

A COMPARATIVE ANALYSIS OF MOTOR FITNESS AND PHYSICAL ACTIVITY LEVELS AMONGST 10 TO 13 YEARS OLD KENYAN AND GERMAN CHILDREN

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The ever-changing lifestyles in the world including in Kenya and Germany though occurring at different rates have been found to be the cause of some adverse changes being witnessed today among all sections of the population. Several studies conducted separately in Kenya and Germany have so far pointed out that motor fitness of both German and Kenyan children has been on the decline. Thus, Boes (2003) indicated that German children's motor fitness levels declined by 10% between 1978 and 2003. Likewise, Kamau (2008) quoted numerous authors who are all in agreement that prevalence of overweight and obesity conditions among children is increasing at an alarming rate both in developing and developed countries. Given this background, this paper is therefore an attempt to show empirically the actual differences in motor fitness levels in children from two diverse cultural and environmental backgrounds, namely, Kenya and Germany. Empirical findings and viable recommendations are presented. The paper is based on a research project conducted under the auspices of Kenyatta University (Kenya) and University of Karlsruhe (Germany).

Key words: *Obesity, physical activity, cultural and environmental backgrounds.*