

**94 - ANTHROPOMETRIC PROFILE AND THE NUTRITIONAL ASPECTS OF FIP FITNESS ACADEMY PARTICIPANTS**

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**INTRODUCTION**

Bodybuilding has undergone a great evolution in the scientific studies, provided by several studies in this area, being considered as an important exercise practice, influencing to a good quality of life due to the several beneficial effects that it provides (ARRUDA et al. 2010).

The frequent practice of bodybuilding brings excellent improvements in the anthropometric variables if the principles of training with the guidance of the physical education professional are respected (ROSÁRIO; LÍBERALI, 2012).

Anthropometric factors are used to identify obesity and overweight, taking into account the dangers of these risks, allowing the Physical Education Professional to use it for a correct intervention and prescription of physical exercises (BECK; LOPES; PITANGA, 2011.)

The training in bodybuilding gyms brings significant improvements in the comparative relation of non-practicing people, having a much lower fat index, even having a nutritional correlation not so satisfactory, the direct relationship with non-practitioners shows that it is quite effective (DONATTO et al, 2012).

The correct estimation of the body variables can influence indirectly, but in a safe way in the desired end result, having a greater control in the physical training. (SEHNEM, SOARES, 2015)

When analyzing the anthropometric and nutritional profiles, it is observed that the bodybuilding individuals undergo important morphological changes, also having a wide variety of profiles to be possibly identified, making it indispensable for the exercise prescription to analyze these profiles, for each one has its own particularity and necessity (SOUSA et al., 2014).

It is extremely important to determine the anthropometric and nutritional profile of the individuals, enabling a prophylaxis for diseases through educational interventions of physical education professionals, generating a need for the use of anthropometric and nutritional variables for exercise prescription for better quality of life of the individual, thus being related to physical activity with, nutrition and anthropometry. (PAULA et al., 2012). Through information collected, published, for later use by the academic environment, what anthropometric profile and nutritional aspects of the practitioners of the FIP FITNESS academy?

This work is justified because the identification of the anthropometric profile and the nutritional aspects will help the professionals of physical education in the prescription of exercises for the bodybuilders of the FIP FITNESS academy, bringing an index of identification of the whole, knowing that anthropometric and nutritional studies are always somatic and relevant data, and can serve as a basis for future comparative studies, and especially for being done in totality within the educational institution itself.

The general objective of this study is to analyze the anthropometric profile and nutritional aspects of the participants of the FIP FITNESS academy and the specific objectives are to evaluate the anthropometric variables of the participants of the FIP FITNESS Academy, to measure the variables of the nutritional aspects of the participants of the FIP FITNESS Academy and classify the anthropometric variables and nutritional aspects of FIP FITNESS Academy participants.

**MATERIAL AND METHODS**

Documentary and quantitative survey study, was constituted by an intentional sample of the medical records of individuals attended at ACADEMIA FIP FITNESS in 2017. Therefore the population was about 33 medical records that were attended and analyzed in the last year.

The inclusion criteria were: to be enrolled in FIP FITNESS ACADEMY in the year 2017; be a bodybuilder and have a complete evaluation form with all the data. And those of exclusion were: To be a minor and to be a practitioner of another modality.

From the charts, the variables were evaluated to identify the nutritional aspects: where it feeds on a quantity of meals during the day, food builders, and energy foods, regulating foods, cryogenic auxiliaries and water intake. And for the anthropometric profile, the following variables will be evaluated: BMI, skin folds, average fat% of protocols used in the chart, fractionation of body composition, weight and circumference measurements.

For the analysis of the assigned data the descriptive statistics was applied, observing the absolute and relative frequency of the medical records in the mentioned period. The data will be computed in Excel.

The study was directed by resolution 510/2016 and approved by the Research Ethics Committee (CEP) of the Faculdades Integradas de Patos (FIP) with CAAE 83710218.2.0000.5181

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**RESULTS AND DISCUSSION**

The medical records were collected and analyzed. Of these, 40 records were found, of which only 33 met the inclusion and exclusion criteria; 63.6% were female and consequently 36.4% were men. Males having a mean age of 22 years, mean age and young people according to Longo (2016) "young people (15 to 24 years)", below the table below with the intake data.

Table 1: Quantitative nutritional aspects of water intake, number of meals and places

LOCAL	ÁGUA	REFEIÇÕES
Casa = 54,5%	1,5 litros	4,3
Rua = 12,1%		
Casa e Rua = 33,4%		

The place where the individuals fed were 54.5% at home (A1), 12.1% on the street (A2) and 33.4% at home and on the street (A3), the same average of 4, 3 meals a day, where they drink 1.5 liters of water a day.

