

英文抄録 (Abstract)

Field-based physical fitness test items and components popularly used  
for preschool children

Juntendo University

Graduate School of Health and Sports Science

Student ID Number: 4118045

Name: Remili MAIMAITIJIANG

[Purpose]

Various studies have been conducted on physical fitness test methods for children and adolescents, but there are few studies showing the actual condition of physical fitness test methods for preschool children in different countries. Therefore, it is necessary to clarify the physical fitness components and physical test items that are widely used in preschool children. Therefore, in this study, we focused on the field-based test, investigated the literature reports on physical fitness tests for preschool children, and aimed to clarify the widely used physical fitness test items and fitness components.

[Methods]

The scientific database PubMed was used for the literature search. English language studies were included that assessed the physical fitness of preschool children. A total of 214 studies published between January 2000 and April 2019 were screened in full.

[Results]

Finally, after verifying the inclusion criteria, 46 studies were chosen. The results provided a list of field-based fitness test items and fitness components that are included in the 46 studies. After reviewing the papers, we found 16 health-related physical fitness test items and 37 skill-related physical fitness test items.

[Conclusion]

The physical fitness components of preschool children are widely applied in many countries, with a focus on assessing power and cardiovascular endurance. In addition, the most widely used test items of components are standing long jump and 20-m shuttle run.