



Actividad física y ejercicio físico en el desempeño motor de niños y adolescentes diagnosticados con trastorno del espectro autista: una revisión sistemática [

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text (article)

Analítica

Objective:To examine the effect of physical activity or physical exercise interventions on motor performance in children and adolescents diagnosed with autism spectrum disorder (ASD).**Methods:**A systematic search was conducted considering the last ten years (until February 2021), using the Pubmed, Scopus, WoS, and SciELOdatabases. The following keywords were used; "Children" OR "adolescent" AND "autism spectrum disorder" AND "exercise" OR "physical activity" AND "motor skills" OR "performance motor". All stages were developed through the Preferred Reporting Items for Systematic Reviews and Meta-Analyzes (PRISMA).**Results:**The search strategy yielded 169 studies. Five investigations met the selection criteria, showing how different physical activity interventions and physical exercise improve motor performance in children and adolescents diagnosed with ASD.**Conclusion:**Interventions based on physical activity and physical exercise programs produce improvements in motor performance in children and adolescents with ASD, considering the duration of 30 min to 75 min per sessionand once or twice a week

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