



KEY WORDS

- ✓ Children
- ✓ Physical fitness
- ✓ Attention
- ✓ Academic achievement
- ✓ Cognitive development

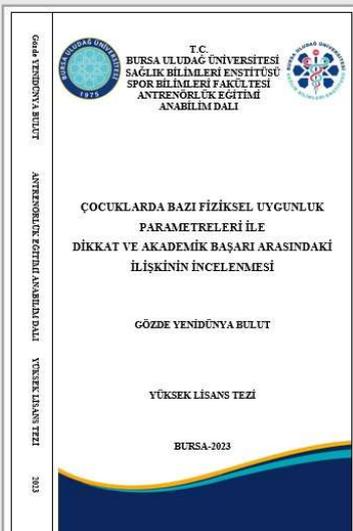
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INVESTIGATION OF THE RELATIONSHIP BETWEEN SOME PHYSICAL FITNESS PARAMETERS AND ATTENTION AND ACADEMIC ACHIEVEMENT IN CHILDREN

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THESIS ABSTRACT

The aim of this study is to examine the relationship between some physical fitness parameters and attention and academic achievement in children.

Relational screening model was used in the research. 237 female and male students aged between 10-12 participated in the study voluntarily. Participants' attention skills were determined by the Burdon Attention Test, their physical fitness was determined by the sit-up test, the flamingo balance test, the 30-second sit-up test, the 20-meter speed test, and the sit-reach flexibility test. As a result of the statistical analyzes performed, a low-level positive statistically significant correlation ($p < 0.05$) was found between the sit-up test, which determines aerobic endurance, and the attention test, and between academic achievement, the 30-second sit-up test and the sit-reach-flexibility test. There was no statistically significant relationship between other variables ($p > 0.05$).

In conclusion, based on the findings of this study, it can be said that there is a relationship between some physical fitness parameters and attention and academic achievements of children in the 10-12 age group. More relational screening and randomized controlled studies are needed to better reveal the possible relationship between physical activity level, attention and school success in children.

APPLICATION AREAS OF THE THESIS RESULTS

It can be used to support the academic success of school-age children through physical activity.

ACADEMIC ACTIVITIES

Bulut GY, Vatansever Ş, Dana EB. (2022). Effects of Physical Activity On Cognitive Development. II. International Congress on Modern Sciences Tashkent Chemical-Technological Institute. 16.12.2022, (Özet Bildiri). ISBN:978-625-8254-11-2.

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