

64 - HEALTH RELATED PHYSICAL FITNESS IN STUDENTS OF PELOTAS, RS, BRASIL.

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INTRODUCTION

According to HARRIS (1999) the regular physical activity is important in the prevention of several illnesses and represents a basic factor for the maintenance or reduction of the corporal weight when combined to a good feeding. In any intervention to promote a more active life style, the activities must be as natural and pleasant as possible, according to the individual preferences and possibilities, so that they can be incorporated to people's daily routine.

Some scientific evidences have been revealing that the physical activity is a basic contributor for the health and wellness (BAUMAN, 2004; PAFFENBARGER ET AL, 2004). Exactly thus, the levels of physical activity can be considered very below of the ideal one in many parts of world (HALLAL ET AL, 2003; I BEACH A SHIP ET AL, 2003; GOMES ET AL, 2001; BURTON ET AL, 2000; MATSUDO ET AL, 2002).

NAHAS (1997) standes out that the physical inactivity represents an important cause of weaken, reduced quality of life and premature death in the contemporaries societies.

According to JÚNIOR (1996), the illnesses are related to the inadequate habits and styles of life, as the sedentary. This must be considered as a factor of independent risk for the development of chronic-degenerative illnesses. Diseases as diabetes (MANSON, 1992), depression (KING et al., 1993; CAMACHO, 1991), some types of cancer (LEE, 1992; THUNE, 1997), and stress (SAMULSKI and LUSTOSA, 1996) are typical examples of illnesses that can suffer attenuations because of the regular physical activity.

Besides that, a factor that worries even more is that these sedentary behaviors seem to be being adopted early in the adolescence (PATE, 2002).

Several other malefactions are diagnoses in the individuals that does not have the habit to take an active life. Among them, motor overhead, difficulties to carry through certain types of movement, lack of interest of there individuals in physical activity and exercises, unfamiliarity on basic knowledge about intensity, types of exercises and effect of this practical on the human body, precocious increase of the bad cholesterol (LDL), causing in the future or even in the childhood, possible illnesses related with the accumulation of corporal fat.

Therefore, with the concern to discuss the debate on the importance of a Physical Education that, among others objective, it worries about the health of its pupils without leaving behind the understanding of this as a aspect of high complexity, this study had as objective evaluating the physical aptitude of students between 7 and 17 years old in the city of Pelotas.

METHODOLOGY

A transversal study was carried through, in a representative sample of student of the city of Pelotas. Adolescent and children had been evaluated and, of both the sex, between 7 and 17 years old.

The sampling process used as primary sample used the schools of the city of Pelotas, according to School Census of 2004 data and the sample selection was carried through in multiple periods of training:

- 1- Stratification of the schools according to education system (city, state, federal and private);
- 2- Selection of 9 schools, selecting at random, proportional drawing to the number of schools of each system, as the presented in Table 1.
- 3- Random selection of the groups of each school. In case the groups were composed of less than 20 pupils, two groups for each grade were chosen. Students who had medical contraindication for the accomplishment of physical exercises had not been included in the study. The assent of the parents was gotten for the participation of the pupils in the evaluations.

Rede de Ensino	Nº of Schools	Representation	Selected Schools
Municipal	96	57%	5
Estadual	48	29%	2
Particular	22	13%	1
Federal	2	1%	1
Total	168	100%	9

Tabela 1- Distribuição das escolas da cidade de Pelotas segundo a rede de ensino (2004)

The following physical variety fitness related to the health had been collected and analyzed: flexibility, abdominal resistance and aerobic resistance. The tests were: to seat and to reach (flexibility), abdominal in one minute (abdominal resistance) and running for 9 minutes (aerobic resistance). These tests, as well as the criteria of classification for each age and sex are considered by the PROJETO ESPORTE BRASIL (2002).

Sociodemographics variables were also collected: sex, age, net of school education that the student belongs. To get these information, a standardized and pay-codified questionnaire was applied.

