

32 - ANALYZE OF MOTOR SKILLS IN THE PASS AND RECEPTION OF GERONTOATLETAS GERONTO VOLEIBOL

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1- INTRODUCTION

A human movement is a fantastic field of study, imagine where we came, as we develop and we must keep up our dynamic last days, we're older this is what justifies our functionality, picture still going to be an athlete after at least 45 years of his life, this is possible as we will see in this paper. This is a miracle of life, the movement.

The phylogeny of human movement according to Fonseca (1988) points out the fish *Devônio Crossopiterígeo* becoming amphibious adaptations and gaining ground as a vertebrate, which divide the body into two symmetrical as well as mental development with both sides having different functions and complex. So the fish evolved into other forms and functions of a living being having the legs of the first releases as a motor for locomotion far ahead with so much accumulated evolution comes to specialized human hand finger opposition, capable of handling complexity, with gains brain specialist. The body was releasing mental and motor functions to the standing position and producing a lot of brain capacity.

Human movement over the years becomes a characteristic of humans that develops and increasingly specialized. human movement emerged in a naturalistic and utilitarian and behave to many different sports.

Now talking in sports, there are also the first contact of man with instruments individual sports, like darts, weights and others, and collectively, the ball. Our research will focus on volleyball, adapted to the terminology envelhecentes gerontovoleibol (Barbosa Puga, 1998, 2000, 2003b) for the larger audience of 45 years before they take the athlete's sport.

The movements in the practice of sports activities are components of the skills and actions in this context, there are many different motor skills (MAGILL, 2000).

Learning to make movements is a practice that happens while all life, either spontaneously, not addressed systematically and in a systematic, planned and targeted. (MEUR And this, 1984). The functional maturation and experience of movement is a very important step when it comes to learning movements, since the greater the motor repertoire, the greater the ability to learn and perform other movement patterns (BARBANTI, 2005). It is also important that this time there is talk of the ability of reeducation.

The effectiveness of motor skills is affected by the aging process, so it is important to note that this is reducing gradually with advancing age.

Reduce the effects of such changes Barbosa Puga (2003b), suggests gerontovoleibol a sport of volleyball originated, included in this release for elderly people, such as playing tennis with some changes, promoting a better quality of life in aging psychological points, affective, emotional, physical and biological.

The concept of aging in the Alonso-Fernandez (1972) is included in all ages. To Sayeg (1996), is a natural phase of life. Jordan Netto (1997) apud Mazo, (2004) cites that aging is a natural process, dynamic, progressive and irreversible, which is installed on each individual from birth and follows the entire life time culminating in death.

Learning and motor skills according to Fonseca and Mendes (1987), and most authors in this area involves imitation, repetition, internalization, localization, to achieve reorganization in substance is mental, social and motor skills.

Meinel cited by Barbanti (1979) characterized as motor ability of high degree of coordination of separate and independent head, hands and feet.

Taking advantage of this same author conceptualize ability as the high degree of neuromuscular coordination, ability to dominate complicated movements.

Motor skills are defined as skills that require voluntary body movement and / or members to achieve their goals. When it comes to the study of motor skills is common that relates to other terms such as: skills, movements and actions. Old age is the result of a process that is characterized by changes over time.

Changes in the efficiency of motor control affect not only the psychological and social competence, in other words, to limit the mobility of the elderly would lead to a difficulty in dealing effectively with the environment, which negatively influence the adaptability of these individuals.

The measure of potential readiness to handle a variety of environmental demands can be understood as behavioral plasticity (Baltes & Baltes 1993 apud Tani, 2005)

The motor performance and aging: When it comes to motor performance during aging, the main concern relates to the slowness shown by these elders. While there has a very individual way. One of the reasons this process is some kind of change in the central nervous system that can be measured by the speed of movement, which also seems to affect performance in some cognitive tasks and intellectuals. (Spiruso, 1995 apud Tani, 2005).

What distinguishes one individual from another skilled unskilled is not speed or precision of a movement, but the coordination of successive movements in a smooth orderly sequence (Keele & Summers, 1976 apud TANI, 2005).

The Gerontovoleibol is a kind of all sports gerontological recommended by Barbosa Puga (1998, 2000, 2003b), in classifying the type of sport where the ball can touch the ground between the execution of a pass and another, featuring tennis type game.

