The development of the ATHLETIC SKILLS TRACK
A new motor competence assessment

Joris Hoeboer
This thesis describes the development of the Athletic Skills Track. The aim of this thesis is to examine the reliability, validity and feasibility of this new MC assessment tool: The Athletic Skills Track to assess fundamental movement skills among 4- to 12-year-old children in a physical education setting.

There seems to be an urgency to increase our understanding of motor skill development that is also recognised by PE teachers. They are willing to monitor motor skill competence of children more objectively. Unfortunately, there seem to be some practical shortcomings in the available assessment tools. It takes at least 20 min to measure one individual child. Furthermore, special test materials and extensive knowledge of the test protocols are required to be able to conduct the tests. Those shortcomings seem to be the reason many PE teachers currently do not use motor skill competence tests structurally. Therefore, a reliable and valid assessment tool that fits the PE setting is needed.