

155 - MOTOR PERFORMANCE OF SCHOOL QUILOMBOLAS FROM CURIAÚ/AP COMMUNITY¹PAULO JOSÉ DOS SANTOS DE MORAIS²JOSÉ ALEX CANTUÁRIA QUEIROZ³JORGE LUÍS MARTINS DA COSTA⁴FRÉDSON ANDRÉ NUNES VALENTE⁵JOSÉ FERNANDES FILHO^{1,2,3,4}Mestrado em Ciência da Motricidade Humana – UCB – RJ – BRASIL⁵Escola de Educação Física e Desporto-UFRJ/LABIMH-RJ/CNPq-PQ-BRASIL¹paulojose@ceap.br²ac-queiroz@bol.com.br³jffitness@uol.com.br⁴fretuc@hotmail.com⁵jff@cobrase.org.br**INTRODUCTION**

In the Area of the old Lands of the North Cable, more specifically those ones which would come to be the current State of Amapá, the colonization process was harnessed to maintenance matters of Portuguese territorial conquests facing English, Dutch, Spanish and French interests. Slave trader in the area intensified in 1755, as effect of the Law that determined unrestricted freedom of the indigenous population, causing the trade of approximately 48.000 to 53.000 captive black individuals between 1755 and 1820 (GOMES et al, 1999; NETO 2001). Slave work was used to work in the main border fortification, Curiaú Fort, now called São José Fort, in the City of Macapá (of the native Macapaba City of Bacabas) mega construction that took 18 years to be ready, from where some prisoners unsatisfied with the treatment given by the Portuguese, started to run away and take refuge in the bush constituting their called homes of Curiaú Quilombo. Curiaú Quilombo, nowadays only eight kilometers far from Macapá city, is composed by four communities and it was recognized as Cultural Patrimony of Amapá in September of 1998, being considered also as Area of Environmental Protection (GARCIA & PASQUIS, 2000), however, there are not records enough of the number of homes, of inhabitants, as well as of almost everything about it, having certain resistance of the population in sharing information, caused maybe by the fact that their inhabitants had their culture historically judged as minor, and considered as no-culture, so that their cultural manifestations are considered primitive and exotic typical of a people that grew up in the margin of the civilization (FOSTER, 2004).

Fernandes Filho (2003) says that "since movement is thoroughly used in the area of the health and in the education area, its study is more and more frequent, emphasizing the areas of measure and evaluation". With that purpose, this study searches to reference aspects of motor performance through data collected with the use of measurement instruments validated and accomplished, if possible, in the child's own school atmosphere, it intends to analyze and to evaluate trustworthy indexes of the local population, because, it will make possible information that respect the peculiarities of our system, enlarging School Physical education teachers' useful acting. Vilchkovsky (1973) explains that studies that have as objective the research in basic movements have great meaning in the man's ontogenesis supplying the necessary requirements for the demands of the programs with scientific bases in physical education in the schools of general education. In this sense it is understood as important the knowledge of the behavior of those variables that influence in the children's development

Considering the menarche, or first period means to look at a maturation indicator, which is a biological change of magnitude in the growth and the girls' development, promoting alterations in several aspects of her personal and social life. The importance of the discovery of the age of the menarche, in majority through retrospective studies falling back upon the use of questionnaires in which were requested the indication of the month and year in which the first flow happened is its (OLIVEIRA JÚNIOR, 1996; BORGES & SCHWARZTBACH, 2003; BIASSO, MATSUDO & MATSUDO, 2004; SANTOS, LEANDRO & GUIMARÃES, 2007) contribution for the determination of the biological age, of her maturation stage, of her growth and development, because not always they coincide with her chronological age and a group of modifications happens before and after the coming of the menarche (BIASSIO, MATSUDO & MATSUDO 2004) providing a stage evaluation of maturation in order to obtain credit in the accomplishment of studies, because the biological age can come to influence in results of motor tests.