When the index of meals in the street (A1) with meals at home and in the street (A2) is joined, there is a percentage of 45.5% that is higher than the index of Brazil that of 35.1% and (Bezerra and Sichieri, 2010), region of the present study, but quite close to the A3 index, showing that it did not differ so much from the same one, also having a consequence in a variable A3 proximity, being than that of the present study and lower, since the results were close.

Regarding the number of daily meals the average found did not coincide with the study by Carvalho e Rocha (2011), that only 24% performed four or five meals a day and the average of the present study was 4.3 meals per day.

The relation of water consumption compared to the study by Carvalho and Zanardo (2010) is somewhat higher, but since in this study individuals drink about 1.2 liters of water per day and in the present study was 1.5 liters, being the recommended minimum by the WHO and 2 liters of water.

Next is the second table completing the intake data, just below is the discussion of the whole. Table 2: Nutritional aspects and intake of various foods

FOODS CONSTRUCTION COMPANIES	ENERGY FOODS	REGULATORS FOODS	AUXILIARY ERGOGENICS
BEEF; CHICKEN; EGGS; FISH. = 12,1%	BEAN; RICE; COUSCOUS. = 15%	VEGETABLES. LEGUMES. FRUITS = 33,3%	VITAMINS. = 3,1%
BEEF; CHICKEN = 18,3%	BEAN; POTATO. = 3,1%	FRUITS. = 33,3%	HYPERPROTECTIC = 3,1%
BEEF; CHICKEN; EGGS; MILK. = 21,2%	BEAN; RICE; BREAD. = 12%	DO NOT CONSIDER. = 3,1%	NEUROESTIMULANT = 3,1%
BEEF; CHICKEN; MILK. = 3,1%	BEAN; RICE; SPAGHETTI. = 6%	VEGETABLES. LEGUMES; = 3,1%	DO NOT CONSIDER. = 90,7%
BEEF. EGGS; MILK; CHEESE. = 3,1%	BEAN; RICE; POTATO. = 3,1%	LEGUMES. FRUITS = 3,1%	*
CHICKEN; EGGS = 3,1%	BEAN; BREAD; BOLO. = 6%	LEGUMES = 6%	*
CHICKEN. = 6%	RICE; BREAD; SPAGHETTI. = 3,1%	VEGETABLES. FRUITS = 18,1%	*
EGGS; MILK; EMBEDDED. = 3,1%	BEAN; BREAD; PIZZA. = 3,1%	*	*
BEEF; CHICKEN; EGGS; CHEESE. = 3,1%	BEAN; RICE. = 18%	*	*
BEEF; EGGS = 9%	SPAGHETTI. = 3,1%	*	*
BEEF; CHICKEN; EGGS. = 9%	BEAN; COUSCOUS; SPAGHETTI. = 3,1%	*	*
EGGS; MILK. = 6%	BEAN; BREAD. = 3,1%	*	*
BEEF; CHICKEN; FISH. = 3,1%	BEAN; RICE; YAM. = 6%	*	*
*	BEAN; POTATO; BREAD. = 6%	*	*
*	RICE; BREAD; CAKE. = 3,1%	*	*
*	POTATO = 3,1%	*	*
*	RICE; SPAGHETTI; CAKE. = 3,1%	*	*

The second table follows the nutritional data beginning with the food constructs, which are the proteins contained in the feed of the same, 6% of the research subjects feed on only chicken, 2% feed on meat - chicken - eggs - milk, 12.1% feed on meat - chicken - eggs - fish, 18.1% feed on only meat and chicken, 9% feed on only meat and eggs, 9% meat - chicken - eggs, 6% feed of only eggs and milk, 3.1% feed on only chicken - meat - milk, 3.1% feed on meat - eggs - milk - chardo, 3.1% feed on only chicken and eggs, 3.1% feed on only eggs - milk - inlays, 3.1% feed on meat - chicken - eggs - cheese, 3.1% feed on meat only - chicken - fish. It is seen that all individuals feed on animal protein only 39.5% feed on 4 different types of protein, 18.3% feed on 3 different protein types, 36.2% feed on only 2 different types of protein, 6% feeds on only one type of protein, showing that much of it, almost 40% feeds on a wide variety of animal protein and on the other hand almost the same percentage feeds on only 2 types of proteins having in view that the bigger the variety of varieties the better is its feeding, without forgetting that 6% fed of only one type.

