

48 - LEVEL OF MOTIVATION AND SATISFACTION IN PRACTITIONERS SPINNING

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INTRODUCTION

This research was directed to detect the level of motivation and satisfaction of practitioners Spinning® (indoor cycling) at a gym in Maceió-AL. Where we could see what actually leads to this quest for many students, which grows every day on proposals to reduce the fat percentage, cardiorespiratory fitness, improves muscle strength and wellness.

Given that the practice of Spinning® there are no boundaries for those who want to pursue it, except medical restrictions that make it impossible to practice the same continuous movement of the ride.

The class is taught with a whole plan, respecting the particularities of each student in this classroom, one group of men, women, athletes, not athletes, youth, adults and people with some special features (and not deprive them practice). The Spinning® class follows a pattern of planning where we will have some variations in heart rate, movements, developments on the bike, or ride in a standing, sitting, fast, heavy, moderate, recovery and peaceful revolution. It is correct to say that the Indoor Cycling classes are a perfect fit in the concept of interval training, using different training methods of aerobic and anaerobic. Preparation of a Spinning® class follows a thread that goes from the assembly of songs, adjust your bike for each individual student, general and specific stretches for the major muscles used in your pedaling motion, concentration, and finally back calm.

During the periodization of training is the primary objective, it is important that each student should have to recognize their own limits, which aims to train, how far your body can safely reach. This work seriously well-designed, safety physiologically speaking leads each student to believe and trust the training, then kill them motivated to pursue the practice of Spinning® not only as an exercise, but as a considerable improvement in his general fitness, muscle strength of lower limbs, quality of life and well being. One characteristic of this class is your heart monitor, which gives us a security need to work as the particularity of each student. The motivational work of each individual can be accomplished without great difficulty, taking into account the field of sport by ministering and having the prerequisite for teaching and insight to understand the class that works, respecting the individuality and particularity pupils.

Spinning® provides us a real range of items, but the different objectives to be achieved by working the initiation of a good aerobic base and muscular capacity able to practice any sports.

William E. Garrett Jr says the bike is used as aerobic exercise where the primary focus is on comfort, safety and ability to adjust the resistance to accommodate a wide range of individual requirements. Since seasonal bicycle ergometer. It is commonly used as a form of aerobic exercise for weight loss and cardiac rehabilitation, in which the rider can often be in a tilted position. (GARRETT, 2003. Pg 547) It is safe to say that the poor technique of riding, training, excessive increase (alleged land inclines), excessive mileage in early season, use of large marches in small revolutions per minute incorrect size of the bike and pedaling bad alignments, will certainly to increase the risk of injury in cycling. It is known however that the evolution of the kinetics of the lower extremities at the level of intersegmental dynamics, "sharing the load" between the segments (thigh, leg and foot) and the presence of the cycle of stretch-shortening in many muscles of the lower extremities, say to be more important for the metabolic and physiological function of muscle and not its mechanical production. (GARRETT, 2003. Page 569).

General Purpose Detect individually as is the motivation and satisfaction in beginning students and experienced and what keeps them motivated and happy to continue the practice of Spinning®.

METHODOLOGY

Questionnaires were given to a group of 60 people in the study, where we had men and women. The approach of the questionnaire was through open questions and multiple choice. Study is qualitative, based on studies from the use of questionnaires for the sport being studied.

Second Demo 2000, a qualitative approach is made through participatory research, action research, oral history, surveys of open questionnaires or directly recorded, group analysis, which, as we are home enough heterogeneous horizons. Qualitative research or do justice to the complexity of reality, bowing before her.

Laville and Dionne 1999, says that the qualitative approach is one that preserves the literal form of data, ie the researcher is connected to the nuances of meaning that exist between units, the logical links between units or between the categories together, since that the meaning of a content resides largely in the specificity of each of its elements and relations between them, specificity that often escapes the domain of the measure.

This is a field which were administered to students of the Academy® Spinning Top Fitness Maceió-AL where the researcher minister their classes. We plotted the questionnaires to 60 students who were willing to cooperate with our research, and before these results can lift the title in the objective and subjective questions of each oque involves motivation and satisfaction of each student.

The way the questionnaire was applied, followed so that during the four weeks of observation of the researcher, at the end of each lesson the (researcher) randomly chose 02 students of whom were part of the group in research and the questionnaire was applied when the end class, while maintaining the individuality of each examinee, but leaving them free to discuss with the teacher in particular on the response, that is, without any interference from the teacher for your reply.

