

82 - THE PERSONAL TRAINER ON THE PERFORMANCE OF MUSCULATION PRACTITORS: A CASE STUDY

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INTRODUCTION

Personal Trainer is the Physical Education professional responsible for prescribing and monitoring personalized activities in order to serve each client in a specific way. Thus, it uses a methodology in its training program that seeks to improve performance and consequently provide the best results (FREITAS, 2018).

In Brazil, according to Resolution No. 046, 2002, of the Federal Council of Physical Education, who wants to be a Personal Trainer, as a prerequisite must be graduated Bachelor of Physical Education (DE LIMA et al., 2019).

The Physical Education professional has been standing out and gaining more space every day that goes through acting in various modalities, serving clients safely and exclusively in the most diverse environments such as gyms, hotels, squares and waterfronts. (DE SOUSA, 2016).

Personalized training arrived in Brazil around the 1980s, but its breakthrough came in the 1990s, due to widespread media coverage of the scientific progress on the importance of systematized and personal trainer-oriented exercise (ROCHA., 2018).).

The role of the personal for developing the activities based on a particular program, respecting the limitations of his client and being able to provide adequate conditioning, whether in search of aesthetics, training or health maintenance (DOMINGUES FILHO, 2015) is of great contribution.

Knowing the benefits of exercise and the importance of performing them correctly to obtain results, this study aimed to verify the influence that Personal Trainer has on improving the performance of a bodybuilder.

This work is of great academic relevance, as it aims to verify the influence that Personal Trainer provides to a bodybuilder of Studio Personal Eliana Kubitichek in the city of Caicó-RN, in relation to his performance, contributing to research directed to performance and practice of bodybuilding.

The cross-sectional and qualitative study involved the participation of a 34-year-old male subject who participated in an elaborate bodybuilding training program capable of intervening in the variables flexibility, muscle strength, localized abdominal and pectoral muscular endurance and cardio respiratory capacity.

For data collection, a physical assessment was performed before and after to analyze and compare the data acquired in the measurements of perimeters, BMI, skin folds and physical tests such as the sit and reach test (Wells Bank), muscle strength test in the abdomen, localized abdominal and pectoral muscle endurance test, and the max. Individual records were also made in the evaluation and reassessment for possible comparisons.

Individualized training was performed over a period of 3 months, with weekly frequency of 3 days, in order to verify the influence of Personal Trainer on the practitioner's performance. The training was based on the practice of bodybuilding and the method used was the circuit.

Data were tabulated and analyzed using descriptive statistics. After applying the normality test (Shapiro-Wilk- SPSS 2019 program), the paired t-test was used to make comparisons between training periods, in order to highlight the differences between the means of these periods.

RESULTS AND DISCUSSION

The research participant is a trained male, very active in relation to the practice of physical exercises. He is a bodybuilder 3 times a week, and in his free time amateur athlete of soccer and outdoor activities such as running. The search for individualized / personalized follow-up was due to the search for more specific goals that the practitioner could not achieve in collective practices.

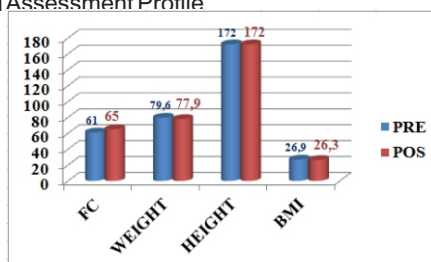
According to the individual's report, he always claimed to feel at a disadvantage when the practice is collective, because his physical fitness is at a higher level compared to other practitioners.

Training for him was always very easy, which made it disadvantageous to emphasize the practice. Thus, the attention of the professional who performs the follow-up to the group did not happen satisfactorily and it was from there that the practitioner opted for a service with individualized follow-up with Personal Trainer.

Initially a physical assessment was performed and at a time after the training period, a reevaluation was performed to verify the research results.

With regard to the initial physical evaluation for data identification, the following results were obtained: The initial heart rate is 61bpm, the reevaluation increased to 65bpm, the body weight was reduced by 1.7kg, the height was maintained and with regard to BMI, it was observed that there was a decrease in Body Mass Index from 26.9 to 26.3, which is equivalent to 0.06 in BMI improvement.