Second column and with energetic foods, the carbohydrates of which the individuals of the research consumes having the value of beans, rice, couscous, potato, bread, noodles, cake, pizza, yam. The pattern that was most repeated was bean; rice, with 18% and soon bean; rice and couscous with 15% in third bean; rice, bread with 12% the rest had similar percentage, however low, joining the three that contain the variable beans, rice in them and since 45% of these have been; and the bean as carbohydrate base in the feeding, being that it appears in several others, more of which had greater percentage the bean; and beans predominate, the study by Sichieri et al (2000) recommends eating beans; and beans every day, and Barbosa (2007) had a result that 94% of the people in the survey reported eating beans; and beans, being that research was done all over Brazil, being able to see that it is in the habit of the Brazilian to consume beans; and beans, almost by majority, and in the present research only 6.2% of the individuals do not consume beans; and neither beans.

The third column follows with the data of the energetic foods in which the variables vegetables - fruits have the respective values vegetables (vegetables), vegetables (fruits) and fruits (fruits), being seen that 33.3% consume the three types of food, 33.3% consume only fruits and only 3.1% do not consume (nc) any of the three foods, in view of such result, it is perceived that individuals in relation to this variable and since they have a good consumption of nutrients knowing, the study of Levy et al. (2011), says that vegetable consumption of vegetables and fruits is decreasing in Brazil over the decades, knowing if this is good and positive, considering the situation of the country in the scope.

The column of the cryogenic auxiliaries in which it would be if the individual takes some type of supplement, where it resulted in 90.7% of the individuals does not consume any type of supplement, seen this to a perception that the individuals have a good perception of that use (2016), which shows that only 47.3% of individuals do not consume a supplement, in which the

same study suggests a nutritionist in the academies to have a healthy control of this use of supplementation since only 27.8% of users of supplements were on the recommendation of a nutritionist, thus showing that it was also a positive data in the present study.

Based on the anthropometric data, in which the skin folds consist of circumference measurements, we found the BMI, percentage of lean mass and percentage of fat mass of which follows the data in the table below.

Table 3: Anthropometric variables.

IMC	M. GORDA	M. MAGRA
24,6	22,4%	77,6%

The IMC (Body Mass Index) column results in 24.6 in which it is almost at the limit of the index considered as adequate weight (> 18.5 and <25), also coinciding with the percentage of lean mass that was 77,6% and fat mass, which was 22.4%, excellent indexes.

#### CONCLUSION

It was concluded that the research subjects feed on the majority at home having about 4 to 5 meals a day with a low water intake, a good amount of protein choices, almost everyone has rice or beans or both at their meal such as carbohydrates, consume almost any macro nutrient, with a low index of consumption of supplements, it is seen that these data add positively on the anthropometric data since the BMI was good along with the body composition, indicate deeper studies on the theme to better evaluate the variables.

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#### ANTHROPOMETRIC PROFILE AND THE NUTRITIONAL ASPECTS OF FIP FITNESS ACADEMY PARTICIPANTS

Nutrition and anthropometric profile are important factors for the performance of physical fitness. Regardless of physical activity, nutritional behaviors are determinant in maintaining health, increasing performance and controlling body composition. Therefore, this study aims to analyze the anthropometric and ingestion profile of the participants of the FIP FITNESS academy. This is a documentary and quantitative survey. The sample consisted of 33 evaluation cards answered and analyzed in the year 2017. From these records the variables for identification of the nutritional aspects and for the anthropometric profile were evaluated, the following variables were evaluated: BMI, average fat percentage obtained through of skin folds, weight and circumference measurements, body composition assessment; intake profile; where it feeds and quantity of meals during the day, food builders, energy foods, food regulators, cryogenic auxiliaries. The analysis of the assigned data will be applied to descriptive statistics and the data will be computed in Excel. Research individuals feed on the majority at home having about 4 to 5 meals a day with a low water intake, a good amount of protein choices, almost everyone has rice or beans or both in their meal as carbohydrates, consume It is concluded that these data add positively on the anthropometric data since the BMI was good along with the body composition.

Keywords: Anthropometric profile. Nutrition. Body composition.

#### PROFIL ANTHROPOMETRIQUE ET ASPECTS NUTRITIONNELS DES PARTICIPANTS AU FIP FITNESS ACADEMY

La nutrition et le profil anthropométrique sont des facteurs importants pour la performance de la condition physique. Indépendamment de l'activité physique, les comportements nutritionnels jouent un rôle déterminant dans le maintien de la santé,