To discover the exact time of the occurrence of the development of maturation stages, concentrated in the secondary sexual characteristics, in other words, the development of breasts and pubic hair means to find some problems that are connected to the impossibility to execute the evaluation by a specialist for cultural or personal reasons, involving even a discussion concerning privacy invasion caused by those methods (DUARTE, 1993).

The objective of the present study is to analyze of the motor performance of girls' chronologically aged 09 to 12, resident in the Curiaú Quilombo community, regularly enrolled in State Elementary School José Bonifácio, the only one which assists the community, using the menarche as discretionary parameter. The motor performance will be evaluated starting from the results of tests of basic physical qualities: upper and lower limbs strength, displacement speed, and agility.

MATERIAL AND METHODS

That research was characterized as descriptive, of the type case study (THOMAS, NELSON & SILVERMAN 2007) and the 31 volunteers has been selected in a non-probabilistic and intentional voluntary way. In order to set the maturation, the age of emergence of the secondary sexual characteristics have been considered, especially the first period, or Menarche, being used the Questionnaire of Sexual (MENARCHE) Maturation proposed by Oliveira Júnior (1996), being established the girls Matured and No Matured starting from the presentation or not of the period. The criteria adopted for the exclusion of some school volunteers for the study were the following ones: (a) the parents' or sponsor's non-authorization; (b) some physical problem that impeded her temporarily or definitely of accomplishing the measures; and (d) non-attendance to the school on the day established for the data collection.

The collection of anthropometric data of height has been accomplished using "estadiômetro" made with measuring tape, scale of precision of 0,1 cm, even with plumb line thread, and together with metallic square that served as cursor; and Body Mass (BM), using analogical scale accurately of 100g following the protocols described according to Fernandes Filho (2003) and Norton & Olds (2005). In the present study tests have been accomplished and held in the versatile indoor school gym, to evaluate the basic physical qualities: (a) Lower Limbs Explosive Strength - LLM - (Horizontal Jump Test or distance) extolled by Celafiscs (2000); (b) Upper Limbs Explosive Strength (Test of throwing the medicine ball) described in Gaya (2002); (c) Speed (of 20 meters race test) described in Gaya (2002), and Agility (Shuttle-Run Test) according to Celafiscs (2000).

RESULTS

In table 1 it can be observed as for the height that the average of annual growth of the group corresponds to 5,63 cm. There has been a progressive increase, and the most expressive was between 10 and 11 year-olds (12,72 cm), with smaller values among the 12 and 13 year-olds (1,51 cm) which is in agreement with Guedes & Guedes discoveries (1993) that revealed expressive increase in girls' stature in this same period.

TABLE 1 - Average values, maximum and minimum of the scores obtained in the variables: Height (H), Body Mass (BM), Body Mass Index (BMI) of school female quilombolas

| | 9 | | | 10 | | | 11 | | | 12 | | | 13 | | |
|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | mean | max | min | mean | Max | Min | mean | Max | min | mean | max | min | mean | Max | Min |
| Height (cm) | 133,14 | 140,60 | 122,50 | 136,03 | 143,00 | 124,30 | 148,75 | 150,00 | 147,50 | 154,16 | 161,00 | 144,90 | 155,67 | 165,00 | 146,00 |
| BM (kg) | 27,00 | 38,00 | 21,25 | 29,89 | 38,00 | 23,00 | 40,75 | 44,50 | 37,00 | 48,39 | 65,00 | 30,50 | 52,17 | 61,50 | 42,00 |
| BMI | 15,14 | 19,22 | 12,85 | 16,15 | 20,15 | 13,20 | 18,39 | 19,78 | 17,01 | 20,33 | 27,95 | 14,53 | 21,48 | 25,27 | 19,47 |

