THE EFFECT OF FUNDAMENTAL MOVEMENT SKILL INTERVENTIONS ON MODERATE TO VIGOROUS PHYSICAL ACTIVITY LEVELS IN 5 TO 11 YEAR OLDS: A SYSTEMATIC REVIEW AND META-ANALYSIS

INTRO:
The effectiveness of FMS interventions in primary school aged children is not fully understood. Does better FMS competency lead to higher daily levels of MVPA?

METHODS:
• 8 electronic databases searched
• “Children”, “fundamental movement skills”, “controlled” and “physical activity”
• RCT’s and NON-RCT’s with a FMS intervention with objectively measured, MVPA in 5 to 11 year olds were included
• Study quality was assessed using ROB2.0 & ROBINS-I
• Random effects Meta-analysis = pooled mean difference with meta-regression for
  1) FMS measured as outcome
  2) multicomponent
  3) instructor type
• MCID = 3.9 minutes

RESULTS
Pooled mean effect = 4.2 (95%CI; -1.7 to 10.1) daily MVPA
52% of future studies are likely to find an effect greater than the MCID
Wide prediction intervals 95% = -16.3 to 24.7 mins Tau = 8.6 mins
Meta-regression for studies including a measure of FMS explained 80% of this variance (R² = 0.80; T = 3.8 minutes) resulting in a coefficient of 12 mins