l'amélioration des performances et le contrôle de la composition corporelle. Par conséquent, cette étude vise à analyser le profil anthropométrique et ingestion des participants de l'académie FIP FITNESS. Ceci est une enquête documentaire et quantitative. L'échantillon comprenait 33 cartes d'évaluation ayant été analysées et traitées en 2017. À partir de ces enregistrements, les variables permettant d'identifier les aspects nutritionnels et le profil anthropométrique ont été évalués. Les variables suivantes ont été évaluées: IMC, pourcentage moyen de graisse obtenu par des plis cutanés, mesures du poids et de la circonférence, évaluation de la composition corporelle; profil d'admission; où il se nourrit et quantité de repas pendant la journée, constructeurs d'aliments, aliments énergétiques, régulateurs d'aliments, auxiliaires ergogéniques. L'analyse des données attribuées sera appliquée aux statistiques descriptives et les données seront calculées dans Excel. Les sujets de recherche mangent la majorité à la maison et consomment environ 4 à 5 repas par jour avec un faible apport en eau, une bonne quantité de protéines, presque tout le monde mange du riz ou des haricots ou les deux à leur repas, Nous concluons que ces données ajoutent positivement aux données anthropométriques, car l'IMC était bon avec la composition corporelle.

Mots-clés: Profil anthropométrique. La nutrition. Composition du corps.

#### PERFIL ANTROPOMÉTRICO Y LOS ASPECTOS NUTRICIONALES DE LOS PARTICIPANTES DE LA ACADEMIA FIP FITNESS

La nutrición y el perfil antropométrico son factores importantes para el desempeño de la aptitud física. Independiente de la actividad física, las conductas nutricionales son determinantes en el mantenimiento de la salud, en el aumento del desempeño y en el control de la composición corporal. Por lo tanto este estudio tiene como objetivo analizar el perfil antropométrico y de ingesta de los participantes de la academia FIP FITNESS. Se trata de un estudio de levantamiento documental y cuantitativo. La muestra fue de 33 fichas de evaluación atendidas y analizadas en el año 2017. A partir de las referidas fichas se evaluaron las variables para identificación de los aspectos nutricionales y para el perfil antropométrico, se evaluaron las variables: IMC, media de% de grasa obtenida a través de los pliegues cutáneos, peso y medidas de circunferencia, evaluación de la composición corporal; perfil de ingesta; donde se alimenta y cantidad de comidas durante el día, alimentos constructores, alimentos energéticos, alimentos reguladores, auxiliares ergogénicos. El análisis de los datos cedidos se aplicará a la estadística descriptiva y los datos se computarán en Excel. Los individuos de la investigación se alimentan por la mayoría en la casa teniendo cerca de 4 a 5 comidas diarias con una baja ingesta de agua, una buena cantidad de opciones de proteína, casi todos tienen arroz o frijoles o ambos en su comida como carbohidratos, consumen que casi un cierto tipo de macro nutriente, teniendo un bajo índice de consumo de suplementos, Se concluye que esos datos suman positivamente en los datos antropométricos ya que el IMC fue bueno junto con la composición corporal.

Palabras clave: Perfil antropométrico. Nutrición. Composición corporal.

#### PERFIL ANTROPOMÉTRICO E OS ASPECTOS NUTRICIONAIS DOS PARTICIPANTES DA ACADEMIA FIP FITNESS

A nutrição e o perfil antropométrico são fatores importantes para o desempenho da aptidão física. Independente da atividade física, as condutas nutricionais são determinantes na manutenção da saúde, no aumento do desempenho e no controle da composição corporal. Portanto este estudo tem como objetivo analisar o perfil antropométrico e de ingesta dos participantes da academia FIP FITNESS. Trata-se de um estudo de levantamento documental e quantitativo. A amostra foi de 33 fichas de avaliação atendidas e analisadas no ano de 2017. A partir das referidas fichas foram avaliadas as variáveis para identificação dos aspectos nutricionais e para o perfil antropométrico, foram avaliadas as variáveis: IMC, média de % de gordura obtida através das dobras cutâneas, peso e medidas de circunferência, avaliação da composição corporal; perfil de ingesta; onde se alimenta e quantidade de refeições durante o dia, alimentos construtores, alimentos energéticos, alimentos reguladores, auxiliares ergogénicos. A análise dos dados cedidos será aplicada a estatística descritiva e os dados serão computados no Excel. Os indivíduos da pesquisa se alimentam por maioria em casa tendo cerca de 4 a 5 refeições diárias com uma baixa ingestão de água, uma boa quantidade de opções de proteína, quase que todos tem arroz ou feijão ou ambos na sua refeição como carboidratos, consomem quase que por maioria algum tipo de macro nutriente, tendo um baixo índice de consumo de suplementos, Conclui-se que esses dados somam positivamente nos dados antropométricos já que o IMC foi bom juntamente com a composição corporal.

Palavras-chave: Perfil antropométrico. Nutrição. Composição corporal.