Concerning body mass (BM) there has been an average progressive increment of 6,29 kg. According to the expected due to the volume increment in the corporal structures, the increase of more expressive BM happened concomitant to the height, among 10 and 11 year-olds (10,86 kg) and smaller value between 12 and 13 year-olds (3,78 kg). The Average Age of Menarche (AAM) of the group was 11,44 - minimum age 10,50 and maximum 12,33 with none of the girls presenting menarche before the 11 years. Considering AAM the results of the group meet studies that reported intense changes during pre-menarche period in the growth in Height and BM (DUARTE 1993) and in BM (BIASSIO, MATSUDO & MATSUDO 2004). Although the frequency of higher occurrence of the menarche is in agreement with the one found in rural community (BORGES & SCHWARZTBACH, 2003; TAVARES et al. 2000) AAM of the group was inferior than the ones reported in studies accomplished in other areas of the country, either in the rural area or in the urban; and in the exterior reported in Duarte (1993), although the author emphasizes the difficulty of comparison of those values due to a series of partner-environmental factors. In relation to the Body Mass Index (BMI) the values found are related to healthy patterns according to AAHPERD (1998) mentioned in Fernandes Filho (2003) that extols for 5-9, 10-11, 12, and 13 years old, the values of 14-20 kg/m², 14-21 kg/m², 15-22 kg/m², and 15-23 kg/m² respectively BMI increased with the progress of the age of 6,67%, 13,87%, 10,54%, and 5,66% for the periods of 9-10, 10-11, 11-12, 12-13 years old respectively, equaling the values reported by Okano et al (2001) in a study with girls of black etnia, and the ones found us in Biasso, Matsudo & Matsudo (2004) that reported proportional increases of BMI with the weight increment and height.

TABLE 2 - Average, maximum and minimum values of obtained scores obtained in the variables: Agility (Agil), Upper and Lower Limbs Strength (ULS), (LLS) and Speed (S) of female quilombolas scholars.

| | 9 | | | 10 | | | 11 | | | 12 | | | 13 | | |
|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | Mean | Max | Min | Mean | Max | Min | Mean | Max | Min | Mean | Max | Min | Mean | Max | Min |
| Agility(seq) | 12,95 | 14,51 | 12,02 | 12,92 | 14,17 | 11,72 | 12,74 | 13,02 | 12,45 | 11,98 | 13,24 | 10,54 | 13,38 | 15,94 | 12,02 |
| ULS (cm) | 182,14 | 220,00 | 148,00 | 187,39 | 218,00 | 152,00 | 216,60 | 221,00 | 212,20 | 255,38 | 293,00 | 221,00 | 242,00 | 276,00 | 220,00 |
| LLS (cm) | 154,79 | 189,00 | 132,00 | 151,33 | 189,00 | 130,00 | 155,25 | 167,50 | 143,00 | 173,17 | 204,50 | 137,50 | 147,00 | 153,00 | 136,00 |
| Speed (seq) | 4,18 | 5,15 | 3,84 | 4,31 | 4,80 | 3,77 | 3,90 | 3,93 | 3,86 | 3,75 | 4,54 | 3,35 | 4,20 | 4,69 | 3,71 |

TABLE 2 demonstrates the scores obtained in the relative tests to the motor performance. They have been appraised satisfactory when compared to the extolled in the study of Gaya (2002) that classifies the results in Very weak; Weak; Reasonable; Good; Very good. The best average results have been in the Lower Limbs Strength (LLS) with classification of Very good in the ages of 9; 10; 11; and 12, falling for Reasonable at 13 years old. In the Upper Limbs Strength the results oscillated in the classifications of Reasonable (9 and 12 years old); Weak (10, 11 and 13 years old). In the Speed of movements the oscillations were larger with the classifications of Good (12 years old); Reasonable (9 and 11 years old); Weak (10 years old); and Very weak (13 years old), however, superior score were shown in all of the ages compared to the scores obtained in Santa Catarina by Krebs & Macedo (2005). It is important to remind that both studies don't report aspects related to the Maturation of the tested sample. In the test of Agility the average results were appraised in levels Excellent, Good, Medium, Regular, and Weak, in agreement with the classification extolled by AAPERD (1976). The average scores obtained by the group are classified in Regular (9, 10 and 11 years), Medium (12 years), and Weak (13 years).

