



The Relationship Between the Performance Outcome and the Performance Quality of Fundamental Movement Skills

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INTRODUCTION

- Skill level is critical to successful performance in almost all sports.
- A sound homeschool physical education program should focus on both health and development of fundamental movement skills of homeschool students (Kabirir et al., 2018) .
- The question frequently asked by physical educators is if performance quality of movement skills is related to performance outcome of these skills.

METHODS

PARTICIPANTS:

- 49 students from Springfield College with ages ranging from 5 to 13.
- The participants of this study were 32 male and 17 female students in homeschool program offered by Springfield College.

TESTING INSTRUMENTS:

- One timer and 3 cones were used to measure locomotor performance. .
- A measuring tape was used to measure horizontal jump performance.
- TGM-3 assessment was used to assess fundamental movement skill levels of students (Ulrich, 2020).

PROCEDURES:

- The experiment was conducted in the Springfield College Field House.
- Participants were instructed to place their name, gender, and age on their testing sheet.
- Each participant performed 2 trials of different locomotor skills and 2 trials of a horizontal jump.
- Both the performance outcome score and performance quality score were recorded for each trial and the best score of the two trials was used for data analysis.

DATA ANALYSIS

- The predictor variable is performance quality and criterion variable is performance outcome
- Separate Pearson Product Moment Correlation Coefficients were conducted to examine the relationship between the performance outcome and the performance quality scores.
- All statistical analyses were performed using the current version of SPSS.
- The significance level was set at .05.

PURPOSE

- The purpose of this study was to examine the relationship between the performance outcome and the performance quality of fundamental movement skills homeschool students participating in a Physical Education program.

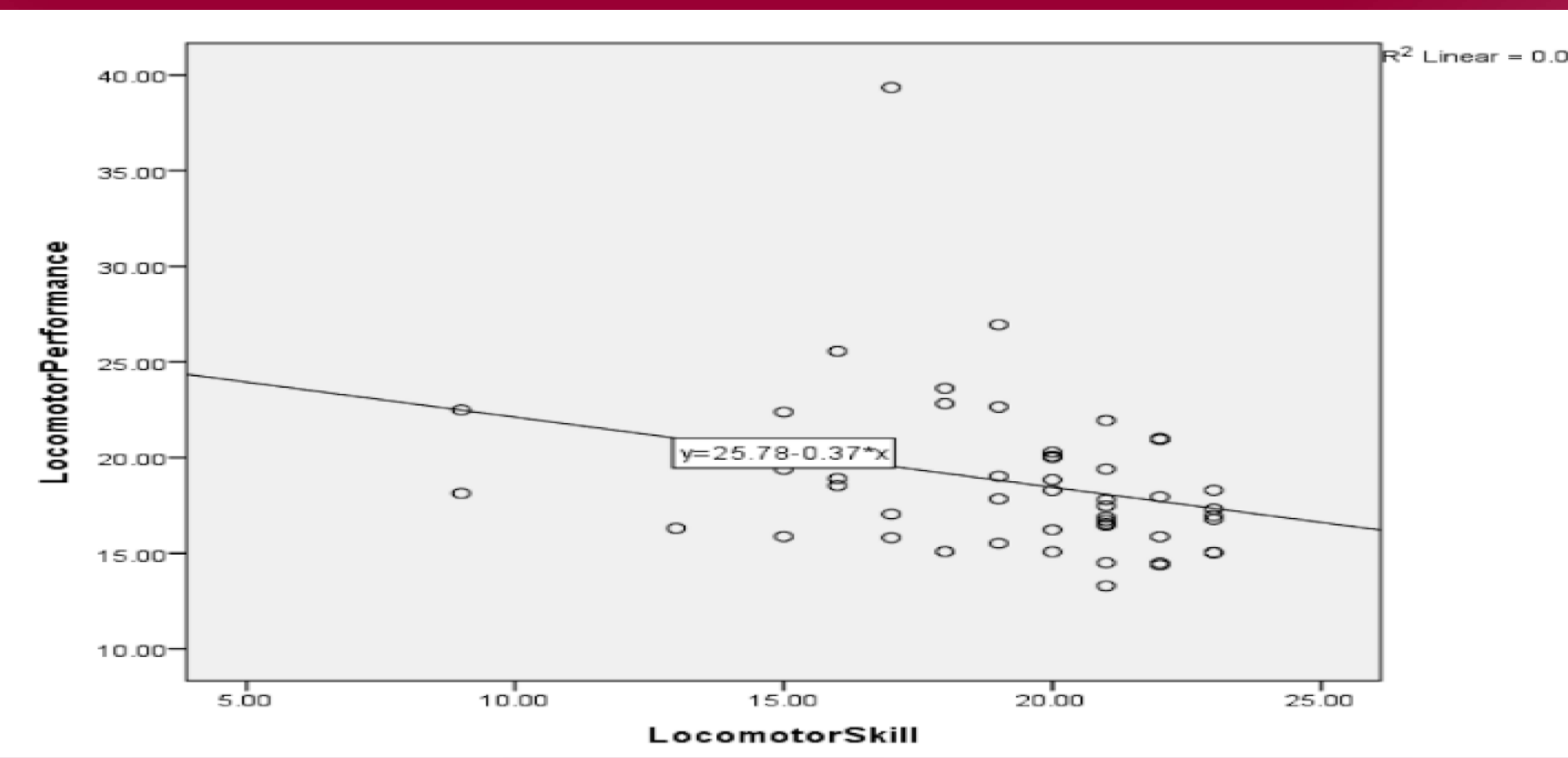
Correlations		HorizontalJu mpSkill	HorizontalJu mpPerfor
HorizontalJumpSkill	Pearson Correlation	1	.659**
	Sig. (2-tailed)		.000
	N	49	49
HorizontalJumpPerfor	Pearson Correlation	.659**	1
	Sig. (2-tailed)	.000	
	N	49	49

**.

Correlation is significant at the 0.01 level (2-tailed).

Correlations		LocomotorSki ll	LocomotorPe rformance
LocomotorSkill	Pearson Correlation	1	-.283*
	Sig. (2-tailed)		.048
	N	49	49
LocomotorPerformance	Pearson Correlation	-.283*	1
	Sig. (2-tailed)	.048	
	N	49	49

*. Correlation is significant at the 0.05 level (2-tailed).



RESULTS

- The results of the analyses revealed a significant correlation between locomotor skill performance outcome and movement quality scores, $r = -.283$, $p = .048$, and between horizontal jump outcome and jumping movement quality scores, $r = .659$, $p = .0001$.

DISCUSSION AND CONCLUSIONS

- As performance outcome quality increases, performance outcome also increases.
- The finding of this study suggests performance quality influences performance outcome.
- In a future study researchers should look into various performance outcome objectives that require skill development to confirm the positive relationship between them.
- Teachers should implement more skill based activities regardless of gender.



REFERENCES

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