

## ***BOOK OF ABSTRACTS***

### **International Symposium** ***“Research and Education in an Innovation Era”*** **Physical Education and Sport Section:**

*Health related physical fitness vs skills related physical fitness – new perspectives approach to physical fitness*



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## **INTRODUCTION OF A LONGITUDINAL INTERNATIONAL (RO-SVK-HU) STUDY ABOUT BODY COMPOSITION, MOTOR DEVELOPMENT AND QUALITY OF LIFE AMONG 6-7-YEAR-OLD PUPILS**

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### **Abstract**

In this study we would like to compare the body composition, the motor development and the quality of life of children from three countries who started to attend primary school in the autumn of 2018. It is well-known that there is an interaction between these indicators and regular physical activity is beneficial in the aspect of these characteristics. In one of the participant countries there are everyday PE lessons (5 per week). In the other two countries there are significantly fewer PE lessons per week. Accordingly, our main hypothesis is that more regular PE lessons are more effective from the viewpoint of body composition, motor development and quality of life. This presentation is about the details of the project's aims, methods and the results of the first measurement period.

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