TABELA 3 - Average Values obtained by menarched and non menarched girls

| | Menarched | | | Non Menarched | | |
|---------------|-----------|--------|--------|---------------|--------|--------|
| | mean | vl max | vl min | mean | vl max | vl min |
| Height (cm) | 158,00 | 161,00 | 155,50 | 151,08 | 159,00 | 144,90 |
| BM (Kg) | 48,00 | 62,00 | 40,00 | 48,70 | 65,00 | 30,50 |
| BMI | 19,16 | 23,92 | 16,44 | 21,27 | 27,95 | 14,53 |
| Agility (seq) | 11,82 | 13,24 | 10,96 | 12,19 | 13,50 | 10,54 |
| ULS (cm) | 260,05 | 293,00 | 221,00 | 251,64 | 281,00 | 228,20 |
| LLS (cm) | 180,75 | 204,50 | 145,00 | 167,10 | 195,00 | 137,50 |
| Speed (seq) | 3,58 | 3,82 | 3,35 | 3,88 | 4,54 | 3,35 |

In TABLE 3 it is observed that the values of BMI are adequate to the healthy pattern and average scores are superior in the menarched girls in relation to Non Menarched ones in all of the relative parameters to the motor performance, indicating that the maturation - biological age - of the group caused impact and a change in the growth and the girls' development, influencing in the results of the motor tests, according to the literature. The results happened in an ascending way, being the best one obtained in the 11-12 year-old range, with evident descent soon after, very similar behavior to the one observed by Guedes & Guedes (1993) and by Guedes & Barbanti (1995). The decrease of concomitant acting to the increment in the age can be explained by implications originated of the structural modifications happened with the appearance of the puberty in the girls, and it could be associated to cultural factors that would move them away of the habitual physical activity (GUEDES & GUEDES, 1993; KREBS & MACEDO, 2005). Therefore strategies that favor and motivate the participation and the girls' adherence in the classes of School Physical education, as well as in programs of physical activities in their daily one out of the school should be used in order to favor their development and improvement their physical fitness. Those strategies should include not only procedures, but also conceptual and attitude dimensions (NEIRA, 2003) in order to make possible the adoption of healthy habits related to the practice of physical activity along their lives (GUEDES & GUEDES 1997).

CONCLUSION

Studies of secular tendency are observing an universal phenomenon of reduction of AAM, that seems to owe the improvement in the economical conditions, of basic infrastructure, and of health (DUARTE 1993). However, as the Curiaú Quilombo doesn't have some of those progress, because it doesn't possess, for instance, basic sanitation, therefore, we suggest the need of studies that investigate other intervening factors related to the occurrence of the menarche in the community's children that can be related to the climatic conditions and at the community's socioeconomic level.

BMI had larger proportional increase in the period of the pre-menarche than during menarche, what is in agreement with the literature. The scores of the tests of motor performance are satisfactory in LLS, but preoccupying in the other variables, especially the Agility, what suggests the interference in a more positive way on the part of the Teacher during the classes of Physical education and an evaluation in new studies of the habitual activities practiced out of the school schedule.

We also suggest the need of futures studies of age groups, as well as other motor tests, that can increase the understanding in the aspects related to the maturation and to the children's of black etnia motor performance that inhabit traditional communities.

