97 - REVIEW AND PROFILE OF PRACTICING THE LONG TERM IN RACE SERGIPE

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INTRODUCTION

In the last two centuries, due to changes in the habits of modern life, living conditions, decreased levels of physical activity, sedentary lifestyle, eating food with high calorie content, has caused significant changes in health and consequent quality of life contemporary man (ORGANIZACIÓN WORLD LA SALUD, 1999). The wider dissemination of information related to culminate in public health advertising campaigns regarding the benefits of physical activity as an important instrument as a protective factor for the development of chronic degenerative diseases related to hypokinesia (JR FARIAS, 2002).

In this regard, we note that in recent years has increased the number of individuals who are seeking to practice some type of physical activity, especially the development of physical activities outdoors, perhaps because they are directly associated with easy accessibility (SALGADO, Mikail, 2006).

Sergipe is very well known that the practice of walking and running achieved success in recent years, just look at the sidewalks and streets of the city the amount of followers, especially the construction of public spaces such as sidewalks, bike lanes, avenues, culminating with the appearance of race teams and clubs (Santos, 2006).

It serves as a purpose of this study to gather information and describe the profile of the practitioners of long runs in the state of Sergipe. The lack of information about the state of Sergipe physical activity outdoors, specifically when it relates to the exercise of long duration ensures the relevance of this study may serve as an aid to practitioners and directors of this practice and sport, especially Racing in the development of training programs, the prescription of exercise and physical activity.

POPULARIZATION RACE OF LONG

During the 60s and 70s of last century, with the widest possible dissemination of methods of aerobic training for football teams, through the method Cooper secured great popularity in Brazil on sports and the use of aerobic activities such as hiking and racing used to improve levels of physical fitness and health (apud CARPENTER SANTOS, 2006).

The large dissemination of information on importance of regular physical activity in recent decades, intensified in the late 70's and early 80's framework to the paradigm of physical fitness and health, especially with regard to improvement in quality of life, and preventive aspects related to health (NAHAS, 2001)

Races like many other sports have been systematized in England in the eighteenth century, later expanding to the rest initially in Europe, the United States and other countries after (RUNNERS WORLD, 2010). In 1970, the practice of aerobic activity is consolidated as an important tool for improving levels of physical fitness and health and consequently improve the quality of life. (Salgado, Mikohil and Chacon, 2004).

Sergipe is very well known that the practice of walking and running achieved success in recent years, just look at the sidewalks and streets of the city the amount of followers, especially the construction of public spaces such as sidewalks, bike lanes and avenues, the wider dissemination of Media in running events and participating artists; sponsoring and organizing races by private companies and, finally, the emergence of race teams and clubs organized by persons or academies.

The race is long practiced in various places and conditions, athletics tracks, fields, parks, clubs and especially on the streets and roads in rural areas and urban centers. In contrast to the development of physical activities outdoors, many of them without guidance, resulted in constant exposure to hazards and risk factors, extrinsic factors (terrain, hardness of the floor, etc.) and intrinsic (more prone to injury mechanisms, lower efficiency for absorption of impact biomechanics, etc). The practice of running at the same time it brings a host of health benefits, if not respected its basic principles, exposes its adherents to a higher incidence in the installation of health problems, the constant exposure of skeletal muscle tissue and cardiovascular events as a result of successive and high levels of voltages used in training and practice of race on long-term health problems found (Mcginnis, 2003).

The consequences caused by the popularity of the exercise, walk, race, advancement and democratization of information and training systems and physical activity were also responsible for some undesirable problems such as muscle injuries, orthopedic and cardiovascular diseases, due to the lack of parameters appropriate dose and the minimum physical activity and exercise properly. (Apud GOMES SANTOS, 2006).

The parameters of physical activity and sport must be practiced according to individual goals, the stimuli being oriented to cause a physiological adaptation in the body, improving efficiency and strengthening of structures trained (apud TUBINO ARROYO, 1984).

However, the parameters of training intensity, load / volume and frequency to be above the threshold of training, so the body can't recover the exposed tissue to training before the next exercise session may initiate the triggering mechanisms of sports injuries and exposure to the very risk of cardiovascular complications and sudden death. (WEINEK, 2003).

The appropriate dosing of the amount and intensity of physical sports activities is of great relevance as regards the prevention of potential hazards caused by overload of activity, appears as an easy and practical preventive measure with regard to prevention of injuries and injuries to health. (Dantas, 1998).

