

Test-retest reliability of a field-based physical fitness assessment for children aged 3-6 years [Fiabilidad test-retest de una batería de evaluación de la condición físicomotora en niños de 3 a 6 años]

Latorre Román P.Á.

López D.M.

Sánchez M.F.

Sánchez J.S.

Coronas F.M.

García-Pinillos F.

Objective: the present study aims to determine the test-retest reliability of the Fitness Test Battery in children aged 3-6 years. **Methods:** a total of 553 children voluntarily participated in the current study; all children were aged 3 to 6 years. Demographic characteristics reveal that 274 children were male (age: 4.63 ± 0.94 years old, Body mass index [BMI] = 16.30 ± 2.07 kg/m²), and 279 were female (age 4.70 ± 0.97 years old, BMI = 16.28 ± 2.09 kg/m²), and they were selected from 8 schools in southern Spain. All selected tests for the Fitness Test Battery, except the 10 x 20 metres (m) test that was designed ad hoc for this study, have been used in previous studies and are focused on testing basic components of physical condition and motor development such as endurance, strength, speed, reaction time and balance (10 x 20 m, Standing Broad Jump, 20 m running speed, Ruler drop test and Balance). **Results:** the results obtained in this study indicate that the Fitness Test Battery has obtained adequate reliability parameters, and is able to discriminate with age among the different tests in healthy children between 3 and 6 years old. The tests used were safe, easy to perform, very acceptable and understandable by children. **Conclusion:** the Fitness Test Battery is a valid, reliable and easy to assess the physical fitness of pre-schoolers children. © 2015, Grupo Aula Medica S.A. All Rights Reserved.

Children

Physical fitness

Preschool

Test

Validation

body mass

child

endurance

female

fitness

human

male

muscle strength

physiology

preschool child

reproducibility

running

Body Mass Index

Child

Child, Preschool

Female

Humans

Male

Muscle Strength

Physical Endurance

Physical Fitness

Reproducibility of Results

Running