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MOTOR PERFORMANCE OF SCHOOL QUILOMBOLAS FROM CURIAÚ/AP COMMUNITY**ABSTRACT**

The objective of the present study is to analyze the motor performance of girls chronologically aged between 09 to 13, from the Quilombo of Curiaú community, using the menarche as discretionary parameter. The sample composed of 31 volunteers

has been selected in a non-probabilistic and intentional voluntary way. For setting of the maturation the Questionnaire of Sexual Maturation has been used (OLIVEIRA JÚNIOR, 1996). The collection of anthropometric data of Height and Body Mass and the following tests were accomplished: Horizontal Jump; medicine ball throw; 20 meters race; Shuttle-Run. The results showed that the average annual growth of the group corresponds to 5,63 cm, more expressive between 10 and 11 year-olds (12,72 cm). The same happens with Body Mass (BM) average progressive increment of 6,29 kg, more expressive between 10 and 11 year-olds (10,86 kg). The Average Age of Menarche (AAM) of the group was 11,44 years old and none of the girls has presented menarche before 11 years old, being inferior to the studies accomplished in other areas of the country. BMI values found are according to healthy patterns. During the tests, there were good results for Lower Limbs Strength (IMS), but, especially the Agility, has been below the average. The scores have been ascending way, and the most expressive ones obtained in the 11-12 year-olds, with evident descent soon after, what has support in literature (GUEDES & GUEDES, 1993; GUEDES & BARBANTI, 1995). The medium scores are superior in the menarched girls in relation to Non menarched concerning the relative parameters to the motor performance, which indicates that the maturation has caused impact in the results of the motor tests.

KEY WORDS: Motor performance, quilombolas, school physical education.

PERFORMANCE MOTRICE D'ECOLIERS QUILOMBOLAS DE LA COMMUNANTÉ TRADITIONNELLE DE CURIAÚ/AP

RÉSUMÉ

L'objectif de présent étude est analyser la performance motrice des filles avec âge chronologique de 09 à 13 ans, de la communauté du Quilombo du Curiaú, em utilisant la menarca comme paramètre discrétionnaire. L'échantillon composé de participants a été sélectionné de manière non probabiliste intentionnelle par volontariat. Pour établissement de la maturation a été utilisé le Questionnaire de Maturation Sexuelle (OLIVEIRA JÚNIOR, 1996). Ils ont ité de réalises rassemble de données anthropométriques de stature et masse corporelle, et les essais: Essai de saut horizontale; de lance de medicineball; Essai de course de 20 mètres; Essai Shuttle-Run. Les résultats ont démontré que la moyenne de croissance anuelle du groupe correspond à 5,63 cm, plus expressive entre 10 e 11 ans (12,72 cm). Le même em se produisant avec la masse corporelle (MC) accroissement progressif moyen de 6,29 kg, plus expressive entre 10 e 11 ans (10,86 kg). L'âge moyen de la menarca (IMM) du groupe s'est place dans 11,44 ans avec aucune fille en présentant menarca avant les 11 années, en étant inférieur aux études réalisées dans autres régions du pays. Le valeurs de l'IMC trouvées se placent dans des normes saines. Dans les essais, de bons résultats se sont registre dans la force de membres inférieurs (FMI), mais spécialement l'agilité se sont presente au-dessous de la moyen (AAPHERD, 1976). Les scores se sont manifestes de forme ascendant, en étant le plus expressif obtenus dans la bande de 11-12 années, avec évident descenso bientôt après, ce qui trouve parallèle dans la littérature. Les scores moyens sont supérieur dans les filles menarqueadas dans relation les non menarqueadas dans les paramètres relatifs à la performance motrice, en indiquant que la maturation s'impacté dans le résultats de essais moteurs.

MOT-CLÉ: Performance motrice, quilombolas, éducation physique scolaire.

