

## SEDENTARY AND DYNAMIC ACTIVITIES OF ADOLESCENTS AS PREDICTIONS OF POSTURAL STATUS

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### **ABSTRACT**

*Objective. Body posture is a habit of motor skills upgraded to a specific morphological and functional base. During the period of an adolescent's growth and development, sedentary habits and physical activity are important factors of body posture. The aim of this work was to find out which type of activity, sedentary, dynamic or both, influence the body posture of senior elementary school children.*

*Methods. This prospective study involved 120 examinees aged 10 to 16 of both genders, divided into three groups. The first group consisted of 40 sport active children. The second group consisted of 40 non-sport active children, and the third group of 40 children who had a deformity of spine. The authorized test for body posture, Physical Activity Evaluation Test for elementary school children (TFA) and Body Mass Index (BMI) were used.*

*Results. None of the children had excellent body posture. Very good and good body posture grade was present in 77.5 %, 50% and 35% of children in groups 1, 2 and 3, respectively. Significant correlation has been established between the body posture of the monitored groups on one side and the dynamic activities ( $p=0.000$ ), and TFA on the other ( $p=0.000$ ), which was not the case with the sedentary activities ( $p=0.315$ ).*

*Conclusion. Contrary to the expected, the results showed that the dynamic activities had more important influence on body posture in each category of children, when compared to sedentary activities. Urgent interventions in preventive health policy are needed to promote physical activity among adolescents.*

**Key words:** posture; life style; adolescent.