



The Impact of a Bodyweight-Based Exercise Program (through Quadrupedal Movement Exercises) on Motor Competence and Functional Movement in Children Aged 8 to 10 Years

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1. Round 1

1.1 Reviewer 1

Date: 04 March 2024

Reviewer:

The statement "Motor competence serves as the foundation for children's motor literacy and overall physical health" could benefit from a specific reference to support this claim, as it is a foundational assertion.

The description of the "Gross Motor Coordination Test for Children" is comprehensive but would benefit from a brief mention of the reliability and validity statistics for the specific age group studied.

The statement "Bodyweight-based exercises significantly improved motor competence and functional movement" needs to explicitly connect the findings to the broader literature cited earlier.

The claim about "closed-chain exercises being safer and more effective" is strong. Ensure this statement is backed by references or clarify if this is an implication drawn from your findings.

The reference to "coaches working with young athletes" could be expanded by providing specific sports or scenarios where these exercises might be particularly beneficial.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Date: 05 March 2024

Reviewer:

The sentence "Crawling exercises are an emerging form of bodyweight training" could elaborate on why these exercises are particularly effective for children compared to other bodyweight exercises.

The term "central generative patterns" is used but not clearly explained. Consider providing a brief definition or example to clarify its relevance to quadrupedal exercises.

Specify how participants were randomized into groups. Was it a simple randomization, or were there stratified or block randomization techniques used?

The intervention description includes detailed exercise protocols, but it does not specify how adherence to the program was monitored or measured. Consider including this information to strengthen the methodological rigor.

The demographic characteristics table does not include confidence intervals for means. Including them could provide more context for understanding the variability within groups.

The improvement in Functional Movement Screening scores is significant, but the discussion does not address possible confounding factors, such as varying baseline abilities within the intervention group.

While the small sample size is noted as a limitation, it would be helpful to discuss how this limitation might have affected the power of the statistical tests conducted.

The suggestion for future research to include psychological and social evaluations is valuable. Provide specific examples of psychological metrics or tools that could be used in follow-up studies.

The conclusion emphasizes the value of the intervention but could summarize the key quantitative outcomes (e.g., percentage improvements) to provide a clear takeaway.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.