This led students to attend the Spinning® in general was the quest for improved fitness, work and muscular endurance and great calorie burning due to the intensity of the class. The (students) define it as a great exercise for the lower limbs, as regards the definition of musculature and physical performance.

There is a variety in student attendance, mostly already take classes with a time of about 03 years and with the frequency of 3 sessions per week. According to data collected in the questionnaires the majority of respondents say that what keeps them loyal classes is the search for an improvement in fitness, fun, a quality of life and affinity with the teacher. Students reported in their responses questioned the importance of the relationship between teacher and student correlating their motivation, ie mentioning the attention of the teacher for each one of them, the incentive given by the same title to keep them

satisfied with the development of class.

With respect to concentration at school or "body and mind," they (students) say that must be focused in order to sync all during class, so this way there is satisfaction and well-being. This is the concentration as a kind of support for the body to overcome stress proposed by exercise and achieving the goal of the class.

It was stated in the questionnaires that have a sound mind, your body will therefore be in harmony with our minds, and the teacher can have a direct relation with this, turning the classroom motivating, stimulating and encouraging his students to overcome their own barriers. Students ensure that the motivation of a class is solely and exclusively linked to the professionalism and competence of the teacher who teaches it.

The ratio of "body and mind," is nothing more than the cornerstone of any physical activity that you can run and have a good recovery, knowing that when you have no concentration field of the main reactions that come into your body, and thus to work them and improve them evenly in terms of goals to meet.

CONCLUSION

We conclude that this study only came to add to our collection academic, since there are many contributions in the case of Indoor Cycling "Spinning®" for those interested. We realize that some of the students to practice before the Spinning®, seeking to know better what it is this practice and failing to understand the teachers to seek further clarification and then attend classes.

Soon it becomes clear how important this is theoretical material available for those interested in the sport and are attracted by the practice of Spinning®, with all the security of choice, the benefits that aims to achieve the satisfaction gained by a reason to be guided by certain motivated by internal forces or impulses that saceiam a desire for a better quality of life and is the main reason to determine the motivation and personal satisfaction of each student in the sense of well-being and pleasure.

We clarify the physiological and metabolic benefits attained in a Spinning® class care to be taken to avoid possible injury and that anyone can practice this class, unless there is some medical restrição. Because the Spinning® classes are taught by professionals who seek only the welfare of their students and always appreciate their physical integrity by keeping them motivated and satisfied with their own performance and goals achieved during the same.

According to all that has been researched and spoken, we can say that it's real motivation and satisfaction obtained by the students of Spinning® It is critical that before any physical activity, is observed the physical fitness of each one and considered the voice of his body when it warns that it is time to stop, even the athletes because the body is seen as a machine where that without proper maintenance will not have the expected return and obviously will not reach your personal satisfaction.

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LEVEL OF MOTIVATION AND SATISFACTION IN PRACTITIONERS SPINNING®

ABSTRACT

This study aimed to detect individually as is the motivation and satisfaction in beginning students and experienced and what keeps them motivated and happy to continue the practice of Spinning®. This is a field which were administered to students of the Academy® Spinning Top Fitness Maceió-AL where the researcher minister their classes. We plotted the questionnaires to 60 students who were willing to cooperate with our research. We can conclude that this relationship between body and mind, "is nothing more than the cornerstone of any physical activity that you can run and have a good recovery, knowing that when you have no concentration field of the main reactions that come into your body can thus work them and improve them evenly in terms of goals to meet. Soon it becomes clear how important this is theoretical material available for those interested in the sport and are attracted by the practice of Spinning®, with all the security of choice, the benefits that aims to achieve the satisfaction gained by a reason to be guided by certain motivated by internal forces or impulses that saceiam a desire for a better quality of life and is the main reason to determine the motivation and personal satisfaction of each student in the sense of well-being and pleasure.

