

02 - LEVEL OF HABITUAL PHYSICAL ACTIVITY OF ACADEMICS INGRESSANTS OF THE PHYSICAL EDUCATION COURSE.

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Introduction

The expansion of higher education is evident in Brazil. Data from the 2015 Census conducted by the Brazilian Institute of Geography and Statistics (IBGE) indicate that there has been an increase in the number of Brazilians with a university degree in the last decade. The Census of Higher Education (BRAZIL, 2017) shows that between 2006 and 2016, enrollment in higher education increased by 62.8%, with an annual average of 5% growth.

The youth's entrance into the university is a remarkable period due to new social relations and a new way of life (OLIVEIRA et al., 2014). Maciel et al. (2013) states that college students are to not have the time to systematically practice physical exercises because of their countless hours dedicated to the classroom and other activities related to academic routine such as research projects and internships.

Understanding the factors related to the Habitual Physical Activity Level (NAFH) is of paramount importance, given that this reality of the expansion of higher education and the diversity of negative behaviors adopted by university students, can contribute to the elaboration and implementation of public policies that help in the the construction of possibilities for the practice of physical activities (OLIVEIRA et al., 2014).

In considering this aspect, it should be emphasized that university students are a relevant population for the study of health conditions and have aroused the interest of researchers who have been developing studies with this theme, due to the expansion of higher education (BRITO, GORDIA, TABLES, 2014).

In the presence of this, the objective of this study was to carry out a survey, of which the level of physical activity level habitual academic students of physical education.

Methodology

The study was characterized in quantitative, descriptive and transverse. The sample involved 53 academics from the first physical education graduation period, regularly enrolled in 2017.2. A University Center with a history of more than 40 years of teaching was chosen as research site, located in Maceió, in the State of Alagoas, Northeast of Brazil.

After authorization to carry out the research, granted by the University Center, and signed the letters of agreement by the coordinator of the physical education course, a pre-appointment was made with teachers of disciplines from the first period 2017.2, making possible a previous contact with the academics in the purpose to present the study, and to schedule the day of application of the questionnaire. The research began, after having been signed the Term of Free and Informed Consent (TCLE).

The research strictly followed the norms for conducting research on human beings, Resolution 466/12, of the National Health Council, and was approved by the Committee of Ethics in Research Involving Human Beings of the Centro Universitário CESMAC, with the opinion number: 2,002,710.

Procedure

To evaluate the level of habitual physical activity, the Physical Activity Questionnaire - QAFH, developed by Pate (1995) and modified and validated by Nahas (2001), was used for educational use. This instrument classifies individuals into four levels of physical activity: Inactive, Moderately Active, Active and Very Active, considering the values resulting from the sum of positive responses related to physical activity habits in daily and leisure occupations.

The questionnaire has 11 (eleven) closed questions, 8 (eight) with only one answer, and 3 (three) with three options for a response, each with a specific score, making the sum of the points an arbitrary unit for classification of the students at one of the four levels of habitual physical activity previously presented.

According to the experience of Nahas (2003), the application of this instrument proved to be practical and trustworthy among adolescents and university students and makes it possible to evaluate the patterns of physical activity over a period of 12 months.

Table 01: Classification of the level of practice of habitual physical activity.

RANKING	SOMATÓRIO DE ANSWERS
Very Active	21 or more points
Active	12 – 20 points
Moderately Active	6 – 11 points
Inactive	0 – 5 points

Source: Nahas (2010).

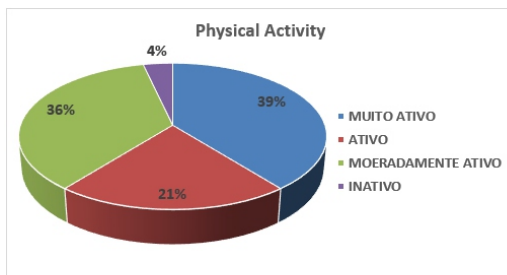
Results and discussion

The results showed that 53 undergraduate students were evaluated, with a predominance of male students with 59%, compared to 41% of female students. These data contradict studies on the profile of undergraduate students of Brazilian universities (IBGE, 2014, BRASIL, 2016), which indicate that women are the largest number representing 57.1% of the total enrolled in Brazilian higher education. The fact that women are the majority among Brazilian university students is a relatively recent event, considering that in 1956 they represented 26% of the total number of students enrolled, and in 1971 they were only 40% (BARRETO, 2014).

