

A Comparative study on sport motoric investigation of children in Germany and Switzerland in height, weight and standing long jump

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Introduction

Sport motoric investigations used to assess the physical skills of children and are an important aspect of monitoring a healthy development of children. For Germany, representative data on target values for motoric skills of children and adolescents are available through a large-scale program called Motorik-Modul (MoMo). For Switzerland, one can draw upon a vast quantity of data for the town of Winterthur from a study of the Swiss evolutionary study (SES). This paper presents, limited to the test standing long jump, a comparison of the German children due to target values with the results of the Swiss evolutionary study.

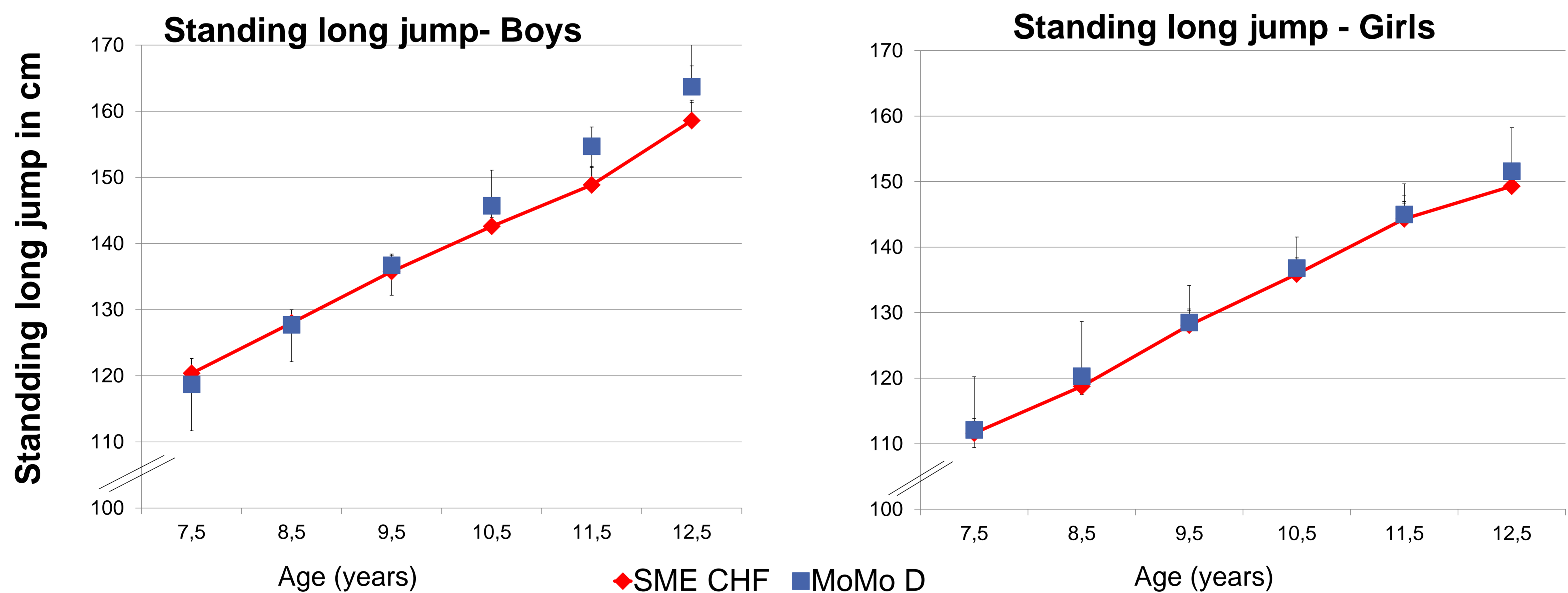
Methods

Motorik-Modul (MoMo), Germany:

- motor skills of 4529 children and adolescents (girls 48,9%; boys 51,5%)
- standardized setup with various sport motor and apparatus facilities
- representative target values of motor skills for Germany

Swiss Evolutionary Study (SES), Switzerland, Winterthur

- complete generation of children from 2008 to 2013 (N= 484; girls 52,3%, boys 47,7%)
- test battery comprising five individual tests



Results

- Height: Significant but not relevant differences (numeric differences < 2%).
- Weight: Significant differences, which get relevant at Girls between 11-12 years (< 5%). The Swiss Girls are 5kg lighter.
- Standing long jump: Significant and relevant differences in 11-12 year old boys. The German boys jump about 5cm more.

Conclusions

- Skills of Swiss children are more or less in line with the German target values.
- Further analysis and comparative studies in other tests are pending.