2- OBJECTIVES

The overall objective is to conduct a review of the implementation of procedures to pass during the RECEIVING of gerontoatletas Gerontovoleibol games, while the specifics are to observe the execution of the pass and reception for the spatial positioning, movement and finishing of motion by shooting periodic; verify the advantages and disadvantages during the execution of movements, seeking a better mechanical design of the biomechanical performance gerontovoleibol; propose and test a new kind of training that will facilitate the reorganization and implementation of the psychomotor and pass reception during the game.

3 – METHODOLOGY

The survey was developed in the field, with character of the participant researcher who is professor of the course Gerontovoleibol where he designed the survey. As Marconi and Lakatos (2006) field research is used in order to get information about a problem for which it seeks to answer.

The observation of facts or phenomena as they occur spontaneously, so it is a literature on the subject in focus in order to build the model for a methodological approach, thus there will be to collect data for later analysis.

The survey participants make up a population of 18 academic 3rd. adult, female 45 to 80 years, regularly attending the course Gerontovoleibol of PIFPS-U3IA (Elderly Program Participates always happy - University on the 3rd. Adulthood).

We use film as a resource for applying the analysis of observation of motor skills in passing and receiving game gerontovoleibol. Filming was happened in three phases, the first referring to the pre-training period, featuring a stage diagnostic; which it was possible to verify the advantages and disadvantages in the execution of motor skills and developing a new form of training, the second shooting happened during the training phase; and the third shooting happened in the period after training by checking the results of the proposed training.

For the computation of data was prepared a table listing the segmented analysis with items about the actions tactics, techniques and biomechanical behavior.

Every attempt individual execution of the pass and reception of the drawing table was filled gathering data and creating a standard engine for each individual.

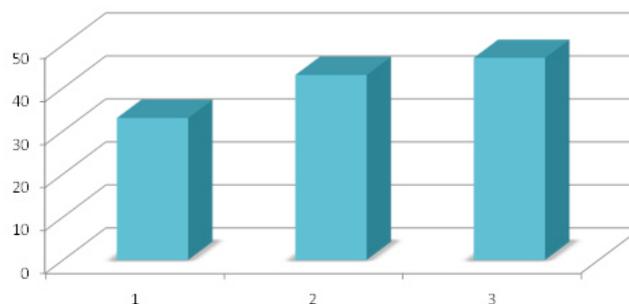
4 – TREATMENT OF RESULTS AND DISCUSSION

From the graph 1.0 graph showing the number of items relating to relating the three shootings we see the evolution in number of hits.

Was used as a criterion for evaluating the amount of hits in three shootings can compare the performance pre, during post training.

For criterion for accuracy, we took into consideration all the balls hostage by each gerontoatletas which reached a high trajectory and towards reaching the network (position 3), volleyball and respect the position of the lifter.

The results show that there is a rising trend since the first shot until the third according to what can be seen in Chart 1.0. Most evolution occurs between the first and second recording, for the period of training. So according can be seen in graph 1.0 that between the second and third shooting there is also an increase in the number of hits, but that number is small when compared to the transition period between the first and second recording



Graph 1.0 - Graph representing the amount of hits

These results agree when (MEUR And this, 1984) mentions that learning to make movements is a practice that occurs throughout life, both spontaneously, not addressed systematically and in a systematic, planned and targeted.

5 - CONCLUSION

To present the results we remember that the elderly carry along with them experiences and losses..

During data analysis we found that the amount of options of the pass completion and reception offered to them become a negative factor because the greater the number of options, greater the number of choices, so it is difficult for the public elderly decide which option should be used, thereby increasing the reaction time to stimulus.

While the official volleyball there are only options if you run the tap or the headline on grounds of receipt, gerontovoleibol options are: 1 - touch preceded by bouncing on the floor; 2 - Touch not preceded by bouncing on the floor 3 - headline preceded by bouncing on the floor and 4 - headline not preceded by bouncing on the floor. Therefore we conclude that a group of elderly is different from a group of children and adolescents not only by age but by the heterogeneity present in other characteristics, a homogeneous group of children is the level of initial learning, while in a group of elderly, we have people who have been former athletes or were not ever had contact with sporting experiences, or who had not, so we have not only a learning process, but also relearning, characterizing the heterogeneity.

Speaking of learning observed and concluded that all idosasa who had some experience with sports before (creating a motor repertoire), had an easier time running and pass receiving and answered satisfactorily, and especially training in relation to the other athletes, Barbanti (1979) mentioned that the larger the repertoire, the greater the ability to learn. The slowness is the main characteristic of the elderly presented in the context of motor performance, influencing the effectiveness of skills, it is also observed that the older, more effectively reduces this.