Regarding the variable Habitual Physical Activity Level (Graph 01), we consider the values resulting from the sum of positive responses related to physical activity habits in daily and leisure occupations. Accordingly, it was found that 4% of the volunteers analyzed had scores that classified them as "Inactive", 36% "Moderately Active", 21% "Assets" and 39% "Very Active". It should be noted that the result found was quite satisfactory since the research of a specialist in the field (NAHAS, 2010) has shown that the greatest health benefits appear when moving from sedentary (inactive) to moderately active, which in our study this percentage reaches the excellent number of 96%. In this same perspective, it is emphasized that moderate levels of physical activity can already significantly reduce the risk of chronic-degenerative diseases, such as myocardial infarction, stroke, diabetes, hypertension, obesity, osteoporosis and others, especially cardiovascular ones (NAHAS, 2010, p.29).

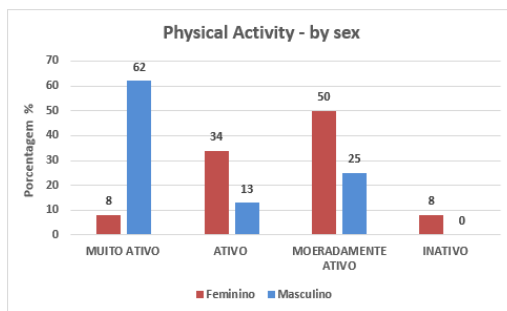
These results are positive when compared to an investigation with 88 academics of the Physical Education course at a public university in Alagoas, where 18% of the students were classified as physically inactive (SILVA, HARTMANN, CUNHA JÚNIOR, 2012).

It is worth noting that studies show that young people tend to adopt unhealthy health behaviors (FOSTER, CARAVELIS, KOPAK, 2014), especially during the university engagement phase.



Graph 01: Physical Activity Regular physical education students entering

In a separate analysis by gender (Graph 02), it should be noted that the male gender presents higher numbers when we consider the sum of the "Very Active" and "Active" rankings with 75%, compared to the female that presented only 21%. The result found was consistent with a study carried out in the Santa Catarina highlands region, also with university students that presented a proportion of 73.6% of the male physically active population (SIMÃO, NAHAS, OLIVEIRA, 2012).



Graph 02: Physical Activity Regular of physical education undergraduates

CONCLUSION

Given the data, it can be observed that the academics of physical education entering the University Center, presented satisfactory subsidies, not offering numbers that classify them with health risk. The high percentage of students physically active in Physical Education courses is plausible and expected, since the physically active lifestyle precedes a well-traveled daily of their adolescence during the school phase.

However, due to the above, it should be noted that data collection was carried out with incoming students from the first semester of each health course, academics who will go through various situations such as high levels of stress, anxiety, and low self-esteem during academic life. If such behavior of maintaining these habits of performing physical activity, will be determinant in maintaining their health and reducing the risks of developing chronic diseases.

In view of this reality, the results can support the Higher Education Institutions (HEIs), in the development of prevention programs and health promotion, planning, implementation and creation of specific actions for this population that stimulates their students to acquire habits of practicing physical activity programs during the academic period.

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Abstract

The growth of Higher Education and the high number of university students who have adopted an unhealthy lifestyle were motivating points of this study that had as objective to measure the level of habitual physical activity of university academics. This was a cross-sectional study involving a sample of 53 students of both sex entering the physical education course at a university center in the State of Alagoas. To evaluate the level of habitual physical activity, the Physical Activity Questionnaire - QAFH was applied. The results showed that 4% of the analyzed volunteers had scores that classified them as "Inactive", 36% "Moderately Active", 21% "Assets" and 39% "Very Active". Separated by males shows higher numbers when we consider the sum of the "Very Active" and "Active" rankings with 75%, compared to the female that presented only 21%. Given the data, it can be concluded that the physical education academics entering the University Center, presented satisfactory subsidies, not offering numbers that classify them with health risk.

