63 - EPIDEMIOLOGY AND HEALTH: DESCRIPTIVE ANALYSIS OF THE LIFESTYLE AND (EV) LEVELS OF HABITUAL (NAFH) PHYSICAL ACTIVITY OF ACADEMICS OF PHYSICAL EDUCATION, CE, BRASIL

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INTRODUCTION

The healthy and positive lifestyle depends on factors of order fenotípicas and genotípicas that determine the individual corporal model and, consequently, possible risks that commit to the health, and that can be associated with the form as the people see each other. In the academical age a robbed style prevails of living and the relationship with the body, a lot of times influenced by corporal models extolled already as ideal, that they almost always commit the understanding of each person's development that depends on alimentary habits, of practice physical, social, among other, adopted by each one. Save (2005), studying the level of importance and the interests data to the practice of the physical activity for students of the nine nursing degree courses, physical education, biology, pedagogy, dances, music, history, mathematics and computation, of the state University of Campinas, that stops a varied number of students of every country, found that 89% of the Students of Physical education are that you/they practiced satisfactory physical exercises, trës weekly times, for at least 30 minutes.

The aspects considered for this practice were: he/she combats to the stress, to maintain the physical conditioning, aesthetics, socialization, health, life quality, last, leisure and earnings or maintenance of the muscular hipertrofia. The soccer, muscular activity, physical conditioning, race and the located gymnastics were the activities more sought. According to Nahas (2001, pg. 11) the lifestyle corresponds to the group of habitual actions that reflect the attitudes, the values and the opportunities in the people's life. The active lifestyle went to be considered fundamental in the promotion of the health and reduction of the mortality by several causes. For most of the population, the largest risks for the health and the good to be it occurs of the own individual behavior, resultant so much of the information and the person's will, as well as of the opportunities and present social barriers.

The action exercised by the physical activity about the people's health and of the populations it is being studied in the last times, above all with base in two basic objectives: on one side, to express his/her influence on the morbi-mortality patterns for, to proceed, to formulate programs that, recommending his/her systematic adoption, seek to improve the well-being and, consequently, the life (MENOTTI, 1992) quality. The levels of physical activity, physical fitness and other characteristics modified in the lifestyle can influence in the risk of chronic diseases and premature (SURINAM CHERRY, 1998) death. The lifestyle is a very wide concept that includes the person as a whole and that exists many combined aspects to influence the individual health in all of the areas: Physics, Mental, Spiritual and Social. Changes in the lifestyle were able to, therefore, to promote better health and longevity. To promote active styles of life has not been easy. The physical activity is, simultaneously, a manifestation of the human behavior with determinant of biological and cultural order. (NAHAS, 2001, pg. 120). Therefore, to be active depends, in a way in general, of an interaction of factors personal, psychological and environmental.

In this perspective, the subject sifts of this study is: will it be that the levels of habitual physical activity and students' of the course of Physical education lifestyle, are professional futures, correlated and do they contemplate in the life (QV) quality? Mainly when it is individuals that are directly linked to information on the process of health-disease, understanding that this can intervene in sockets of decisions along his/her professional practice. Like this, the subjects investigated in this study are returned for: Which the levels of habitual physical activity? How does he/she come the lifestyle under five domains? Which the correlation among these levels?

I AIM AT GENERAL: To analyze the Lifestyle and (EV) the Level of academics' of the course of Physical education of the GRAPE Habitual (NAFH) Physical Activity.

METHODOLOGY:

Characterization of the research: the research is characterized as being traverse, of field, with data primary, quantitative and of descriptive character.

Population and Sample: The universe consisted of academical individuals. The sample was composed of 42 people, academics of the course of Physical education of the University are Worth of Acaraú (GRAPE).

I score for collection of data: It was used two questionnaires, of Habitual Physical Activity translated of Russel R. Pâté and mentioned in Nahas (2001) that obeys her/it a scale of inactive (INA) (0-5pts), moderately assets (MILL) (6-11pts), assets (ATTN) (12-20), very assets (MA) (21 or more pts.) for the variables related to the habits of physical practice and of the Profile of the Lifestyle proposed by Nahas, M.V; Barros, M.V. G and Fracalacci, V.L. (2000) which includes five components related to the lifestyle: nutrition, physical activity, social relationship, preventive behavior and control of the stress where each component presents 3 (three) subjects, that there is a punctuation in scale form for each answer, of zero (0) to three (3) points. And, the scores zero (0) and one (1) indicates risk behavior the health.

