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## **THE EFFECT OF LIFE KINETIK TRAININGS ON COORDINATIVE ABILITIES**

### **Abstract:**

This study was aimed to examine the effect of life kinetik trainings by 8 weeks on coordinative abilities. 24 volunteers have participated in the study. We have separated 12 subjects who (mean  $\pm$  SD age,  $11.75 \pm 1.29$  years; height,  $141 \pm 0.08$  cm; weight,  $34.66 \pm 10.03$  kg as control group, 12 subjects (mean  $\pm$  SD age,  $12.75 \pm 1.36$  years; height,  $139 \pm 0.07$  cm; weight,  $33.75 \pm 7.40$  kg as experiment group. Each group were performing summer football school trainings 3 days per a week. In addition to, The experiment group has been performed 45 minutes life kinetik training program 3 days per a week during 8 weeks by us. Rhythm, orientation, differentiation and balance skills have been determined as coordinative abilities and have been tested both pre and post life kinetik trainings by 8 weeks. When the experiment group's pre test-post test results have been compared, There was a significantly decrease between pre test and post test results for balance pad error score, balance total error score, rhythm ability and orientation ability ( $p < 0,05$ ). There was no a significantly difference between pre test and post test results for balance flat floor error score and differentiation ability ( $p > 0,05$ ). When the control group's pre test-post test results have been compared, There was no a significantly difference between pre test and post test results for balance flat floor error score, balance pad error score, balance total error score, rhythm ability, orientation ability and differentiation ability ( $p > 0,05$ ). In conclusion, it can be thought that life kinetik effects on balance, rhythm ve orientation of coordinative abilities. On the other hand, it can be thought that life kinetik doesn't effect on differentiation of coordinative abilities.

### **Keywords:**

Life kinetik, coordinative abilities, children, sports