The team of interviewers/appreisers was composed of twenty academics of the Superior School of Physical Education of the Federal University of Pelotas. The typing of the data was carried through in the available data base in the specific software of the PROJETO ESPORTE BRASIL (2002).

The analysis plan statistics respected the following stages:

- a) Calculation of measures of central trend and dispersion for continuous variables and the proportional for the categorical variables;
- b) Bi-varied Analysis;
- c) Analysis adjusted through Regression of Poisson.

The data had been analyzed in the statistical package Stata 8.0.

The research project was approved by the Committee of Ethics of the College of Medicine of the Federal University of Pelotas and counted with the support of the Foundation of Sports of the state of Rio Grande Do Sul (FUNDERGS).

RESULTS

Between the months of September and December there were made evaluations in nine schools of the urban zone of the city of Pelotas, totalizing 1089 evaluated pupils, being in its majority men (52,1%). According to the age groups the sample was this way distributed: 30,3% (7-9 years old), 34,4% (10-12 years old), 28,7% (13-14 years old) and 6,6% (15-17 years old). Table 2 brings the final description of the sample number of evaluations, losses and refusals of each school.

Table 2- Description of the sample according to schools, with the total of evaluated pupils, losses and refusals.

Scholl	Sample		
	Students	Evaluations	Losses and refusals (%)
A (municipal)	143	113	30 (21,0)
B (municipal)	80	52	28 (35,0)
C (municipal)	273	218	55 (20,1)
D (municipal)	92	70	22 (23,9)
E (state)	390	266	124 (31,8)
F (state)	175	108	67 (38,3)
G (state)	165	94	71 (43,0)
H (private)	111	89	14 (12,6)
I (federal)	112	79	33 (29,5)
Total	1541	1089	452 (29,3)

The Figure 1 brings the description according to the sample ratio of evaluations, losses and refusals stratificate by the age groups.

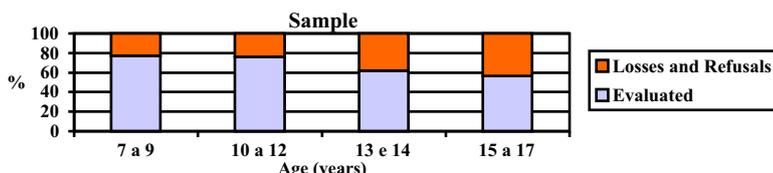


Figure 1 - Evaluations, losses and refusals according to the age groups.

The Figure 2 demonstrates the ratio of pupils who had reached the recommendations for the tests of aerobic resistance, flexibility and abdominal resistance between the boys, according to the age groups. For this analysis, in function of the great number of losses and refusals between pupils with equal or superior age of 15, these had been excluded from the posterior analyses.

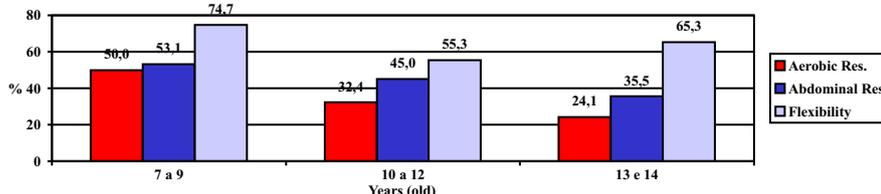
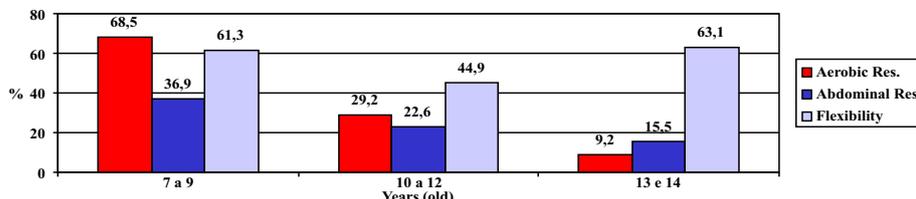


Figure 2- Prevalence of reach of the recommendations for the tests of aerobic, abdominal resistance and flexibility between the boys.