Graph 1: Pre and Post Physical Assessment Profile



Regarding the perimeters, it was possible to observe that most of the measured measurements suffered alterations in the post-training evaluation moment. The perimeters that obtained the most significant reduction were the iliac waist with 2.2 cm reduction, intermediate waist with 2.5 cm reduction, 2.6 cm mesosternal trunk, 3.0 cm bust, reduced area xiphoid at 2.1 cm, while the hip perimeter remained.

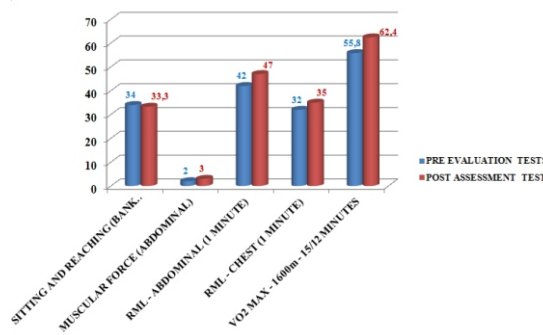
It was also noticed that the measurements of lower and upper limbs even measured at the pre-training moment already presented divergent values, which leads us to observe the individual with difference in the laterality of his body, and may be associated with the practice of soccer, in view of the use of more than one side of the body, which is the side with greater dexterity and motor capacity and that these measures decreased in some portions as is the case of both thighs in the proximal portion, decrease in the right and left forearms and increased right and left arm measurements when they are relaxed or contracted.

Graph 2: Perimeter of the Pre and Post Physical Evaluation

As for the physical tests performed it was possible to notice an increase in the level of performance in all tests except the sit and reach test (bench of Wells) measured in the pre and post training evaluation. In the maximum Vo2 test there was a reduction in the time the course was performed from 1,600m from 15 to 12 minutes, which resulted in increased oxygen consumption and better performance. We know that flexibility is an important component of basic physical fitness related to health and quality of life. Almost invariably we use the different types of stretching (active, passive, ballistic) to achieve the improvement of this physical capacity. Another form of exercise that brings the adjective of promoting flexibility is resistance exercise, which thanks to the eccentric phase of the movement allows the stretching of the agonist muscle cells. (SANTOS et al., 2018) In the maximum Vo2 test there was a reduction in the time the course was performed from 1,600m from 15 to 12 minutes, which resulted in increased oxygen consumption and better performance. Increasing emphasis on maintaining a healthy lifestyle leads people to seek exercise counseling with personal trainers, leading to improved physical performance (WARYASZ et al., 2016).

Regarding the Muscular Resistance Test located in the abdomen and chest, in both the practitioner obtained an increase in the number of executions during 1 minute, from 41 to 47 repetitions, and from 31 to 35 repetitions, respectively. With regard to muscle strength, the same has changed and increased less significantly. Strength training aims to improve muscle strength and hypertrophy. (RIBAS et al., 2017)

Graph 3: Physical Tests for Pre and Post Training Evaluation



With the regular practice of physical exercises under the influence of Personal Trainer, in addition to the client benefiting from the provision of a better service, it will enable the prescription, guide and better monitor the physical training applied in order to obtain results in the performance of the sport. performed (SANTOS et al., 2018).

CONCLUSION

The interest in the theme Personal Trainer Influence is related to the possibility of improving the performance of bodybuilders through occasional actions when developing physical exercises under guidance, thus influencing the physical and psychological aspects, thus contributing to obtain better results.

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THE PERSONAL TRAINER ON THE PERFORMANCE OF MUSCULATION PRACTITORS: A CASE STUDY ABSTRACT

The Physical Education Professional responsible for prescribing and monitoring personalized activities in order to serve each client in a specific way, using a methodology in their training program, capable of providing the best results is the Personal Trainer. This research was conducted before and after through a physical evaluation followed by individualized intervention over a period of 3 months, with a weekly frequency of 3 days, and reevaluation analyzing and comparing data obtained in the measurements of perimeters, BMI, skinfolds and physical tests as the sit and reach test (Wells Bank), abdominal muscle strength test, abdominal and pectoral muscular endurance test, and the VO2 max test. Individual records were also made in the evaluation and reassessment for possible comparisons. The results obtained assure the truth reported above, because the client obtained improvement in all evaluated items, despite being an athletic subject. Theoretical and practical foundations for excellence in practical application by Personal Trainers, generating subsidies to rationalize and verify which conduct is most effective with your student.

