

56 - CHARACTERISTICS ANTHROPOMETRICS AND OF PHYSICAL FITNESS OF ATHLETES OF FEMALE FUTSAL OF THE CITY MANAUS

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INTRODUCTION

For physical condition understands each other the state of consequent physiologic balance of a preparation organic, muscular, and to articulate that are in function of a certain sporting specialty (BARBANTI, 1997). That preparation is given by the physical training that is essential for athletes and sporting teams that dispute competitions of high level or even in inferior levels and that want to obtain satisfactory results inside of the same ones. Among the aspects technician, tactical and physical, this last one is inside with certainty the slope of larger evolution of the sport, turning the success in this segment every time efficient and that it equals several teams.

The futsal is characterized as a modality sporting acyclic of actions no uniforms, with intermittent characteristics of short duration and high intensity, with high so much number of repetitions with the ball as without. These characteristics do with that the game demands an alternation between efforts and periods of low intensity, doing with that a great difficulty exists of to define clearly which the participation executes of each system during a departure (FERREIRA, 1999).

The female team selected as sample of this investigation is considered the best team of the north and northeast of the country, in the national ranking, she is in the 6^o placement, result this quite expressive one for the area. With seven state titles the Nest of Eagles collects in the last five years a 4^o lugar and two 3^o places in the Taça Brasil of Clubs.

In this sense, we tried to describe the characteristics anthropometrics and of the athletes' of futsal of the team Nest of Eagles of the city of Manaus physical fitness in the state of Amazon in the year of 2009.

METHODOLOGY

This study is characterized of the descriptive-exploratory type, once it demarcates characteristics or it accomplishes the line of the profile of a die group. They participated in the study 14 athletes female futsal apprentices with medium age 18,5 years old, the same ones were subject to measured anthropometrics and tests of motor acting for determination of the physical fitness related to the sporting income.

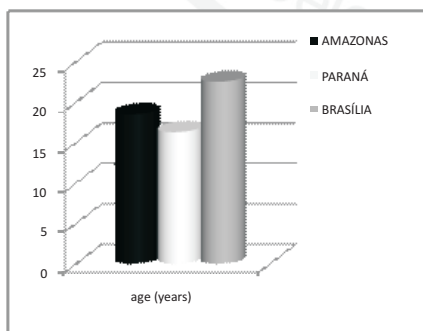
The tests for determination of the motor performance used were: modified sit-up test; medicine ball 2kg test; long jump test; jump test; 4m x 4m square test; 40 seconds run test; 12 minutes run/walk test.

For determination of the statistical treatment we used the software SPSS version 11.0 with support of the Department of Statistics of the Federal University of Amazon. She opted for the technique of exploratory descriptive analysis, where the following variables were considered: average values, maximum value and minimum value, and deviation pattern.

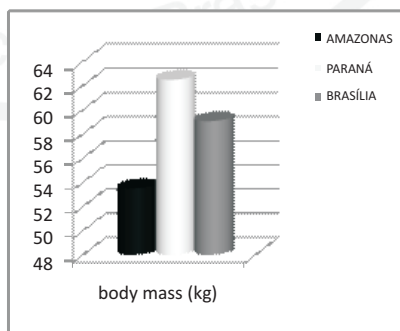
RESULTS AND DISCUSSION

In relation to age group of the sample we verified that the average is of 18,5 years of age with low of 14 and 30 year-old maxim. Therefore a great difference is verified between the athletes and representation of different categories, in the case, sub-15, sub-17, sub-20 and adult. Levandoski et al in study with the same line, in Ponta Thick-PR's city, obtained 16,2 year-old average, while Queiroga et al presented in study with athletes of futsal of the X Hits Brazil of Clubs medium of 22,5 year-old age (Graph 1).

For the body mass the found results were medium of 53,5kg; low of 45,1kg and maxim of 61,6kg. Levandoski et al, presented average of 62kg showing, and Queiroga et al in 2001 obtained average of 59kg. The found results evidence difference of corporal mass, demonstrating that the athletes of Amazon are lighter in relation to the comparison study (Graph 2).



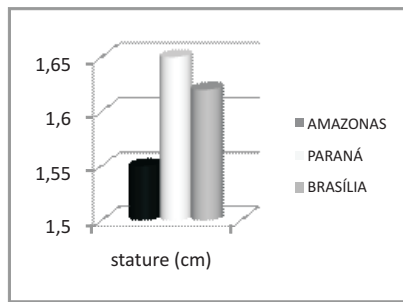
Graph 1: Average of age (years) of the athletes of futsal of Amazon, Paraná and Brasília.