Figure 3 demonstrates the ratio of pupils who had reached the recommendations for the tests of aerobic resistance, flexibility and abdominal resistance between the girls, according to the age groups. As example of the previous analysis, pupils with equal or superior age the 15 years had been excluded.

Figure 3- Prevalence of reach of the recommendations for the tests of aerobic, abdominal resistance and flexibility between the girls.



In relation to the results presented for the tests of aerobic resistance, as much for the boys (Table 3) as for the girls (Table 4) was observed a clear trend of improvement in the results in as decreases the age. The results of the adjusted analyses show a two times bigger probability between the boys and bigger than seven times between the girls to reach the recommendations for the health when compared to youngest groups in relation with oldest.

Table 3- Brutal and adjusted analysis of the association between the reach of the recommendations for the test of aerobic resistance and the age, between the boys.

Variable	Brutal Analysis		Adjusted Analysis	
	RP (IC _{95%})	Value p [*]	RP (IC _{95%})	Value p ^{*a}
		0,006		0,005
Age (completed years)				
7 – 9	2,1 (1,3 - 3,4)		2,0 (1,3 - 3,4)	
10 – 12	1,4 (0,7 - 2,6)		1,3 (0,6 - 2,7)	
13 – 14	1,0		1,0	

* Test of linear trend

a- Adjusted for the education net of which the school belongs

Table 4- Brutal and adjusted analysis of the association between the reach of the recommendations for the test of aerobic resistance and the age, between the girls.

Variable	Brutal Analysis		Adjusted Analysis	
	RP (IC _{95%})	Value p [*]	RP (IC _{95%})	Value p ^{*a}
		<0,001		<0,001
Age (completed years)				
7 – 9	7,5 (3,1 - 14,3)		7,3 (3,8 – 13,9)	
10 – 12	3,2 (1,8 - 5,8)		3,0 (1,7 – 5,4)	
13 – 14	1,0		1,0	

* Test of linear trend

a- Adjusted for the education net of which the school belongs

In relation to flexibility, a linear relation between the age and the result of the tests, independent of the sex was not observed. The intermediate group of age (10-12) presented a lower ratio of the reach of the recommendations if compared with the other groups. Tables 5 (boys) and 6 (girls) demonstrate to the association between the age and the reach of the recommendations for the flexibility tests.

Table 5- Brutal and adjusted analysis of the association between the reach of the recommendations for the test of flexibility and the age, between the boys.

Variable	Brutal Analysis		Adjusted Analysis	
	RP (IC _{95%})	Value p [*]	RP (IC _{95%})	Value p ^a
		0,286		0,198
Age (completed years)				
7 – 9	1,1 (0,9 – 1,5)		1,2 (0,9 – 1,6)	–
10 – 12	0,8 (0,7 – 1,0)		0,9 (0,7 – 1,1)	–
13 – 14	1,0		1,0	

* Test of linear trend

a- Adjusted for the education net of which the school belongs

Table 6- Brutal and adjusted analysis of the association between the reach of the recommendations for the test of flexibility and the age, between the girls.

Variable	Brutal Analysis		Adjusted Analysis	
	RP (IC _{95%})	Value p [*]	RP (IC _{95%})	Value p ^a
		0,859		0,844
Age (completed years)				
7 – 9	1,0 (0,9 – 1,1)		1,0 (0,8 – 1,1)	–
10 – 12	0,7 (0,6 – 0,8)		0,7 (0,6 – 0,9)	–
13 – 14	1,0		1,0	

* Test of linear trend

a- Adjusted for the education net of which the school belongs

In relation to the tests of abdominal resistance, an increase of the reach of the recommendations was evident in as the age decreases, independent of the sex. The adjusted analyses show that the reach of these recommendations is bigger around 80% between the boys and 150% between the girls when we compare the youngest groups with oldest. Tables 7 (boys) and 8 (girls) demonstrate the brutal and adjusted analyses of this association.

