

UDK 574/577+572.79+613.2

**PHYSICAL DEVELOPMENT INDICATORS OF 7–10-YEAR-OLD  
SCHOOLCHILDREN AND THEIR ASSESSMENT**

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**Аннотация:** В статье представлены результаты исследования показателей физического развития сельских школьников 7-10 лет. Согласно полученным результатам, показатели массы тела, роста и окружности груди учащихся увеличиваются в зависимости от их возраста. В частности, у детей 7-8 лет вышеуказанные показатели существенно не отличаются от нормы. Мальчиков и особенно девочек 9-10 лет отличают рост, окружность груди и индекс Кетле, превышают от нормы. Изучение физического развития студентов является одним из важных шагов в дальнейшем укреплении их здоровья.

**Ключевые слова:** масса тела, рост, окружность груди, дети младшего школьного возраста, рост, развитие.

**Annotation:** In the article presents the results of a study of indicators of physical development of rural schoolchildren aged 7-10 years. According to the results obtained, the body weight, height and chest circumference of students increase depending on their age. In particular, in children 7-8 years old, the above indicators do not differ significantly from the norm. Boys and especially girls aged 9-10 years are distinguished by their height, chest circumference and Quetelet index, which are higher than normal. Studying the physical development of students is one of the important steps in further strengthening their health.

**Key words:** body weight, height, chest circumference, children of primary school age, height, development.

## **INTRODUCTION**

It is well known that physical development is one of the main indicators determining the health condition of a growing young organism and its growth and development under the influence of various environmental factors. Accordingly, children's lifestyle, nutrition, physical activity, and other factors influence the normal processes of growth and development [4–8]. The highest rates of growth in a child's life occur first during the period before reaching a certain age, then during the school-entry stage, and later during adolescence. [7-12].

In our country, special attention has always been paid by the government to children's health, education, proper growth and development, and other related issues. A number of approved decrees and resolutions aimed at protecting and strengthening maternal and child health, ensuring proper care from an early age, and promoting children's comprehensive and healthy development can be noted [1–3].

At the same time, this issue remains one of the urgent tasks in the fields of physiology and medicine. Studying the morphofunctional (anthropometric) indicators of modern schoolchildren primarily serves to ensure their good health as well as their ability to perform mental and physical activities effectively. At present, this matter is considered one of the pressing issues both in our country and worldwide [10–12].

#### **RESEARCH METHODOLOGY.**

During our observations, we studied certain anthropometric indicators of primary school students. The research was conducted among 117 students aged 7–10 (including 52 boys and 65 girls) studying in several rural schools of the Kashkadarya region. The students' physical development was examined using anthropometric methods [9]. Body weight was measured with a medical scale (PORODO model: PD-BF1321BT-WH, China, 2020), height with a wooden stadiometer (Russia, 2019), and chest circumference with a measuring tape (China, 2019). The obtained data were statistically analyzed using MS Excel and Origin 6.1 software. The arithmetic mean ( $M$ ), standard error ( $m$ ), and standard deviation ( $SD$ ) were calculated.

The results of the study include data on several anthropometric indicators—body weight, height, Quetelet index, and chest circumference—of students aged 7–10.

#### **RESULTS AND DISCUSSIONS.**

According to the obtained results, the physical development indicators of the students do not differ significantly from the existing standards. The average body weight of 7-year-old boys was  $22.4 \pm 0.74$  kg, their average height  $124 \pm 0.02$  cm, and their average chest circumference  $62.6 \pm 1.5$  cm. The Quetelet index was  $14.48 \pm 0.35$  kg/m<sup>2</sup>, which is 7–11% lower than the standard value of 16 kg/m<sup>2</sup>. Similar results were also observed among 8-year-old children.

It can be observed that the body weight and height indicators of 9–10-year-old children exceed the standard values by 10.2–18.6% and 6.2–8.5%, respectively. The Quetelet index was  $16.08 \pm 0.46$  kg/m<sup>2</sup> for 9-year-olds and  $16.32 \pm 0.61$  kg/m<sup>2</sup> for 10-year-olds, which is approximately 4.5–5.5% lower than the standard value of 17 kg/m<sup>2</sup>.

These findings indicate that among boys aged 7–10, body weight and height increase proportionally with age. This can be explained by physiological and biochemical processes occurring in their bodies, as well as by factors such as living environment, lifestyle, and other external influences.

Among girls aged 7–10, indicators such as body weight, height, Quetelet index, and chest circumference also differ to varying degrees from the recommended standards for their age. Specifically, the average body weight of 7-year-old girls was  $23.3 \pm 0.80$  kg compared to the standard  $22.0 \pm 0.3$  kg, and their average height was  $126 \pm 0.01$  cm

compared to the standard  $118.5 \pm 0.5$  cm. The Quetelet index was  $14.57 \pm 0.57$  kg/m<sup>2</sup>, which is 6.3–9.1% higher than the standard value, while the chest circumference exceeded the norm by an average of 14.6%.

For 8-year-old girls, the average body weight and height were  $24.3 \pm 0.69$  kg and  $130 \pm 0.01$  cm, respectively. While the body weight showed no significant deviation from the norm, height was 5–10% higher. A similar trend was observed in the Quetelet index.

In 9-year-old girls, body weight did not differ significantly from standard values, but height exceeded the norm by 4.7–6.5 cm. However, the Quetelet index averaged  $14.23 \pm 0.36$  kg/m<sup>2</sup>, amounting to 83.7% of the standard value. The chest circumference was also 9.6% (or 5.7 cm) greater than the norm, as clearly shown in the table above.

Among 10-year-old girls, the average body weight was  $35.5 \pm 1.44$  kg compared to the standard  $30.2 \pm 0.4$  kg, and the height was  $146 \pm 0.001$  cm compared to the standard  $134.2 \pm 0.5$  cm. These results indicate that the growth rates of body weight and height in girls of this age group are higher than those of other age groups and standard values. Similarly, the chest circumference was 8.3–12.9% greater than the normative values.

#### **CONCLUSION/RECOMMENDATIONS.**

In conclusion, it can be stated that certain physical development indicators of students—such as body weight, height, Quetelet index, and chest circumference—do not fully correspond to the established standards. In particular, among 7–8-year-old children, the mentioned indicators show no significant differences compared to the norms. However, in 9–10-year-old boys and especially girls, height, chest circumference, and the Quetelet index are notably higher than the standard values. This situation can be explained by factors such as the pre-adolescent stage of children’s development, the level of mental and physical load they experience, the organization of their daily routines at home and school, and other related aspects.

Regular monitoring and study of the physical development of primary school-age students is considered one of the important steps toward further strengthening their health.

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