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Dr. Dané Coetzee pursues her academic career at the School of Biokinetics, Recreation and Sport Science at the North-West University (NWU), Potchefstroom Campus since 2009. Her teaching responsibilities at the NWU include modules on undergraduate and post graduate levels as well as guidance to several masters and doctoral students in the field of Kinderkinetics and Human Movement Science. Her research interests include: motor development, vision therapy, ADHD, DAMP, DCD, learning related problems, sports vision and early intervention for children. She is also the Vice-President for academics of the South African Professional Instituted for Kinderkinetics (SAPIK) that is the professional body for Kinderkinetics (www.kinderkinetics.co.za).

Strength, Running Speed, Agility and Balance Profiles of Nine to 10-year-old Learners in the North West Province of South Africa: the NW-CHILD Study

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The purpose of this study was to determine the strength-, running speed and agility- and balance profiles of nine to 10-year old learners in the North West Province; and the correlation between strength, running speed and agility and balance of these learners. Eight hundred and sixty two nine to 10-year old learners (457 boys and 405 girls) were tested using a stratified random test from 20 schools with different socio-economic status, evaluated in four educational districts. The Bruininks-Oseretsky test of Motor-Proficiency, second
edition, was used to evaluate the learners’ strength, running speed and agility, and balance skills. The results showed statistical ($p \leq 0.05$) and practical ($d \geq 0.5$) significant gender differences with regard to strength, agility and balance skills. The boys performed significantly better than the girls during the standing long jump, push-ups, sit-ups, V-sit, shuttle run, walking heel-to-toe forward on a line, while the girls outperformed the boys during side hops and stepping sideways over a balance beam and walking forward on a line. The majority of the total group learners were categorized as average for strength (76.59%), agility (63.38%) and balance skills (55.85%), although a total of 34.88% of the group showed below-average balance skills. Significant correlations ($r \approx 0.1$) were found among strength, agility and balance skills. A sports vision programme can be recommended for female netball players to improve certain visual skills.

**Keywords:** Depth perception, hand-eye coordination, netball, ocular motor control, sports vision, visual skills