Table 7- Brutal and adjusted analysis of the association between the reach of the recommendations for the test of abdominal resistance and the age, between the boys.

Variable	Brutal Analysis		Adjusted Analysis	
	RP (IC _{95%})	Value p [*]	RP (IC _{95%})	Value p ^a
		0,019		0,007
Age (completed years)				
7 – 9	1,8 (1,1 – 2,7)		1,8 (1,3 – 2,7)	–
10 – 12	1,3 (1,0 – 1,7)		1,4 (1,1 – 1,7)	–
13 – 14	1,0		1,0	

* Test of linear trend

a- Adjusted for the education net of which the school belongs

Table 8- Brutal and adjusted analysis of the association between the reach of the recommendations for the test of aerobic resistance and the age, between the girls.

Variable	Brutal Analysis		Adjusted Analysis	
	RP (IC _{95%})	Value p [*]	RP (IC _{95%})	Value p ^a
		0,013		0,012
Age (completed years)				
7 – 9	2,4 (1,3 – 4,3)		2,5 (1,4 – 4,6)	–
10 – 12	1,4 (0,9 – 2,4)		1,5 (1,0 – 2,4)	–
13 – 14	1,0		1,0	

* Test of linear trend

a- Adjusted for the education net of which the school belongs

DISCUSSION

The study carried through in the city of Pelotas, considering its number students in the urban zone, comes to contribute to the existing scientific knowledge on the reality of the levels of physical aptitude of our children and young people. However, no matter how special the methodological care was in the execution of the research, some important limitations must be taken into account.

In first place, calls the attention the high number of losses and refusals observed especially among the adolescents that are more than old 13 years. Besides that, it was equally evidenced the decline of the physical aptitude as increases the age. Considering that, it is very probable that the reason of the losses and refusals is associated with the low level of physical aptitude of these pupils. Therefore, it is very probable that the presented data, although very preoccupying, still are overestimated.

Another important limitation that must be considered is the evident lack of interest in Physical Education classes among the pupils in general, still more frequent in the secondary education groups. Taking this into account, with the intention to minimize this effect, the pupils older or equal the age of 15 had been excluded from the analyses.

The experience gotten in the work of collection of the data inside the schools still adds an important question to be argued in the present study. Despite the fact of that the losses and refusals in the application of the tests and the evident lack of motivation of the pupils in participating of the research have excessively worried us, as a result of the **vieses** that could be affecting our results, the impression that took place was that the reality of the Physical Education in the school is not very far of that. That means, as the age increases in general the interest and the participation in the lessons decreases, also coinciding with the decrease in the participation of physical activities (PATE ET AL, 2002) and of physical aptitude in general

(PRZEWEDA & DOBOSZ 2003; WEDDERKOPP ET AL., 2004).

This way, without taking off the focus of this important limitation that can be affecting directly the veracity of the presented results, it seems to be clear the necessity of an extended discussion on this indifference in the Physical Education classes, their preference for sedentary activities and the impact that this will have in the health of these individuals throughout their lives.

In relation to the results, it is evident the concern with the low levels of physical fitness of the students of the city of Pelotas, having in mind the recognition of the diverse benefits of the physical aptitude for the health.

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HEALTH RELATED PHYSICAL FITNESS IN STUDENTS OF PELOTAS, RS, BRASIL.

