

## **ORAL: An INVESTIGATION OF FUNDAMENTAL MOVEMENT SKILLS AND FUNCTIONAL MOVEMENT IN IRISH ADOLESCENTS: PROFICIENCY LEVELS AND RELATEDNESS**

Authors: Dr. Wesley O'Brien\* 1 , Brian Donovan 1 , Conor Philpott 1 , Dr. Sarahjane Belton 2 , Dr. Diarmuid Lester 1 , Dr. Fiona Chambers 1 , Dr. Wesley O'Brien\* 1

1 - School of Education, Sports Studies and Physical Education Programme, University College Cork, Cork, Ireland;\*Wesley.obrien@ucc.ie

2 - School of Health and Human Performance, Dublin City University, Dublin . Ireland.

**Objective:** The purpose of this study was to gather and investigate actual motor competence data amongst Irish adolescents, via a sex-based comparison, and to evaluate if associations exist between fundamental movement skills and functional movement constructs. **Method:** Data were collected on 373 adolescents, (178 females; mean age:  $14.38 \pm 0.86$  years) from six Irish post-primary schools. Actual motor competence testing included 10 fundamental movement skills, and 7 functional movements. Fundamental Movement Skills were assessed utilizing the Test of Gross Development, Test of Gross Development-2, and the Victorian Fundamental Motor Skills Manual. Functional Movements were assessed utilizing the Functional Movement Screen™ **Results:** Overall levels of actual motor competence in both fundamental and functional movement were low and identified levels of dysfunctional movement were high. Significant sex-based differences were observed in both fundamental and functional movement constructs. A moderate association was found between fundamental and functional movement. Irish adolescents displayed low levels of actual motor competence in both fundamental and functional movement, high levels of dysfunctional movement, and evidential sex-based differences were observed. **Implication:** A moderate association emerged between fundamental and functional movement, which warrants further research and investigation. The potential association between these concepts suggests that focusing on both these facets may be a key element to the development of motor competence and foundational movement skills for modern adolescents. The gender differences observed between groups suggests that more prescriptive and specific pedagogical approaches are required in order to engage males and females respectively in their motor competence. In the Irish context, motor competence levels are poor and are in need of address to tackle the associated health risks of poor fundamental and functional movement.