MATERIALS AND METHODS

This study has no intention to intervene on the observed phenomenon, but rather describe it, so that the subjects will be observed, seeking to establish inter-relationships of variables in an attempt to profile the practitioners of long runs in Sergipe. We opted for the systematic descriptive of the facts, to enable analysis and interpretation of the variables that influence the phenomenon (Thomas and Nelson, 2002) and (Gil, 1991).

We used a questionnaire applied in interview form, adapted to the needs of the research object description of the proposed study. The questionnaire consisted of questions relating to obtaining information related to training time, frequency (volume), strength, guidance on running and presence related to mechanisms of injury.

The sample included 95 subjects practiced athletics in the state of Sergipe that used race as a long-term fitness or sport competitive and noncompetitive, and who kept a regular attendance of training in this modality and a recurrent periodicity in major races Long-term in the state of Sergipe.

The survey sample was stratified by categories regardless of gender, respecting the proportionality. Was then applied to the systematic random sample, if the population numbering 1 to 190 and sorting themselves, then through a device random odd numbers of this sequence, which correspond to elements in the sample. Selected by the information available and necessary, starts to be representative of the universe of the population investigated (Richardson, 1989 cited in Sousa et al 2004).

Data collection was initiated after statistical population investigated and the consequent breakdown of the sample into subcategories. Then pilot questionnaire was administered to twelve individuals practitioners of long runs in order to ascertain the suitability and possible inadequacies of the proposed instrument in the search.

After the adjustments made to the needs of the research, the questionnaire was administered as an interview. Data collection was performed in three events of running in May, June and August 2009 in the morning, before and after their events involving an average of 358 participants. The questionnaire was preceded by systematic sampling of calculation described by Barbet (1994, p.45).

For a margin of sampling error set at 0.05, were part of the sample 95 individuals of both genders.

To analyze the data, we opted for descriptive statistics by the statistical test performed in Excel 2007 worksheet. For the presentation of correlations for describing the profile of the runners are long-term in the State of Sergipe was used the chi square test for intervening factors and contrasts in the variables and the population investigated

RESULTS

Table 1 shows the distribution of frequency and demographic characteristics of the corridors of long runs that made up the sample. The male makes up 80.2% and females about 19.8% of the population sample.

variables	GENDER		TOTAL
	Male (n = 76)	Female (n = 19)	
Age (years)	38,11 ± 13,14	34,91 ± 11,94	37,48 ±13,13
Height (m)	1,69 ± 6,72	1,58 ± 5,78	1,67 ± 8,00
Height (m) (kg)	64,29 ± 10,35	54,16 ± 6,44	62,28 ± 10,49
BMI	22,22 ± 3,05	21,57 ± 2,11	22,09 ± 2,89

Table 1. demographic characteristic runners

According to Rolla, Zibaoui (2004), emphasize that there may be correlation in epidemiological studies regarding the occurrence of injuries among men and women, however, most work does not indicate a significant difference regarding gender in the prevalence of injuries.

In relation to average values of body mass index (BMI) found in Table 1, when compared with results found in body mass data from the research, it can be noted that both men and women are within normal parameters body mass, the classification found in Table 2, quoted by BOUCHARD (2003).

Table 2 Classification of Body Mass Index.

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Classification of Body Mass Index (BMI)			
<20	20-24	25-29	>30
(Underweight)	(Normal)	(Overweight)	(Obesity)

On body mass, it is known that excessive levels presented in this anthropometric related component may cause an overload on the joints too much, which can be considered an aggravating factor for the prevalence of injuries (Mcginnis, 2003).

As for orientation training as a possible mechanism of injury, it can be seen in Graph 1 that 51% of respondents practiced running autonomously, based on their own experience and / or randomly, without any scientific basis for the systematization of sports training. Denounces the fact that lots of amateur athletes in the state of Sergipe of walking and little representation of professional activity in this field, this episode may contribute to the triggering mechanism of injury.

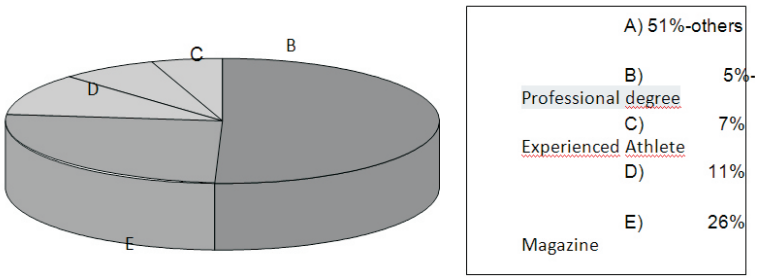

Figure 1. Information about the direction of the runners of training.

