

Acute effect on the attention of children 12 to 14 years in a class of physical education [Efecto Agudo en la Atención de Niños de 12 a 14 Años de una Clase de Educación Física]

Aguayo B.B.

Román P.Á.L.

Sánchez J.S.

Vallejo A.P.

The purpose of this research was to evaluate the acute effect of two types of Physical Education (PE) classes in selective attention in Compulsory Secondary Education students. The participants were 98 students (age = $12.96 \pm .96$ years), 47 girls and 51 boys. Students were randomly assigned to the experimental groups (GE n=65) or the control group (GC, n=33). One experimental group received one class of predictive games (JPD, n=33) and another high intensity aerobics class (JA). The D2 test was used to analyze attention and concentration. The D2 test was used to analyze attention and concentration. The EGs showed a better performance in the total answers answered, in the total score ($p < .05$) and in the concentration ($p < .05$) than the CG. The results showed that different classes of EF have a beneficial acute effect on selective attention and concentration in secondary school. © 2018 AIDEP. All rights reserved.

Attention

Physical education

Secondary School