Keywords: Regular Physical Activity, University, Physical Education.

Résumé

La croissance de l'enseignement supérieur et le nombre élevé d'étudiants universitaires ayant adopté un style de vie malsain ont été les points forts de cette étude ayant pour objectif de mesurer le niveau d'activité physique habituel des universitaires. Il s'agissait d'une étude transversale portant sur un échantillon de 53 étudiants du même sexe inscrits au cours d'éducation physique dans un centre universitaire de l'État d'Alagoas. Pour évaluer le niveau d'activité physique habituelle, le questionnaire sur l'activité physique - QAFH a été appliqué. Les résultats ont montré que 4% des volontaires analysés avaient des scores les classant comme "inactifs", 36% "modérément actifs", 21% "actifs" et 39% "très actifs". Séparé par les hommes montre des chiffres plus élevés lorsque l'on considère la somme des classements "Très actif" et "Actif" avec 75%, par rapport à la femme qui n'a présenté que 21%. À la lumière des données, on peut en conclure que les universitaires en éducation physique qui entrent au centre universitaire ont présenté des subventions satisfaisantes sans proposer de chiffres les classant comme présentant un risque pour la santé.

Mots-clés: Activité physique régulière, Université, Éducation physique.

Resumen

El crecimiento de la enseñanza superior y el elevado número de estudiantes universitarios que han adoptado un estilo de vida poco saludable, fueron puntos motivadores de este estudio que tuvo como objetivo medir el nivel de actividad física habitual de los académicos universitarios. Se trató de una investigación transversal, que involucró una muestra de 53 académicos de ambos sexos ingresantes del curso de educación física de un centro universitario del Estado de Alagoas. Para evaluar el nivel de actividad física habitual se aplicó el Cuestionario de Actividad Física Habitual - QAFH. En los resultados se constató que el 4% de los voluntarios analizados, presentan puntuaciones que los clasifican como "Inactivo", el 36% "Moderadamente Activo", el 21% "Activos" y el 39% "Muy Activos". En el caso de las mujeres, el número de mujeres en edad reproductiva es mayor que en las mujeres. Ante los datos, se puede concluir que los académicos de educación física ingresantes en el Centro Universitario, presentaron subsidios satisfactorios, no ofreciendo números que los clasifiquen con riesgo a la salud.

Palabras Claves: Actividad Física Habitual, Universitarios, Educación Física.

Resumo

O crescimento do Ensino Superior e o elevado número de estudantes universitários que tem adotado um estilo de vida pouco saudável, foram pontos motivadores desse estudo que teve como objetivo mensurar o nível de atividade física habitual dos acadêmicos universitários. Tratou-se de uma pesquisa transversal, que envolveu uma amostra de 53 acadêmicos de ambos os sexos ingressantes do curso de educação física de um centro universitário do Estado de Alagoas. Para avaliar o nível de atividade física habitual foi aplicado o Questionário de Atividade Física Habitual – QAFH. Nos resultados constatou-se que 4% dos voluntários analisados, apresentam escores que os classificam como "Inativo", 36% "Moderadamente Ativo", 21% "Ativos" e 39% "Muito Ativos". Separado por sexo masculino apresenta números superior quando consideramos o somatório das classificações "Muito Ativo" e "Ativo" com 75%, comparado ao feminino que apresentou apenas 21%. Diante dos dados, pode-se concluir que os acadêmicos de educação física ingressantes em no Centro Universitário, apresentaram subsídios satisfatórios, não oferecendo números que os classifiquem com risco a saúde.

Palavras Chaves: Atividade Física Habitual, Universitários, Educação Física.