Keywords: Personal Trainer. Health. Intervention.

ENTRENADOR PERSONAL EN EL DESEMPEÑO DE LOS PRACTITORES DE MUSCULACIÓN: UN ESTUDIO DE CASO

RESUMEN

El Profesional de Educación Física responsable de prescribir y monitorear actividades personalizadas para servir a cada cliente de una manera específica, utilizando una metodología en su programa de capacitación, capaz de proporcionar los mejores resultados es el Entrenador Personal. Esta investigación se realizó antes y después a través de una evaluación física seguida de una intervención individualizada durante un período de 3 meses, con una frecuencia semanal de 3 días, y una reevaluación analizando y comparando los datos obtenidos en las mediciones de perímetros, IMC, pliegues cutáneos y pruebas físicas como la prueba de sentarse y alcanzar (Wells Bank), la prueba de fuerza muscular abdominal, la prueba de resistencia muscular abdominal y pectoral y la prueba de VO2 máx. También se hicieron registros individuales en la evaluación y reevaluación para posibles comparaciones. Los resultados obtenidos aseguran la verdad informada anteriormente, porque el cliente obtuvo una mejora en todos los elementos evaluados, a pesar de ser un sujeto atlético. Fundamentos teóricos y prácticos para la excelencia en la aplicación práctica de entrenadores personales, generando subsidios para racionalizar y verificar qué conducta es más efectiva con su estudiante.

Palabras clave: Entrenador personal. Salud Intervención

FORMATEUR PERSONNEL DANS LA PERFORMANCE DES ACTEURS DE LA MUSCULATION: UNE ÉTUDE DE CAS

RESUME

Le professionnel de l'éducation physique chargé de prescrire et de surveiller des activités personnalisées afin de servir chaque client de manière spécifique, en utilisant une méthodologie dans son programme de formation, capable de fournir les meilleurs résultats, est le Personal Trainer. Cette recherche a été menée avant et après une évaluation physique suivie d'une intervention individuelle sur une période de 3 mois, avec une fréquence hebdomadaire de 3 jours, et d'une réévaluation analysant et comparant les données obtenues lors de mesures de périmètres, de BMI, de plis cutanés et de tests physiques. Le test d'assise et d'atteinte (Wells Bank), le test de force musculaire abdominale, le test d'endurance musculaire abdominale et pectorale et le test VO2 max. Des enregistrements individuels ont également été réalisés lors de l'évaluation et une réévaluation en vue de comparaisons possibles. Les résultats obtenus assurent la vérité rapportée ci-dessus, car le client a obtenu une amélioration de tous les éléments évalués, bien qu'il soit un sujet sportif. Bases théoriques et pratiques de l'excellence dans l'application pratique des entraîneurs personnels, générant des subventions pour rationaliser et vérifier le comportement le plus efficace avec votre élève.

Mots-clés: Entraîneur personnel. Santé, intervention

O PERSONAL TRAINER NO DESEMPENHO DE PRATICANTES DE MUSCULAÇÃO: UM ESTUDO DE CASO RESUMO

O Profissional de Educação Física responsável pela prescrição e acompanhamento das atividades personalizadas a fim de atender cada cliente de forma específica, utilizando uma metodologia em seu programa de treinamento, capaz de proporcionar os melhores resultados é o Personal Trainer. Essa pesquisa foi realizada pré e posteriormente através de uma avaliação física seguida de intervenção individualizada durante um período de 3 meses, com frequência semanal de 3 dias, e reavaliação analisando e comparando dados obtidos nas medidas de perímetros, IMC, dobras cutâneas e testes físicos como o teste de sentar e alcançar (Banco de Wells), teste de força muscular no abdômen, teste de Resistência Muscular Localizada abdominal e peitoral e o teste do VO2 máx. Também foram feitos registros do indivíduo na avaliação e reavaliação para possíveis comparações. Os resultados obtidos asseguram a veracidade acima relatada, pois o cliente obteve melhora em todos os itens avaliados, apesar de se tratar de sujeito atlético. Fundamentos teórico-práticos para a excelência na aplicação prática pelos Personal Trainer, gerando subsídios para racionalizar e verificar qual conduta é mais efetiva para com o seu aluno.

Palavras-chave: Personal Trainer. Saúde. Intervenção