TREND IN MOTOR SKILLS DEVELOPMENT AMONG PRESCHOOL CHILDREN AS AFFECTED BY A KINESIOLOGY PROGRAM - LONGITUDINAL STUDY

Abstract
The aim of this study was to determine the pace of development of anthropological characteristics of preschool children under the influence of a kinesiology program. During the course of three years, the children were measured six times in the space of morphological characteristics and in measures of body height and body weight as well as in the area of motor skills by means of six motor tests covering the following motor skills: explosive strength, repetitive strength, agility, flexibility, balance and coordination. Results showed that the gain in body height and body weight between a child’s fourth and seventh year is in accordance with the normal growth trend. In the area of motor skills children significantly increased their scores over a period of three years. Given that the children were at that time involved in a kinesiology program, such development trend can be linked to the influence of the kinesiology program on the significant improvement of motor skills.

Key words: morphology, motor skills, preschool children, kinesiology program, development