Also in relation to training and guidance in their relationship with the appearance of lesions, shown in Table 5 that for the association made in this study there was no significant relationship between exposure and prevalence of injuries. However, other associations might show other results, eg if the association was only conducted in areas such as the professional guidance of trained and untrained staff.

Body Composition	Occurrence of injury		Total
	Com lesão	Sem lesão	
Baixo peso	10	0	10
Eutrófico	41	25	66
Sobrepeso	14	6	20
Total	65	31	96

Table 4. Body composition and occurrence of injury.

Analyzing the frequency of training Dantas (1998), indicates that this variable associated with the intensity of practice and development of physical activity and sport, whether recreational or competitive is one of the variables identified as being one of the main causes for the emergence and development of sports injuries. Frequencies lower than 3 times per week with high risk as far as the frequencies above 4 times a week. Chart 2.

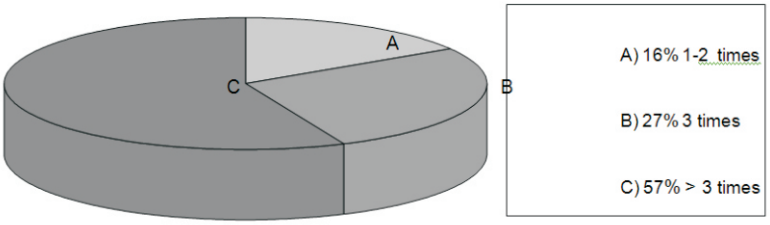

Chart 2 . Information regarding the frequency of runners training

In analyzing the second graph, we can see that when it comes to remembering the symptoms of injury prevalence in 2009 reached a high rate among pedestrians in the state of Sergipe, 65% of individuals in the sample stated that they felt some discomfort that hindered or stopped their normal activities in training and competitions, direct causes of the symptoms caused by the installation of the mechanisms of injury

CONCLUSIONS

If we consider the participants and practitioners of most of the evidence of hiking in the world and especially in Brazil, are composed of amateurs, who just glimpse the race as a means of improving physical fitness and health levels, and a minority professional who using health as a tool for physical performance, namely its concern major duty is to maintain health standards for competitive performance.

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REVIEW AND PROFILE OF PRACTICING THE LONG TERM IN RACE SERGIPE
ABSTRACT

This work is a descriptive study of prevalence. It is the objective of this study to gather information and describe the profile of the practitioners of long runs in the state of Sergipe. In recent decades with the disclosure about the importance of regular physical activity linked to improved health levels associated with lower rates of morbidity and mortality, has shown an increase in the number of supporters within the general population. The occurrence of this fact led the population to change their habits, knowledge about the benefits of physical activity and in some cases adopting a more active lifestyle. The sample consisted of 95 subjects who used the race as a long-term fitness and competitive non-competitive, and who kept a regular attendance of training in this modality and a recurrent periodicity in major endurance races that exist in Sergipe. It may be noted that with regard to the recall of the symptoms of injury prevalence in 2009 reached a high rate among pedestrians, 65% of individuals in the sample stated that they felt some discomfort that hindered or stopped their normal activities in training and competitions, the direct causes of the symptoms caused by the installation of the mechanisms of injury. Observers can be a high number of individuals develop the practice of racing with signs of bruising and sprains, which may aggravate the injury, and cause temporary or definitive withdrawal of physical activity and exercise.