ABSTRACT

Some scientific evidences have been revealing that the physical activity is a basic contributor for the health and wellness. However, the physical inactivity represents an important cause of atony, reduced quality of life and premature death in the contemporaries societies. Besides that, a factor that worries even more is that these sedentary behaviors seem to be being adopted early in the adolescence. The purpose of this study was to avalue the levels of physical fitness of students between 7 and 17 years old of the city of Pelotas, RS. A transversal study was carried through, in a representative sample of student of the city of Pelotas. The sample was composed for: 1089 students of both sex, included in the urban education system of the city. The following physical variety fitness related to the health had been collected and analyzed: flexibility, abdominal resistance and aerobic resistance. Classification criteria for each age and sex were proposed by PROESP/BR (2002). The analysis plan statistics respected the following stages: calculation of measures of central trend and dispersion for continuous variables and the proportional for the categorical variables; bi-varied analysis and analysis adjusted through Regression of Poisson. The data had been analyzed in the statistical package Stata 8.0. In relation to the results presented for the tests of aerobic resistance, as much for the boys as for the girls was observed a clear trend of improvement in the results in as decreases the age. The flexibility, on the contrary, had a linear relation between the age and the result of the tests, independent of the sex was not observed. Finally, in the tests of abdominal resistance an increase of the reach of the recommendations was evident in as the age decreases, independent of the sex. In relation to the results, it is evident the concern with the low levels of physical fitness of the students of the city of Pelotas, having in mind the recognition of the diverse benefits of the physical aptitude for the health.

Key-words: physical fitness, health and school.

APTITUDE PHYSIQUE CONCERNANT LA SANTÉ DES ÉCOLIERS À PELOTAS, RS, BRÉSIL

RÉSUMÉ

L'activité physique est un attribut essentiel à la santé et au bien-être des gens. D' autre part, l' inactivité physique représente une cause importante de débilité, d' une réduite qualité de vie et de mort precoce aux sociétés contemporaines. En outre, il y a un facteur très préoccupant: il semble que les conduites sédentaires sont adoptées dès l' adolescence. Le but de cet étude est d' évaluer les niveaux d' aptitude physique des écoliers à l' âge de 7 à 17 ans de la ville de Pelotas, RS, Brésil. On a fait um étude transversal dans um échantillon représentatif des écoliers de la ville de Pelotas. L' echantillon se composait de

1089 élèves de l' un et l' autre sexe, qui appartenaient à l' ensemble des écoles urbaines. On a collecté et analysé les variables d' aptitude physique rapportées à la santé: flexibilité, résistance abdominale et résistance aérobie. Des critères de classification pour l' âge et le sexe ont été proposés par le PROESP/BR (2002). Le plan d' analyse statistique a compris les étapes suivantes: calcul de mesures de tendance centrale et dispersion pour les variables catégoriques; analyse bi-variée et analyse ajustée à travers la Régression de Poisson. Les données ont été analysées dans le paquet statistique Stata 8.0. En ce qui concerne les résultats des tests de résistance aérobie, autant pour les garçons et les filles, on a observé une évidente tendance d' amélioration des résultats à la mesure de la diminution de l' âge des enfants. Quant à la flexibilité, on n' a pas observé une relation linéaire entre l' âge et les résultats des tests, indépendamment de sexe. À la fin, dans les tests de résistance abdominal, on a mis en évidence une augmentation de la réussite, en considérant les recommandations faites, à la mesure de la diminution de l' âge des enfants, indépendamment de sexe. Les résultats trouvés ont démontré la préoccupation évidente avec les bas niveaux d' aptitude physique des écoliers de la ville de Pelotas, en considérant les plusieurs bienfaits de l' aptitude physique pour la santé.

Mots-clé: aptitude physique, santé et école

APTITUD FÍSICA RELACIONADA A LA SALUD EN LOS ESCOLARES DE PELOTAS, RS, BRASIL.

