

POSTER: CAN MOTOR SKILLS BE CONSIDERED A PROTECTIVE FACTOR FOR CHILDREN'S HEALTH?

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Objective: To investigate the association between motor competence (MC) and central obesity in children. **Method:** The sample consisted of 357 students (198 boys) aged 6 to 10 years, from a public school. MC was measured using the TGMD-2 battery; waist circumference was used to central obesity measurement; the data analysis was performed through logistic regression using the waist circumference classification category as the dependent variable. **Results:** 80% of obese children had a low motor quotient, in the very poor classification; they were also classified as having risk factor for cardiovascular diseases (waist circumference above the 80th percentile); among those who had the best classification in the motor quotient, about 80% of them had normal waist circumference, and the other 20% were overweight; no child with obesity was able to obtain the average rating of the motor quotient. The logistic regression model was statistically significant. The Hosmer-Lemeshow test was significant ($\chi^2 = 00$; $df = 8$; $P = .99$), .21 (Cox and Snell R²) and .33 (Nagelkerke R²) The results show that a higher level of MC was associated with a greater chance of having waist circumference in the normal classification (OR = 7.54; $p < .01$). **Implications:** from this study, we observed that higher levels of MC might have a protective effect on the health of children, since children who had a higher level of MC were less likely to be obese and, consequently, have a lower risk for cardiovascular diseases.