

The Effect of Learning Football Skills on Kinesthetic Perception in Children with and without Visual Impairment

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Type of Contribution:

Age Range Elementary, Middle School

Population Visual Impairment

Physical Activity Visual Impairment

Session Activity Research Presentation (20 minutes)

This study aimed to identify the effect of learning football skills on kinesthetic perception in children with and without visual impairment (VI). Study sample consisted of thirty-nine (N=39) participants within the following four categories: 10 children with VI in the experimental group (7 male participant and 3 female participants aged 10-14 years) and 12 children with VI in the control group (8 male participants, aged 10-14 years). Sighted children, aged 9-13 years, were also divided into experimental group (N=9), 5 female participants and 4 female participants and eight (N=8) children in the control group (4 male and 4 female participants). All participants from the experimental groups participated in a six-week football program, three times a week and each session lasted for 60 minutes. For the purposes of this study, The German Motor Test (DMT) developed by Bös (2009), spatial orientation and sound localization tests (Krzak et al., 2015) were used. Mann-Whitney and Wilcoxon signed rank tests were used for data analysis. Sighted children from the control group significantly improved only sound localization from the left side ($p \leq 0.05$) whereas children from the experimental group did not improve only in the spatial orientation test. Only children with VI from the experimental group achieved significantly better scores in all posttest measurements in contrast to the results of control group in which no differences existed. Importantly, children with and without VI from the experimental group had significantly better scores in all posttest measurements compared to the participants from control groups.