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Title:

Evaluation of postural maturity of the preschool children

Definition of the problem:

Knowledge of postural maturity of five-years-old children is very important to the early detection of disorders of motor development and initiation of therapy. The preschool children start with sport like football, tennis or gymnastic which can constitute an unilateral burden. This kind of burden, which is inadequate for the children, can cause an emergence of functional and structural lesions of motoric system. Rehabilitation of the incorrect posture is important prerequisite for the children were ready to go to school or for the initiation of sports activities.

It is necessary to identify the preschool children's postural maturity. If an underdeveloped postural stabilization is detected by children parents of these children will be noticed about the threat which is connected with sports activities.

The thesis deals with an application of simple motor skills tests, assessment and evaluation in children aged 5 - 6 years.

The aim of the project:

This study aims an evaluation of the postural maturity of children in pre-school age by means of selected clinical tests. Another aim is an evaluation a reciprocal influence of children's postural maturity and performance in sports activities.

Method of evaluation:

Three groups of preschool children was compiled for the thesis (the first group of children includes children who comes to the targeted sports activity; the second group of children who is *not planning* to start with a targeted sports activity in the next four months; and the third group of children, who engage a targeted sports activity at least 6 months before the start of testing).

Testing was done twice, at intervals of 4 months. Each evaluation was pursued two evaluators independently. We use a test system which is described in the work for the evaluation of postural maturity. The measured values were *compared with results*

which were recorded before and after 4 months. Comparison the results of the evaluation of the postural maturity to the performance of the child in the sport by trainer evaluation. And comparison of results of individual test groups.

Results:

In 86% of cases there is a match of a test set to evaluate the performance according to the trainer. The test demonstrated a good reproducibility. Results of evaluation the tested skills by two independent evaluators were consistent in 83% of cases. In the second measurement was made better results by all groups than in the first measurement. The biggest improvement was measured in the second group (children who come to the targeted functional activity after the first measurement). For the best results at the first and second measurements reached the third group (children who are already before the measurement of pay at least 6 months targeted movement activity).

Summary:

Test set which was compiled for the thesis assesses the postural maturity of children in preschool age. Its implementation in practice is material easy and no time. For a clearer evaluation motor level and deviations from the correct use of the tested skills would be useful to develop a more detailed range of the evaluation and describe the format of instruction, which should demonstrate the tested skills to proband.

Key words.

Postural maturity, motor development, development standards, test systems, targeted movement activity.