

EFFECT OF SHORT TERM AGILITY TRAINING ON THE GROSS MOTOR DEVELOPMENT AND AGILITY COMPETENCE IN PRE PUBERTAL CHILDREN

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ABSTRACT

The purpose of the study was to assess the effect of two weeks agility training on gross motor development of pre pubertal children and thus determine the effect of agility training on agility performance. The statistical population included a total sample size of 100 which were randomly selected and divided into two groups i.e. experimental (n=50, Mean Age= 10.02yr) and Control (n=50, Mean age= 10.03yr) Experimental group underwent agility training for two weeks, 5 days per week. Control group only underwent pre and post testing of the dependent variables of test of gross motor development and agility test. To measure motor development, the Test of Gross Motor Development of locomotor skills, on run, hop, gallop, horizontal jump, leap, slide was applied. The results showed statistically significant differences found between control and experimental groups regarding locomotion skills gallop $p = .000$, leap $p = 0.021$, horizontal jump $p = 0.00$ and slide $p = 0.00$, and agility $p = .142$. Pre-pubertal age is a delicate phase in child's overall physical and mental development. Fundamental movement skills of gallop, leap, horizontal jump and slide significantly associated with participation in agility training and agility was not significantly improved with agility training for 2 weeks. Effective program design and associated physiological factors may be cautiously used to prepare future athletes and also prevent long term injuries.