

Table 1) Comparison of the mean scores of the subjects in the two groups in the pre-test and post-test

Index	Experimental group		Control group	
	Pre-test	Post-test	Pre-test	Post-test
Balance	4.06±1.35	12.89±2.49	1.06±1.55	1.47±2.04
Running speed	0.83±0.51	21.39±0.61	3.47±1.46	3.00±0.94
Strength	2.17±1.04	6.61±1.14	2.47±2.72	2.71±3.19
Agility	4.33±1.14	12.78±3.15	4.47±1.17	4.24±1.20
Response speed	4.94±2.67	13.17±1.72	7.18±3.07	6.53±2.57
Visual-motor control	2.83±0.71	7.11±0.90	3.24±0.75	2.53±1.42
Motor coordination	1.39±1.42	5.72±1.17	3.35±1.37	3.35±1.37
Total score	20.56±3.56	60.67±3.97	25.24±5.65	23.82±4.60

Table 2) Results of analysis of covariance for the effect of exercises by adjusting for the effect of pre-test
(p=0.0001; test power=1)

Subscale	F	Eta squared
Agility	945.129	0.802
Balance	74.525	0.701
Running speed	73.421	0.698
Strength	72.96	0.695
Motor coordination	82.073	0.719
Response speed	121.784	0.792
Visual-motor control	191.714	0.857
Upper limb coordination	534.927	0.944