One of the reasons this process is some kind of change in the central nervous system. (Spirduso, 1995 apud Tani, 2005). The gerontoatletas under the age of 62 years had greater ease in performing and plasticity in the ability to adapt and relearn what had been learned in other life stages, agreeing with (MEUR And this, 1984). Learning involves imitation, repetition, internalization and then conclude that the activities carried out more simply provide better results and greater capacity for creativity gerontoatletas.

One factor that facilitated the learning relearning was the psychological factor that is cited in the literature as the factor most plastic (capable of change) and how learning involves psychological and biological mechanisms according to Fonseca and Mendes (1897), we can say that the elderly have the capacity to be learning and relearning movements that are simple order, but it is a process that takes time and maintenance.

One of the problems in the implementation phase of the pass and reception occurring elderly are the perceptual skills that help interpret the stimuli and which are lost with the gain of age. However the solution for this problem during training was to show the importance of good positioning on the court through verbal instruction and practical exercises that would facilitate such an interpretation and with the data obtained we conclude that the positioning on the court was an underlying improvement in the execution of the pass and reception, and was the factor most learned, because it is a simple action to be learned, internalized and systematized. With this placement done right the timing is a complex process involving the temporal organization of prediction or anticipation of events that is also influenced by training and improved. Therefore we can conclude the elderly, can improve the performance of motor skills through simple processes of pedagogical training, However this learning is not fixed and requested whenever necessary, changes in motor behavior involving learning occur, but when required to be precise, it is necessary that whenever maintenance is being performed this learning through activities and mainly verbal directions.

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ANALYZE OF MOTOR SKILLS IN THE PASS AND RECEPTION OF GERONTOATHLETAS GERONTOVOLEIBOL ABSTRACT

This research has the purpose of realize a study about motor skills of elderly athletes. The motor development has shown that to grow older healthy it's necessary to maintain ourselves active and motor skills should be part in any daily activity. The study's focus were the pass and reception skills in gerontologic volleyball, sport commonly practiced for older people. Objectives: analyze the procedures of executions in pass and reception of gerontology athletes during the games of gerontologic volleyball trough periodical shootings; propose a new training way; test a new training way. To obtaining the data was used a camera (CANON 2R 930). The sample was composed with tactical, technical and biomechanical actions of 18 female academics that participate of UFAM's adulthood, discipline gerontologic volleyball, aged 45 to 80 years. The methodology was based on three stages of filming: the first pre-training, the second during the training and the third post training. The data from the recordings were analyzed by analysis tables targeted. Thus, the results obtained during the research confirms what Spirduso (1995) apud Tani (2005) stated: the neuronal losses are a cause of slowness in performing more complex motor skills, but there was improvement in the training phase confirming the process of learning and relearning in elderly people, however erratically. We conclude that there are elderly people that have the ability to learn from new experiences offered to them.

KEYS-WORD: motor skill, the elderly, gerontovoleibol.

ANALYSE DE LA MOTRICITÉ DANS LE COL ET RECEPTION DE GERONTOATHLETAS GERONTOVOLEIBOL SOMMAIRE

Cette recherche visait à mener une étude sur "gerontoathletas"(não sei como é em frances) motricité. Avec le développement de motricidade et que le vieillissement sain est nécessaire pour nous de rester immobile soit volontaire ou involontaire mouvement et dans le second cas, les habiletés motrices qui sont présents dans toute activité quotidienne, mais l'accent de cette étude était la capacité de passer et de réception de gerontovoleibol ce précédent est un sport de volley-ball Géronte adaptés au public. Objectifs: Réaliser une étude pour examiner la mise en œuvre de procédures et de passer d'accueil pendant la gerontoathletas jeux gerontovoleibol par propostor périodiques et filamgens et testé une nouvelle forme de formation. Pour obtenir les données, nous avons utilisé un appareil photo (Canon 2R 930) et deux questionnaires, la recherche et de sport auto-évaluation. L'enquête a été menée avec un groupe d'universitaires projet PIFPS - U3IA âgés de 45 à 80 ans vieille femelle. La méthodologie de la recherche était basée sur trois étapes du tournage, le premier pré-formation au cours des deuxième et troisième de formation après la formation. Les données à partir des enregistrements ont été analysés par tables segmentada. Ainsi, les résultats obtenus au cours de la recherche confirmer que, selon (Tani, 2005 apud Spirduso, 1995) les pertes neuronales sont une cause de lenteur dans l'exécution de la motricité d'une amélioration plus complexe, mais importante dans la phase de formation confirmant le processus d'apprentissage et le réapprentissage chez les personnes âgées mais si vulnérable. Par conséquent, nous concluons qu'il ya des personnes âgées dans la capacité d'apprendre de nouvelles expériences qui leur sont offerts.