KEYWORDS: Motivation, Satisfaction and Spinning

NIVEAU DE MOTIVATION ET DE SATISFACTION DANS PRATICIENS SPINNING

SOMMAIRE

Cette étude visait à détecter individuellement est que la motivation et la satisfaction dans les étudiants débutants et expérimentés et ce qui les garde motivés et heureux de poursuivre la pratique de Spinning®. Il s'agit d'un domaine qui ont été administrés aux élèves de l'Académie Spinning® Top Fitness Maceió-AL, où le ministre chercheur leurs classes. Nous avons tracé les questionnaires aux 60 étudiants qui étaient disposés à coopérer avec nos recherches. Nous pouvons en conclure que

cette relation entre le corps et l'esprit, «n'est rien de plus que la pierre angulaire de toute activité physique que vous pouvez exécuter et avoir une bonne récupération, sachant que quand vous n'avez pas de champ de concentration des principales réactions qui entrent dans votre corps peut par conséquent leur travail et d'améliorer de manière égale en termes d'objectifs à rencontrer. Bientôt, il apparaît clairement combien cela est important matériel disponible théorique pour ceux qui s'intéressent au sport et qui sont attirés par la pratique de Spinning®, avec toute la sécurité de son choix, les avantages qui vise à obtenir la satisfaction acquise par un la raison d'être guidé par certains motivés par des forces internes ou des impulsions que le désir saceiam pour une meilleure qualité de vie et c'est la raison principale pour déterminer la motivation et la satisfaction personnelle de chaque élève dans le sentiment de bien-être et plaisir.

MOTS-CLÉS: motivation, la satisfaction et Spinning®

NIVEL DE MOTIVACIÓN Y SATISFACCIÓN EN PRACTICANTES SPINNING®

RESUMEN

El objetivo del estudio para detectar individualmente como es la motivación y la satisfacción de los estudiantes principiantes y experimentados, y lo mantiene motivado y feliz de continuar la práctica de Spinning®. Este es un campo que se aplica a los alumnos de la Academia® Top Spinning Gimnasio Maceió-AL, donde el ministro investigador de sus clases. Graficamos los cuestionarios a 60 estudiantes que estaban dispuestos a cooperar con nuestra investigación. Podemos concluir que esta relación entre el cuerpo y la mente, "no es más que la piedra angular de cualquier actividad física que se puede ejecutar y tener una buena recuperación, sabiendo que cuando no tiene campo de concentración de las principales reacciones que entran en su cuerpo por lo tanto pueden trabajar y mejorar la forma uniforme en términos de metas a cumplir. Pronto queda claro lo importante que es el material teórico disponible para los interesados en el deporte y se sienten atraídos por la práctica de Spinning®, con toda la seguridad de la elección, los beneficios que tiene como objetivo lograr la satisfacción obtenida por un razón de ser guiadas por ciertos motivos por fuerzas internas o impulsos que el deseo saceiam para una mejor calidad de vida y es la razón principal para determinar la motivación y la satisfacción personal de cada alumno en el sentido de bienestar y placer.

PALABRAS CLAVE: motivación, la satisfacción y de Spinning®

NÍVEL DE MOTIVAÇÃO E SATISFAÇÃO EM PRATICANTES DE SPINNING®

RESUMO

Essa pesquisa teve como objetivo detectar individualmente como acontece a motivação e satisfação nos alunos iniciantes e experientes e o que os mantém motivados e satisfeitos a continuarem na prática do Spinning®. Trata-se de uma pesquisa de campo onde foram aplicados questionários aos alunos de Spinning® da academia Top Fitness Maceió-AL onde o pesquisador ministra suas aulas. Foram tabulados os questionários aplicados aos 60 alunos que se dispuseram a colaborar com nossa pesquisa. Podemos concluir que a relação "corpo e mente", nada mais é que a peça fundamental de qualquer atividade física, que se possa executar e ter um bom aproveitamento, sabendo que quando existe concentração você tem o domínio das principais reações que ocorrem em seu corpo, podendo assim trabalhá-las melhorando-as de forma uniforme em função de objetivos a se satisfazer. Logo torna-se claro o quanto será importante este material teórico, disponível para os que se interessam pela modalidade e sentem-se atraídos pela prática do Spinning®, tendo toda a segurança de escolha, os benefícios que almejam atingir, a satisfação conquistada por um motivo a ser guiado pela motivação determinada por forças internas ou impulsos que saceiam um desejo de uma melhor qualidade de vida, sendo o principal motivo a se determinar a motivação e satisfação pessoal de cada aluno, no sentido de bem-estar e prazer.

PALAVRAS-CHAVE: Motivação, Satisfação e Spinning®

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