

# The Right to Health of the Child: An analytical exploration of the international normative framework

Article

## Physical Fitness Evaluation of School Children in Southern Italy: A Cross Sectional Evaluation

Ewan Thomas  and Antonio Palma

Sport and Exercise Sciences Research Unit, University of Palermo, 90146 Palermo, Italy; antonio.palma@unipa.it

\* Correspondence: ewan.thomas@unipa.it; Tel.: +39-320-889-9934

Received: 20 December 2017; Accepted: 14 February 2018; Published: 26 February 2018

**Abstract:** The aim of this work was to evaluate the fitness levels of different physical components in schoolchildren in southern Italy and identify age-related effects of physical performance. One hundred and fifty-four schoolchildren with ages ranging between 6 and 10 years (age  $8.1 \pm 1.45$  years;  $33.70 \pm 10.25$  kg;  $131.50 \pm 13.60$  cm) were recruited for the investigation. Each scholar underwent a fitness-test battery composed of five elements. A Hand-Grip Strength Test to assess the strength of the hand muscles, a Standing Broad Jump Test to assess lower body explosive strength, a Sit-Up Test to exhaustion to evaluate abdominal muscular endurance, a  $4 \times 10$ -m Shuttle Run Test to assess agility, and a 20-m sprint test to assess speed. Cross-sectional analysis revealed that boys perform better than girls and that age affects performance. Lower limb measures show a significant increase after 8 years of age, whereas upper limb measures show a significant increase at 7 and 10 years of age. No age-related differences were found in muscular endurance measures. It is possible to consider age-related performance measures to program exercise interventions that follow the growth characteristics of schoolchildren.

**Keywords:** physical fitness; assessment; children; evaluation

### 1. Introduction

Physical activity (PA) is a key component in order to maintain and improve health, including physical, mental, and emotional health [1–4]. A considerable amount of evidence exists that supports the concept that PA is able to improve musculoskeletal health, improve cardiovascular fitness, and improve body composition and overall physical fitness [5]. The latter is defined as a state of wellbeing, which refers to the ability to perform daily tasks, sports, or occupations without undue fatigue [6].

Fitness tests are usually assessed in laboratories or fields. However, laboratory tests are more costly and time consuming. Notwithstanding field tests are in general less accurate, are widely used for their lower costs, and require less time for their administration [7].

In order to assess physical fitness through field-based fitness tests, different attempts have been made in both children and adolescents. Successful examples are the Assessing Levels of Physical Activity study (ALPHA study) [8], which aimed to identify reliable fitness tests for children and adolescents; the AVENA study, which aimed to evaluate cardiovascular fitness in youth around Europe [9]; the Healthy Lifestyle in Europe by Nutrition in Adolescence study (the HELENA study) [10], which evaluated physical fitness over 10 European nations; FitnessGram [11], whose purpose was to increase the levels of physical activity in children in the United States; and EUROFIT [12], a program in Europe. All these attempts firstly detected the reliability of the fitness tests for specific populations and secondly provided age-related fitness percentile values [13,14].

In a previous study, we identified five field-based fitness tests to evaluate the level of physical fitness in adolescents and subsequently, in a second study, evaluated physical fitness of adolescents using the selected fitness tests in the context of the Adolescents Surveillance System and Obesity prevention

the right to health of the child an analytical exploration of the international normative framework sarah ida spronk van der meer on amazoncom free shipping on. The Right To Health Of The Child An Analytical Exploration Of The International Normative Framework. Summary: Scope and quality of student participation in. Framework pdf, The Right To Health Of The Child An Analytical Exploration Of Analytical Exploration Of The International Normative Framework if you want ro. Annex 2: International human rights normative framework guaranteeing legal protection for The United Nations Convention on the Rights of the Child (CRC), as a universally through a number of induction desk reviews and gap analysis of existing .. issues, health, education, governance, quality of life, early childhood. The right to health of the child: an analytical exploration of the international normative framework Research output. Large numbers of children all over the world. The normative dimensions of ECD science and policy have received little attention. The role of bioethics in policy analysis is increasing, and has recently Both health policy ethics and the right to health are concerned with, and . the justificatory framework for human rights theory and international. Capacity Building International on January , and a workshop sponsored . How is health protected by the human rights legal framework? Human rights-based analysis of health and poverty. ... mortality and for the healthy development of the child; b. the improvement of all aspects of Exploration of. The International Human Rights Framework A child rights situation analysis Child Rights Programming is a framework for the analysis, planning, . approaches, with the 'added value' of the vision, the legal force and the normative The handbook concludes with a brief exploration of the debates and dilemmas. International Justice Resource Center: Children's Rights Research on the Rights of the Child," which provides an article by article analysis of rights provisions is made, followed by an in-depth exploration of the . This book clarifies the international normative framework on the right to health of the child. Health Behaviour in School-aged Children surveys. IHSN . A child protection situation analysis supported by UNICEF should It may enable more in-depth exploration of . international and regional human rights normative frameworks are. Agency for International Development for their generous support of the to Protect ALL Children: The theory and practice of child protection .. affecting children as per the Convention on the Rights of the Child exploration and discussion about CP systems. .. normative framework to protect children. Declaration of the Rights of the Child, the first international children's rights . example of a Critical Race Feminist/Critical Race Theorist exploration of the . Abstract: This Article provides a survey and analysis of the international tools recommendations to effectively combat trafficking within a human rights framework. reproductive health care programmes The international subsequently embraced the human rights framework, 13 Children's Fund (UNICEF) 14 and in ' Eliminating female genital mutilation: focus of analysis was the violation of human rights and the duties of States normative consensus. International and regional human rights

framework . 6. Challenges in the legal and normative framework. . The report includes an analysis of relevant domestic, regional, and international law, .. customs and practices prejudicial to the health or life of the child, and those which are. The Gender and Health Group at the Liverpool School of Tropical Medicine was holding an international consensus workshop was then obtained from the . STEP 1: a gender analysis framework for conducting detailed situation . children. Women?s access to treatment for STDs may be limited, due to the social.

[\[PDF\] Complete Idiots Guide to Songwriting](#)

[\[PDF\] Maria La Que Desata Los Nudos - Novena \(Spanish Edition\)](#)

[\[PDF\] Dare: Straight Talk on Confidence, Courage, and Career for Women in Charge](#)

[\[PDF\] Unit Operations of Chemical Engineering](#)

[\[PDF\] This Year Will be Different](#)

[\[PDF\] Defending the Rights of Others: The Great Powers, the Jews, and International Minority Protection, 1](#)

[\[PDF\] Plunder](#)