KEYWORDS: physical activity, quality of life, injuries

EXAMEN ET PROFIL DE LA PRATIQUE DE LONG TERME EN COURSE SERGIPE
RÉSUMÉ

Ce travail est une étude descriptive de la prévalence. C'est l'objectif de cette étude pour recueillir de l'information et de décrire le profil des pratiquants de longues courses dans l'Etat de Sergipe. Dans les dernières décennies avec la divulgation de l'importance de l'activité physique régulière liée à des niveaux d'améliorer la santé associés à la baisse des taux de morbidité et de mortalité, a montré une augmentation du nombre de partisans au sein de la population en général. La présence de ce fait a conduit la population à changer leurs habitudes, les connaissances sur les bienfaits de l'activité physique et, dans certains cas l'adoption d'un mode de vie plus actif. L'échantillon était composé de 95 sujets ayant utilisé la course comme une forme à long terme et la compétitivité non-concurrence, et qui tenait une fréquentation régulière de la formation dans cette modalité et une périodicité récurrente dans les courses d'endurance qui existent dans Sergipe. Il convient de noter qu'en ce qui concerne le rappel des symptômes de la prévalence des blessures en 2009 a atteint un taux élevé chez les piétons, 65% des individus de l'échantillon ont affirmé se sentir un certain malaise qui a empêché ou arrêté leurs activités normales en matière de formation et des concours , les causes directes des symptômes causés par l'installation des mécanismes de blessure. On peut observer un grand nombre de personnes à développer la pratique de la course avec la preuve de contusions et entorses, ce qui peut aggraver la blessure, et de provoquer le retrait temporaire ou définitif de l'activité physique et l'exercice.

MOTS-CLÉS: activité physique, la qualité de vie, les blessures

REVISIÓN Y PERFIL DE PRACTICAR EL LARGO PLAZO EN CARRERA SERGIPE
RESUMEN

Este trabajo es un estudio descriptivo de prevalencia. Es el objetivo de este estudio para recabar información y describir el perfil de los profesionales de carreras largas en el estado de Sergipe. En las últimas décadas con la divulgación sobre la importancia de la actividad física regular vinculada a los niveles de mejora de la salud asociadas con menores tasas de morbilidad y mortalidad, ha mostrado un incremento en el número de partidarios entre la población general. La ocurrencia de este hecho llevó a la población a cambiar sus hábitos, el conocimiento sobre los beneficios de la actividad física y en algunos casos la adopción de un estilo de vida más activo. La muestra consistió de 95 sujetos que utilizaron a la raza como un gimnasio a largo plazo y competitiva, no competitiva, y que mantiene una asistencia regular de la formación en esta modalidad y una periodicidad recurrente en carreras de resistencia más importantes que existen en Sergipe. Cabe señalar que con respecto a la retirada de los síntomas de la prevalencia de lesiones en el 2009 alcanzó una tasa alta de los peatones, el 65% de los individuos en la muestra señalaron que sentía cierto malestar que obstaculiza o se detiene sus actividades normales en el entrenamiento y las competiciones , las causas directas de los síntomas causados por la instalación de los mecanismos de la lesión. Se puede observar un elevado número de personas a desarrollar la práctica de las carreras con evidencia de contusiones y esguinces, que pueden agravar la lesión, y provocar la retirada temporal o definitiva de la actividad física y el ejercicio.

PALABRAS CLAVE: actividad física, calidad de vida, lesiones

ANÁLISE E PERFIL DE PRATICANTES DE CORRIDAS DE LONGA DURAÇÃO EM SERGIPE
RESUMO

O presente trabalho consiste em um estudo de prevalência descritivo. Constitui como objetivo desse estudo levantar informações e descrever o perfil dos praticantes de corridas longas no Estado de Sergipe. Nas ultimas décadas com a divulgação sobre a importância da prática regular de atividade física atrelada a uma melhoria dos níveis de saúde associado à diminuição dos índices de morbidade e mortalidade, fez surgir o incremento no número de adeptos no âmbito geral da população. A ocorrência de tal fato conduziu a população para a mudança de hábitos, conhecimento sobre os benefícios da prática da atividade física e em alguns casos adoção de um estilo de vida mais ativo. A amostra foi composta por 95 indivíduos que utilizavam a corrida de longa duração como forma de preparação física competitiva e não-competitiva, e que mantinham uma freqüência regular de treinamento nessa modalidade e uma periodicidade recorrente nas principais corridas de longa duração existentes em Sergipe. Pode-se observar que no que se refere à recordação da sintomatologia da prevalência de lesões em 2009 alcançou um elevado índice entre os pedestrianistas, 65% indivíduos da amostra afirmaram ter sentido algum desconforto que os prejudicaram ou interromperam as suas atividades normais em treinos e competições, causas diretas da sintomatologia provocada pela instalação dos mecanismos de lesão. Pode-se observar um elevado número de indivíduos desenvolver a prática de corridas com indícios de contusões e entorses, o que pode agravar a lesão, e provocar sua retirada temporária ou definitivamente da atividade física e exercício físico.

PALAVRAS-CHAVE: atividade física, qualidade de vida, lesões