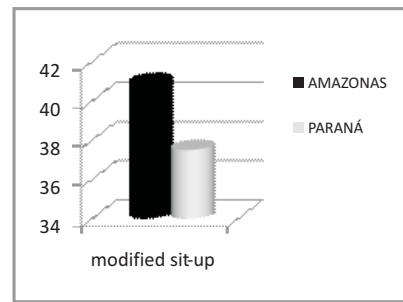
Graph 2: Average of body mass (Kg) of the athletes of futsal of Amazon, Paraná and Brasília

As the stature, the athletes of Amazon presented average of 1,55 meters; low of 1,47 meters and maxim of 1,64 meters. Levandoski et al identified average of 1,65 meters for the athletes of Paraná, and Queiroga et al. average 1,62 meters for the athletes of Brasília. This way, the results evidence that the athletes of Amazon are shorter than the athletes of other areas (Graph 3).

In the evaluation of the abdominal force Levandoski et al. He/she found values of average of 37,5 repetitions. In our study the average of repetitions found was of 40,9 repetitions (Graph 4).



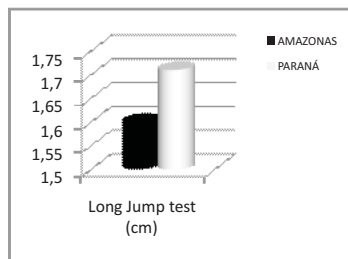
Graph 3: Stature average (cm) of the athletes of futsal of Amazon, Paraná and Brasília



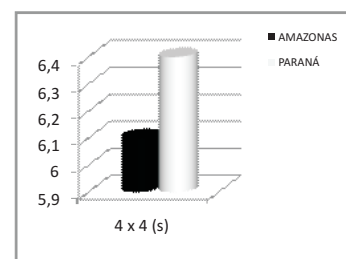
Graph 4: Modified sit-up test average of the athletes futsal Amazonas, Paraná e Brasília

The long jump test had average of 160 centimeters, while the vertical 39,4 centimeters. The smallest acting belonged to 137,5 centimeters and the largest of 179,8 centimeters. Levandoski et al found in the jump horizontal average of 171centímetros. Values above 159 centimeters are considered "good" for girls above the 17 years. The absence of indicators, for a larger age group, and of studies with the variable of vertical jump hinders a better interpretation of that variable (Graph 5).

In the test of the square used for evaluation of the agility the acting average obtained was of 6,1segundos. "Very good" it is represented by values below the 6 seconds, like this being, as athletes that capacity should be more. Levandoski et al in same test obtained

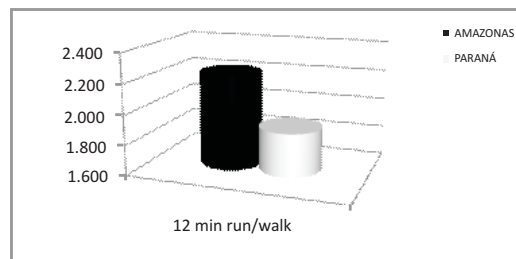


Graph 5: Long jump test average (cm) of the athletes futsal Amazonas, Paraná e Brasília



Graph 6: 4 x 4 square test (s) average of the athletes futsal Amazonas, Paraná e Brasília.

As the run/walk of 12 minutes the acting of our sample obtained average of 2.231,1metros that is considered according to indicators "Good". Tends as better result 2.379 meters and about smaller 2.026 meters. The study of Levandoski et al in this variable presented the average 1.888,9 meters. This way the athletes of this sample came best conditioned physically for capacity motive resistance aerobics (Graph 7).



Graph 7: 12 min. run/walk test (m) average of the athletes futsal Amazonas, Paraná e Brasília.

In the tests of release of the medicine ball the average reached by our sample was of 303 centimeters. In the race of speed of 30 meters the participants' medium time was of 4,8segundos, where, 4,39 seconds it was the best result and the time maximum 6,13 seconds. Already in the race of 40 seconds the found medium result was of 225,1 traveled meters. For lack of studies with tests and similar sample no there is as to compare and to analyze the physical condition of this group with studies of same line (Table 1).

| | LMB | 30m run test | 40" run test |
|------|------|--------------|--------------|
| N | 14 | 14 | 8 |
| X | 3,03 | 4,80 | 225,12 |
| Dp | 0,92 | 0,42 | 10,74 |
| Min. | ,00 | 4,39 | 212,00 |
| Max | 3,78 | 6,13 | 245,00 |

CONCLUSIONS

The results obtained in this study show that there is a great similarity in the physical fitness profiles among the athletes of this sample and of the studies with same line selected for comparison.

As the observed differences, they show that the participants of this study present better physical conditions for capacities motive aerobics and anaerobic.

In the tests of force for inferior members our sample obtained results below the comparison studies, evidencing like this the need to intensify the trainings of the capacity motive force and their variables.

When we analyzed the abdominal muscular resistance verified that the participants of this study present a better acting.

The lack of studies with same line hinders the comparison and analysis of the variables in it works.

