

Research: Study 3

A 12-Week Intervention With KID-FIT

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Locomotor and Object Control

Comparing KID FIT to a control intervention (free play) over 12 weeks.

Results:

KID FIT group had significant differences in 4 different TGMD measures, and trended towards significance in 4 others (see table 1, Figure 2).

Table 1.

	Locomotor	Object Control	Gross Motor Quotient
Raw scores	.002*	.008*	
Standard Score	.038*	.041*	.069
Percentile rank	.053	.091	.057

* = Significant at $p < .05$

The control group significantly differed in only one measure (Locomotor standard score, $p = .024$), and had no measures that trended towards difference (Figure 3)

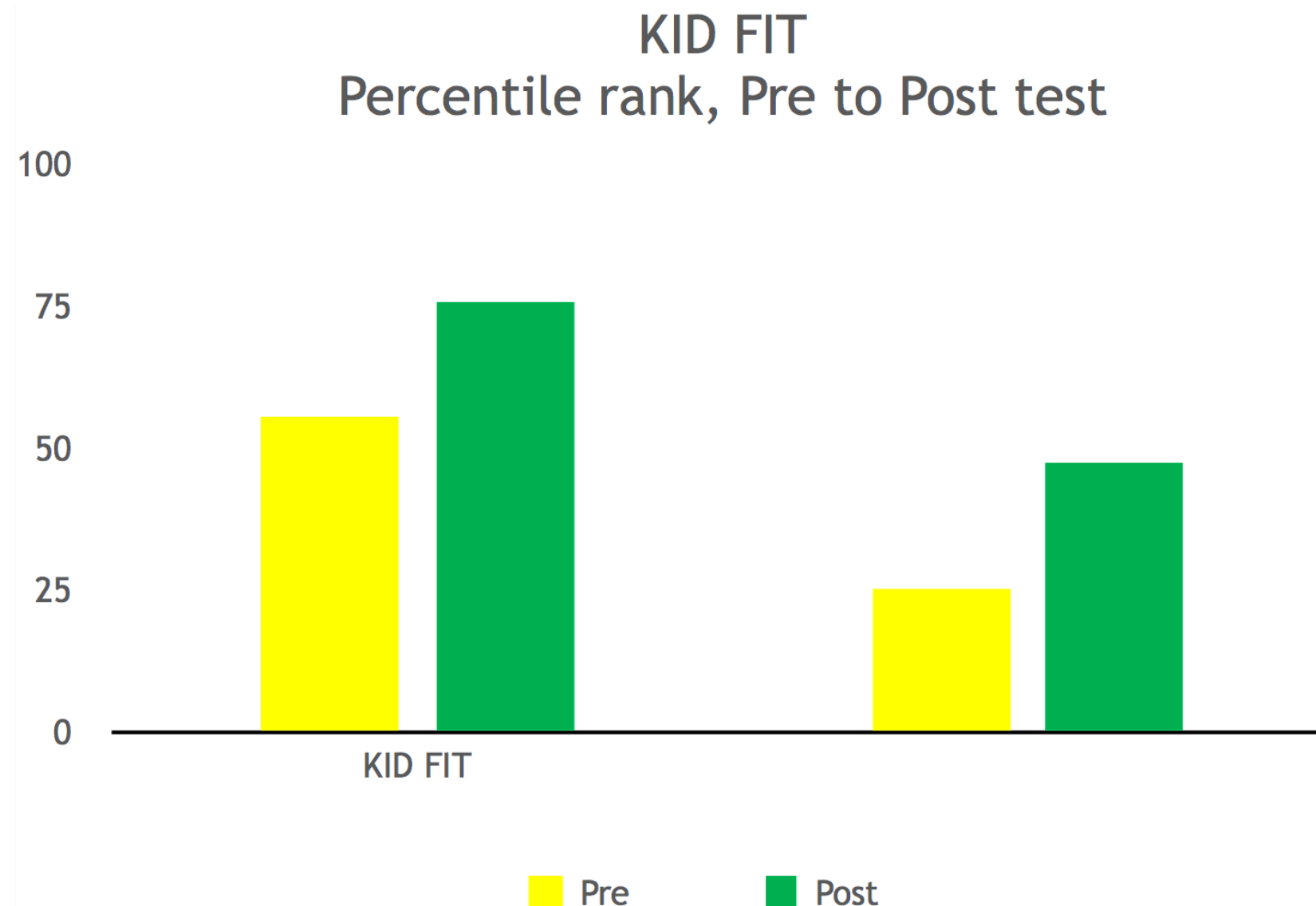


Figure 2. Pre to post test change in Percentile rank in Locomotor and Object Control subtests of TGMD

