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RESEARCH ARTICLE

A Comparative Study of Some Coordination Abilities between Males and Females for the Age Group (10-12) Years

Abstract:

Coordination capabilities refer to a set of physical abilities that impact the organization and coordination of movements resulting in consistent performance. They are considered one of the necessary conditions for good performance. Therefore, the objective of the study is to identify the differences in coordination abilities between males and females in the age group of 10- 12 years. A hypothesis is that there are statistically significant differences in certain adaptive skills between males and females aged 10-12 years. The research community consists of primary school students from Mosul 135 male and 135 female students as samples. Tests were administered. T-tests for independent samples were given as numbers and percentages for categorical variables. a p-value of <0.05 was considered significant. The study concludes that the coordination skills of male and female students between the ages of 10 and 12 are equal. Males outperform females in the ability of motor coordination between the arms, eyes, and balls, which may be due to the nature of the test. Throwing a Tennis Ball (25 seconds)($t(270)=10.785$; $p<0.001$), Balance ($t(270)=2.023$; $p<0.044$), Throwing Balling ($t(270) = 3.072$; $p<0.002$), Significant differences were determined for Touch 30 Seconds ($t(270)=3.122$; $p<0.002$), Circuit Accuracy ($t(270) = 6.551$; $p<0.001$).In conclusion; Aging and participating in sports have a good impact on coordinative performance. Athletes with a genetic propensity for a certain sport may develop motor proficiency that is on par with or even surpasses that of older athletes with well-planned training.