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ABSTRACT

This work had as objective determines the profile anthropometric and of athletes' of the team of futsal female Nest of Eagles of the city of Manaus physical fitness. 14 girls were analyzed with average of 18,5 years of age of the. The applied tests were modified sit-up test, jump test, long jump test, release medicine ball, square 4x 4m, 30m run test, 40 seconds run test and 12 minutes run/walk test. The average of the obtained corporal weight was of 53,5kg. Medium Stature of 1,55 meters. Resistance abdominal average of 40,9 repetitions per minute. Long jump test with average 160 cm, while the vertical 39,4cm. In the agility test the acting average obtained was of 6,1segundos. In the run/walk of 12 minutes the found average was of 2.231,1m . in the tests of release of the medicine Ball the reached average was of 303 cm. In the race of speed of 30 meters the medium time was of 4,8 seconds. The race of 40 seconds presented as average 225,1 traveled meters. The lack of studies with same line suggests that investigations are accomplished, in the sense of identifying the players' profile and level of motor acting for prescription and orientation of the training.

WORDS - KEY: female futsal, physical fitness.

RÉSUMÉ

Ce travail eu comme objectif détermine le profil anthropométrique et d'athlètes de l'équipe de futsal Nid féminin d'Aigles de la ville de mise en forme de Manaus. 14 filles ont été analysées avec moyenne de 18,5 années d'âge du. Les épreuves appliquées étaient abdominales modifié, je saute vertical, je saute horizontal, balle de la médecine de la parution, rendez carré, course de 30 mètres, course de 40 secondes et run/walk de 12 minutes. La moyenne du poids corporel obtenu était de 53,5kg. Taille Moyenne de 1,55 mètres. Résistance moyenne abdominale de 40,9 répétitions par minute. Je saute horizontal avec moyenne 160 centimètre, pendant que le vertical 39,4cm. Dans l'épreuve de l'agilité la moyenne provisoire obtenue était de 6,1segundos. Dans le run/walk de 12 minutes la moyenne trouvé était de 2.231,1m. dans les épreuves de parution de la Balle de la médecine la moyenne atteinte était de 303 centimètre. Dans la course de vitesse de 30 mètres le temps moyen était de 4,8 secondes. La course de 40 secondes a présenté comme moyenne 225,1 mètres voyagés. Le manque d'études avec même ligne suggère que les enquêtes sont accomplies, dans le sens d'identifier le profil des joueurs et niveau de moteur qui agit pour prescription et orientation de la formation.

MOTS - CLEF: futsal féminin, mise en forme.

EL RESUMEN

Este trabajo tenido como el objetivo determina el anthropometric del perfil y de atletas del equipo de futsal el Nido hembra de Águilas de la ciudad de salud de Manaus. se analizaron 14 muchachas con el promedio de 18,5 años de edad del. Las pruebas aplicadas eran abdominales modificado, yo salto vertical, yo salto horizontal, la pelota de medicina de descargo, el cuadrado, la raza de 30 metros, la raza de 40 segundos y run/walk de 12 minutos. El promedio del peso corpóreo obtenido era de 53,5kg. la Estatura Elemento de 1,55 metros. La resistencia el promedio abdominal de 40,9 repeticiones por minuto. Yo salto horizontal con el promedio 160 centimetro, mientras el vertical 39,4cm. En la prueba de agilidad el promedio suplente obtenido era de 6,1segundos. En el run/walk de 12 minutos el promedio encontró era de 2.231,1m. en las pruebas de descargo de la Pelota de la medicina el promedio alcanzado era de 303 cm. En la raza de velocidad de 30 metros que el tiempo elemento era de 4,8 segundos. La raza de 40 segundos presentó como el promedio 225,1 metros viajados. La falta de estudios con la misma línea sugiere que las investigaciones sean cumplidas, en el sentido de identificar el perfil de los jugadores y nivel de motor que actúa para la prescripción y orientación del entrenamiento.

LAS PALABRAS - LA LLAVE: el futsal hembra, la salud.

RESUMO

Este trabalho teve como objetivo determinar o perfil antropométrico e de aptidão física de atletas da equipe de futsal feminino Ninho de Águilas da cidade de Manaus. Foram analisadas 14 meninas com média de 18,5 anos de idade das. Os testes aplicados foram abdominal modificado, salto vertical, salto horizontal, lançamento medicine ball, quadrado, corrida de 30 metros, corrida de 40 segundos e corrida/caminhada de 12 minutos. A média do peso corporal obtida foi de 53,5kg. Estatura média de 1,55 metros. Resistência abdominal média de 40,9 repetições por minuto. Salto horizontal com média 160 cm, enquanto o vertical 39,4cm. No teste de agilidade a média de desempenho obtida foi de 6,1segundos. Na corrida/caminhada de 12 minutos a média encontrada foi de 2.231,1metros. Nos testes de lançamento do medicine Ball a média alcançada foi de 303 cm. Na corrida de velocidade de 30 metros o tempo médio foi de 4,8 segundos. A corrida de 40 segundos apresentou como média 225,1 metros percorridos. A carência de estudos com mesmo delineamento sugere que investigações sejam realizadas, no sentido de identificar o perfil de jogadoras e nível de desempenho motor para prescrição e orientação do treino.

PALAVRAS- CHAVES: futsal feminino, aptidão física.

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