Total Gross Motor Development

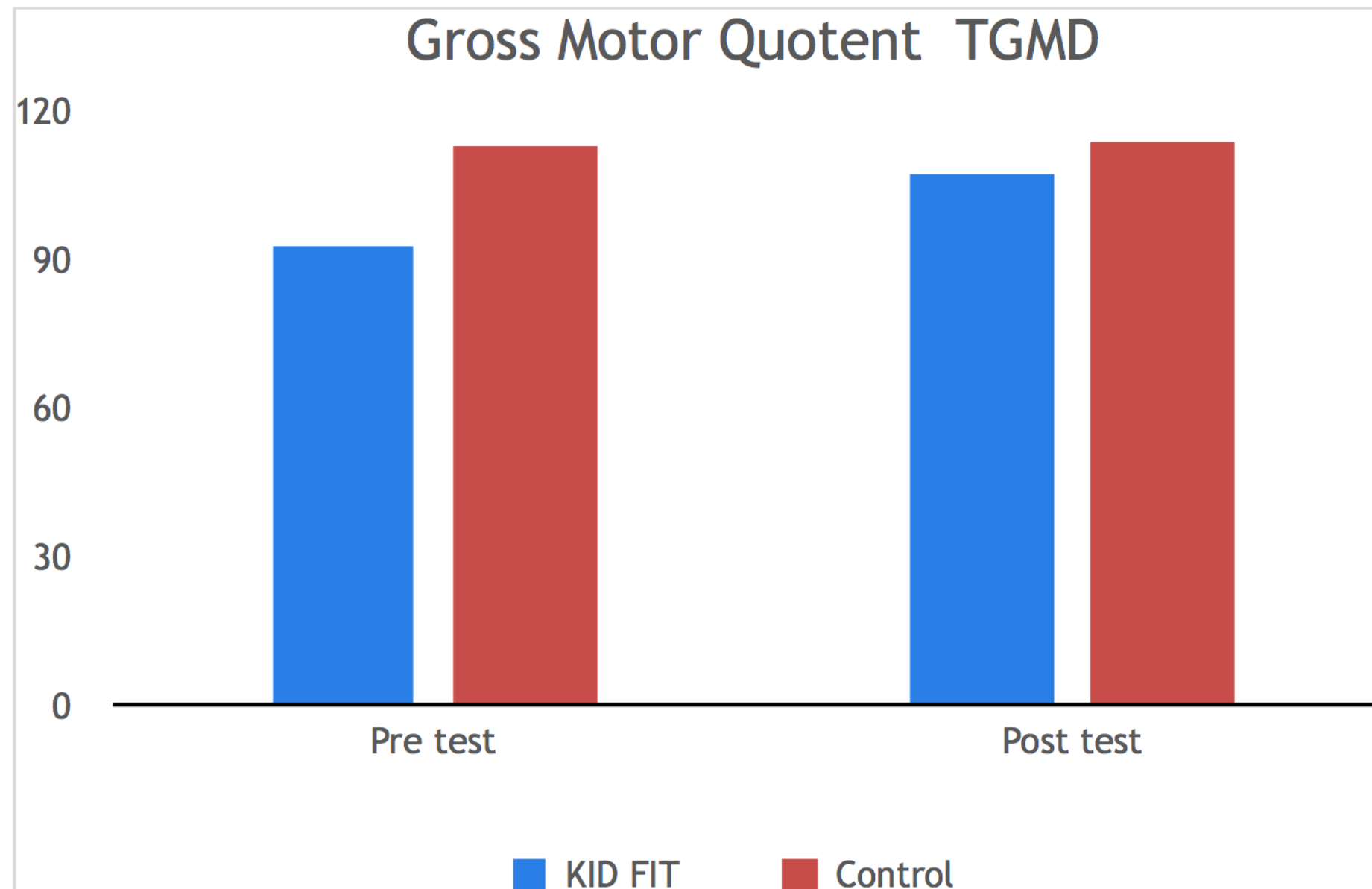


Figure 3. Gross Motor Quotient change in the KID FIT vs Control group after 12 weeks.