MOTS-CLÉS: habiletés motrices, les personnes âgées, gerontovoleibol

ANALISES DE LAS COMPETENCIAS DE MOTOR EN EL PASE Y RECEPCIÓN EN UN JUEGO DE GERONTOVOLEIBOL**RESUMEN**

Esta investigación tuvo como objetivo realizar un estudio sobre las habilidades motoras gerontoatletas. Con el desarrollo de motricidade y que el envejecimiento saludable es necesario para nosotros estar quieto ya sea voluntario o involuntario movimiento y en el segundo caso, las habilidades motoras que están presentes en cualquier actividad diaria, pero el foco de este estudio fue la capacidad de pase y recepción de gerontovoleibol ese precedente es un deporte de voleibol Geronte adaptados al público. Objetivos: Realizar un estudio para examinar la aplicación de los procedimientos de recepción y pase de gerontoatletas durante el juego gerontovoleibol, proponer través de periódicos y tomadas y probado una nueva forma de capacitación. Para obtener los datos se utilizó una cámara (CANON 2R 930) y dos cuestionarios, la investigación y deportivas de auto-evaluación. La encuesta se llevó a cabo con un grupo de académicos del proyecto PIFPS - U3IA de 45 a 80 años de edad las mujeres. La metodología de la investigación se basó en tres etapas de la filmación, la primera pre-formación sobre la formación segundo y tercero después del entrenamiento. Los datos de las grabaciones fueron analizadas por el análisis tablas. Por lo tanto, los resultados obtenidos durante la investigación confirman que de acuerdo con (Tani, 2005 apud Spirduso, 1995) las pérdidas neuronales son una causa de la lentitud en la ejecución de las habilidades motoras de una mejora más compleja, pero importante en la fase de entrenamiento confirmando el proceso de aprendizaje y reaprendizaje de las personas mayores pero también lo vulnerables. Por lo tanto llegamos a la conclusión de que hay personas de edad avanzada en la capacidad de aprender nuevas experiencias que se les ofrecen.

PALABRA CLAVE: habilidades motoras, el voleibol, edad avanzada.

ANÁLISE DAS HABILIDADES MOTORAS NO PASSE E RECEPÇÃO EM GERONTOATLETAS DE GERONTOVOLEIBOL**RESUMO**

Esta pesquisa teve por finalidade realizar um estudo sobre as habilidades motoras de gerontoatletas. O desenvolvimento da motricidade demonstrou que para envelhecermos de forma saudável é necessário nos mantermos ativos, devendo as habilidades motoras estar presentes em qualquer atividade diária. O foco desse estudo foram as habilidades no passe e recepção do gerontovoleibol, esporte comumente praticado pelo público idoso. Objetivos: realizar um estudo de análise da execução dos procedimentos de passe e recepção de gerontoatletas durante os jogos de gerontovoleibol através de filmagens periódicas; e propor e testar uma nova forma de treinamento. Para a obtenção dos dados foi utilizado uma câmera (CANON 2R 930). A pesquisa foi realizada com um grupo de acadêmicas da 3ª. Idade adulta da UFAM, na disciplina Gerontovoleibol, com idade entre 45 a 80 anos. A metodologia utilizada foi baseada em 3 etapas de filmagens, sendo a primeira pré-treinamento a segunda ao longo do treinamento e a terceira pós treinamento. Os dados obtidos nas filmagens foram analisados através de tabelas de análise segmentada. Sendo assim, os resultados obtidos durante a pesquisa confirmam o que Spirduso (1995) apud Tani (2005) afirmaram: as perdas neuronais são uma das causas da lentidão na realização de habilidades motoras de ordem mais complexa, no entanto houve melhora na fase de treinamento confirmando o processo de aprendizagem e reaprendizagem em gerontes, porém de forma instável. Concluímos que há a capacidade de gerontes aprenderem com novas experiências que lhes são oferecidas.

PALAVRAS-CHAVE: habilidade motora, idosos, gerontovoleibol