RESUMEN

La actividad física es un contribuyente fundamental para la salud y el bienestar del ser. A su vez, la inactividad física representa una causa importante de debilidad, de reducida calidad de vida y de muerte prematura en las sociedades contemporáneas. Además de eso, un factor que preocupa más todavía es el hecho de que estos comportamientos sedentarios, parece que están siendo adoptados ya en la adolescencia. El objetivo de este estudio presentado, fue evaluar los niveles de aptitudes físicas de los escolares con edades entre 7 y 17 años de la ciudad de Pelotas/RS. Fue realizado un estudio transversal, en una muestra representativa de los escolares de Pelotas. La muestra fue compuesta por 1089 alumnos de ambos sexos, que están incluidos en la red de la enseñanza urbana de la ciudad. Las siguientes variables de la aptitud física relacionada a la salud fueron colectadas y analizadas, siendo éstas: flexibilidad, resistencia abdominal y resistencia aeróbica. Los criterios de la clasificación para cada edad y sexo fueron propuestos por el PROESP/BR (2002). El plano del análisis estadístico ha respetado las siguientes etapas: El cálculo de medidas de tendencias central y de dispersión para las variables continuadas y el de proporciones para las variables categóricas; un análisis bi-variado y un análisis ajustado a través de La Regresión de Poisson. Los datos fueron analizados en el paquete estadístico Stata 8.0. Con relación a los resultados presentados para los testes de resistencia aeróbica, tanto para los niños como para las niñas, fue observada una clara tendencia de mejora en los resultados así que disminuye la edad. En relación a la flexibilidad, no ha sido observada una relación linear entre la edad y el resultado de los testes, independiente del sexo. Finalmente en los testes de resistencia abdominal, ha quedado evidente un aumento de alcance de las recomendaciones así que disminuye la edad, independiente del sexo. Los resultados encontrados, hacen saliente, la evidente preocupación en relación a los bajos niveles de aptitud física de los escolares de la ciudad de Pelotas, siendo visto el reconocimiento de los diversos beneficios de aptitud física para la salud.

Palabras-claves: aptitud física, salud, escuela.

APTIDÃO FÍSICA RELACIONADA À SAÚDE EM ESCOLARES DE PELOTAS, RS, BRASIL.

RESUMO

A atividade física é um contribuinte fundamental para a saúde e o bem-estar. Por sua vez, a inatividade física representa uma causa importante de debilidade, reduzida qualidade de vida e morte prematura nas sociedades contemporâneas. Além disso, um fator que preocupa mais ainda é o fato de que estes comportamentos sedentários parecem estar sendo adotados já na adolescência. O objetivo do presente estudo foi avaliar os níveis de aptidão física dos escolares entre 7 e 17 anos de idade da cidade de Pelotas/RS. Foi realizado um estudo transversal, em uma amostra representativa dos escolares da cidade de Pelotas. A amostra foi composta por 1089 alunos de ambos os sexos, incluídos na rede de ensino urbana da cidade. As seguintes variáveis de aptidão física relacionada à saúde foram coletadas e analisadas: flexibilidade, resistência abdominal e resistência aeróbia. Critérios de classificação para cada idade e sexo foram propostos pelo PROESP/BR (2002). O plano de análise estatística respeitou as seguintes etapas: cálculo de medidas de tendência central e dispersão para variáveis contínuas e de proporções para as variáveis categóricas; análise bi-variada e análise ajustada através de Regressão de Poisson. Os dados foram analisados no pacote estatístico Stata 8.0. Com relação aos resultados apresentados para os testes de resistência aeróbia, tanto para os meninos como para as meninas foi observada uma clara tendência de melhora nos resultados conforme diminui a idade. Quanto à flexibilidade, não foi observada uma relação linear entre a idade e o resultado dos testes, independente do sexo. Finalmente, nos testes de resistência abdominal, ficou evidente um aumento do alcance das recomendações conforme diminui a idade, independente do sexo. Os resultados encontrados salientam a evidente preocupação com os baixos níveis de aptidão física dos escolares da cidade de Pelotas, visto o reconhecimento dos diversos benefícios da aptidão física para a saúde.

Palavras-chave: aptidão física, saúde e escola.