DO THE OVERWEIGHT AND OBESITY EFFECT ON MOTOR ABILITY LEVEL AMONG GIRLS?

Abstract
In the last two decades there has been an increase in the number of children who have increased body weight or become obese. This statement confirms the fact that the affected population of children are not only in developed countries, but also in those who have a lower economic standard. Therefore, strategies for prevention and treatment of obesity have become a top priority for public health. Aim of this study was to determine whether there is a difference in the level of motor skills with regard to the level of nutrition. Based on the obtained result, it could be confirmed hypothesis of this study that girls of normal body weight had a significantly better motor skills of the students who were overweight or obese. For students who have a problem with obesity must be developed intervention programs with a view to immediately engage in regular physical exercise to reduce body weight.

Key words: obesity, girls, nutrition, exercise