



STUDY ON THE PRESCHOOL CHILD'S MOTRICITY, AS AN EXPRESSION OF COMMUNICATION BY MEANS OF THE LANGUAGE OF MOVEMENTS

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The preschool period is a life stage characterized by increasing development of the cognitive, social and affective functions, and also by the maturation of the corporal schema. Motor competencies are also acquired; we can thus witness how children get increasing control over their body and movements (Tiberiu Mircea , 2006, pg. 113-115). To investigate the peculiarities of physical activity in preschool children, we have conceived a semistructured questionnaire assessing various aspects: sport practicing habits, preferred games, physical well-being, and parent involvement. The questionnaire was completed by children's parents, giving the poor self-report abilities at this age. The questionnaire was applied on a sample of 150 subjects. The evaluated children were both boys and girls, aged 3 to 6 years, and had different social backgrounds. Along with demographics, anthropometric measures were obtained, which fit into the normal limits for this age. School and family factors were equally cited as influencing physical exercising. As far as family is concerned, the most notable conclusion is that parents have a poor knowledge of the physical competencies of their children and are not very interested in enhancing this knowledge. This was proved by the great number of "do not know" answers when asked to estimate results on four motor tasks. Parents who can estimate those parameters tend to encourage more their children in practicing sport compared to parents who do not ($p > 0,05$).

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