



'Exergames' para la mejora de la salud en niños y niñas en edad escolar: estudio a partir de hábitos sedentarios e índices de obesidad [

2015

text (article)

Analítica

A sedentary lifestyle associated with new technologies is one of the main factors related to current childhood obesity; therefore, this study proposes to use these technologies to do physical activity and combat this problem. The research was carried out using 623 school children, which allowed for the recording and assessment of the relationship between various sedentary habits related to consoles and the level of obesity that a group of school children have. We used several measuring instruments to collect the data of the variables (such as test, measuring tape and scales). The results indicated that onesixth of the study's population was overweight and most of children had a console. Also, the investigation showed that 6 out of 10 respondents preferred videogames with motion versus traditional videogames. In addition, the study evinced statistical differences in the kind of games and frequency of play; manifesting that frequent players preferred the 'exergames'

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Editorial: 2015

Tipo Audiovisual: Infancia Obesidad Salud Nuevas tecnologías Actividad de tiempo libre Childhood Obesity Health New technologies Leisure time activities

Documento fuente: RELATEC: Revista Latinoamericana de Tecnología Educativa, ISSN 1695-288X, Vol. 14, Nº. 2, 2015, pags. 39-50

Nota general: application/pdf

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Lengua: Spanish

Enlace a fuente de información: RELATEC: Revista Latinoamericana de Tecnología Educativa, ISSN 1695-288X, Vol. 14, Nº. 2, 2015, pags. 39-50

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