DESEMPEÑO MOTOR DE ESCOLARES QUILOMBOLAS DE LA COMUNIDAD TRADICIONAL DEL CURIAÚ/AP

RESUMEN

El objetivo del presente estudio es analizar el desempeño motor de niñas con edad cronológica de 09 a 13 años, de la comunidad del Quilombo del Curiaú, utilizando la menarca como parámetro de discrición. La muestra compuesta de 31 participantes fue seleccionada de manera no probabilista intencional por voluntariado. Para establecimiento de la maduración fue utilizado el Cuestionario de Maduración Sexual (OLIVEIRA JÚNIOR, 1996). Habían sido realizados la recogida de datos antropométricos de Talla y Masa Corporal y las pruebas: prueba del Salto Horizontal; prueba del lanzamiento del balón; prueba de carrera de 20 metros; prueba Shuttle-Run. Los resultados demostraron que el promedio de crecimiento anual del grupo corresponde a 5,63 cm, más expresivo entre 10 y 11 años (12,72 cm). Lo mismo ocurriendo con la Masa Corporal (MC) incremento progresivo mediano de 6,29 kg, más expresivo entre 10 y 11 años (10,86 kg). La Edad Media de la Menarca (EMM) del grupo se situó en 11,44 años con ninguna niña presentando menarca antes de los 11 años, siendo inferior a los estudios realizados en otras regiones del país. Los valores de (IMC) encontrados se sitúan en patrones saludables. En las pruebas, los mejores resultados habían sido registrados en la Fuerza de Miembros Inferiores (FMI) (GAYA, 2002), pero, en especial en la Agilidad, se habían presentado abajo del promedio (AAPHERD, 1976). Los resultados se habían manifestado de forma ascendente, siendo los más expresivos obtenidos en la zona de 11-12 años, con evidente descenso justo después de, lo que encuentra paralelo en la literatura (GUEDES & GUEDES, 1993; GUEDES & BARBANTI, 1995). Los resultados medianos son superiores en las niñas en la fase de Menarca en relación a las otras en los parámetros relativos al desempeño motor, indicando que la maduración impactó nos resultados de las pruebas motoras.

PALABRAS-CLAVE: Desempeño motor, quilombolas, educación física escolar.

DESEMPENHO MOTOR DE ESCOLARES QUILOMBOLAS DA COMUNIDADE TRADICIONAL DO CURIAÚ/AP

RESUMO

O objetivo do presente estudo é analisar o desempenho motor de meninas com idade cronológica de 09 a 13 anos, da comunidade do Quilombo do Curiaú, utilizando a menarca como parâmetro discricionário. A amostra composta de 31 participantes foi selecionada de maneira não probabilística intencional por voluntariado. Para estabelecimento da maturação foi utilizado o Questionário de Maturação Sexual (OLIVEIRA JÚNIOR, 1996). Foram realizados a coleta de dados antropométricos de Estatura e Massa Corporal e os testes: Teste do Salto Horizontal; Teste do arremesso do medicineball; Teste de corrida de 20 metros; Teste Shuttle-Run. Os resultados demonstraram que a média de crescimento anual do grupo corresponde a 5,63 cm, mais expressivo entre 10 e 11 anos (12,72 cm). O mesmo ocorrendo com a Massa Corporal (MC) incremento progressivo médio de 6,29 kg, mais expressivo entre 10 e 11 anos (10,86 kg). A Idade Média da Menarca (IMM) do grupo situou-se em 11,44 anos com nenhuma menina apresentando menarca antes dos 11 anos, sendo inferior aos estudos realizados em outras regiões do país. Os valores de IMC encontrados situam-se em padrões saudáveis. Nos testes, os melhores resultados foram registrados na Força de Membros Inferiores (FMI) (GAYA, 2002), mas, especialmente na Agilidade, apresentaram-se abaixo da média (AAPHERD, 1976). Os escores manifestaram-se de forma ascendente, sendo os mais expressivos obtidos na faixa de 11-12 anos, com evidente descenso logo após, o que encontra paralelo na literatura (GUEDES & GUEDES, 1993; GUEDES & BARBANTI, 1995). Os escores médios são superiores nas meninas Menarqueadas em relação as Não Menarqueadas nos parâmetros relativos ao desempenho motor, indicando que a maturação impactou nos resultados dos testes motores.

PALAVRAS CHAVE: Desempenho motor, quilombolas, educação física escolar.

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