development of motor skills (factor 1,2,3), motor coordination by different body parts (factor 4), flexibility (factor 5);

The most informative tests for assessment of boys' motor fitness are: **6 years old boys:** 

- № 11 " Chin ups on rope in mixed hanging" (0.968);
- № 14 " Index mark of backbone mobility (bridge)" (0.957);
- № 5 "Shuttle run 4x9 m" (0.912);
- № 13 " Torso bending from sitting position " (0.911);
- № 8 " Seizing of falling Dietrich's stick " (0.911);

# 7 years old boys:

- № 7 " Frequency of arms' movements (times) " (0.838);
- № 8 " Seizing of falling Dietrich's stick (cm)" (0.776);
- № 5 "Shuttle run 4x9 m" (0.729);
- № 3 "Exercises for combining of arms' torso's and legs' movements (points)" (0.703);
- № 6 " 30 meters' run (sec.)" (0.703);
- 8 years old boys:
  - № 1 " Static posture on one foot (sec.) " (0.789);
  - № 3 "Exercises for combining of arms' torso's and legs' movements (points)" (0.748);
  - $\mathbb{N}_{2}$  11 " Chin ups on rope in mixed hanging" (0.748);
  - $\mathbb{N}_{2}$  13 " Torso bending from sitting position " (0.730);
  - $N_{2}$  9 "Long jump from the spot" (0.680);

# 9 years old boys:

- № 8 "Seizing of falling Dietrich's stick (cm)" (0.805);
- $N_{2}$  13 "Torso bending from sitting position" (0.787);
- $\mathbb{N}_{2}$  1 " Static posture on one foot (sec.) " (0.776);
- № 6 "30 meters' run" (0.745);
- $N_{2}$  4 "Walk on straight line after 5 rotations, deviations" (0.743);

10 years old boys:

- $N_{2}$  14 " Index mark of shoulder joints' mobility " (0,891);
- № 8 " Seizing of falling Dietrich's stick " (0.867);
- № 3 " Exercises for combining of arms' torso's and legs' movements " (0.830);
- $\mathbb{N}_{2}$  4 "Walk on straight line after 5 rotations, deviations" (0.791);
- № 13 "Torso bending from sitting position" (0.759).

The prospects of further researches imply determination of structural model of in-group dynamic of 6-10 years old girls' motor fitness.

# **Conflict of interests**

The authors declare that there is no conflict of interests.



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