Procedures for collection of the data: Firstly they were given to the academics the terms of free and illustrious (TCLE) consent, because in the development of the study the ethical aspects of the research were considered in human beings, in what it concerns the respect the person, the charity and the justice, among other, extolled by National Council of Health (CNS), through the Resolution 196/96 (BRAZIL. M.S., 1996). In the encounter it was explained the objective of the research individually and soon afterwards it was waited that the academic answered the questionnaires. The first was it of level of habitual physical activity and the second was it of lifestyle.

I glide Analytical: The database was accomplished by the statistical package Statistical Package goes Science Social (SPSS) version 13.0 goes windows, for retreat of the descriptive statistics of average, maximum and minimum. To prove the distribution of the normality of the data the test of a sample of Kolmogorov-Smirnov (K-S) it was used, test "t" of Student for sample matched, correlation coefficient "r" of Pearson and level of significância of 5%.

RESULTS AND DISCUSSION

The test of Kolmogorov-Smirnov for a sample curves of normalities didn't find significância for the domains Nutrition

p=0 ,200, Activity Physical p=0 ,436, Behavior preventive p=0 ,307, Relationship p=0 ,209 Control of Stress p=0 ,107, scores of NAFH p = 0,332 and Score of EV of p = 0,455 indicating normal distribution of the data, however no-parametric statistics was used.

The studies of Grisa and Madureira (2005), with the purpose of knowing the 37 professionals' of health of Marechal Cändido Rondon lifestyle, found that these demonstrated negative profile for the components of physical activity, being concluded this way that these groups should be guided and helped to look for alternatives to improve that undesirable behaviors that are part of their routines, because this affects the health and the good to be. The research here developed found that the professional futures of the health, of the course of Physical education, presented an average of level of habitual physical activity that they classify them of moderately assets, they still stand out for they present 64,3% of assets. As for the lifestyle 61,9% they are in acceptable levels, average indicates a group also with acceptable lifestyle. The table 01 presents average values and standard deviation, maximum and minimum and test of Friedamn for significância of the domains of the Lifestyle. The table 02 presents descriptive statistics of percentile of frequency of the classification of EV.

The correlation came lowers r = -0,487 between the scores of NAFH and EV, and between the domain physical activity and control of the stress r = 0,611 considered of bass for moderate indicating association among these two domains indicating that the lifestyle is not directly at the levels of NAFH. This when he/she links to two instruments of subjective subjects quantified in scores. When the test of Friedman was applied was observed significant differences among the 5 domains (p=0 ,000), with average of rank of nutrition 2,46; physical activity 2,48; preventive behavior 2,87; relationship 4,30; control of stress 2,89.

TABLE 01: **Descriptive statistics of average values and standard deviation, maximum and minimum of EV (n=42)**

INS	Nut	AtFí	ComPrev	Relationship	Stress	Escore NAFH	Escore EV	Sig.
e D.P	4,85 ± 1,80	4,78 ± 2,29	5,52 ± 2,31	7,16 ± 1,80	5,26 ± 2,02	11,97	27,59	0,000*
um	1,00	0,00	0,00	0,00	0,00			
um	8,00	9,00	9,00	9,00	9,00			

*** p< 0,05 Significant e ** p>0,05 No Significant**

TABLE 02: **Descriptive statistics of percentile of frequency of the classification of EV (N=42)**

CLASSIFICATION	FREQUENCY	% VALID	% ACCUMULATED
VERY BAD	1	2,4	2,4
TO REGULATE	7	16,7	19,0
ACCEPTABLE	26	61,9	81,0
GOOD	7	16,7	97,6
VERY GOOD	1	2,4	100,0
TOTAL	42	100,0	

Santos (2005), studying the disposition executes of 140 academical students of Joinville, assets and inactive, he/she found a score of 46,35 + 7,1 pts in the instrument ISAF, characterizing favorable feelings for the superior physical activity to the of the North American students, meeting significant differences among assets and inactive and between men and women, although all present favorable feelings to the physical activity. Growing, Damico, Santos, Siqueira (2005) aiming at to study the men's (average of age 24,7anos) frequency and women (average of 23,5 year-old age) academical of the Course of Physical education of the Lutheran University of Brazil, Campus Canoas (ID), in relation to the habitual (NAFH) physical activities with translated questionnaire of habitual physical activity of Russel R. Pâté and mentioned in Nahas (2001), meeting that the masculine group was classified as inactive (2,4%), moderately assets (11,5%), assets (43,6%), very assets (42,5%), while for the inactive women they are 10,4%, moderately assets (23,3%), assets (39,6%), very assets (26,7%), being ended that the students men present percentile superiors to the criteria of assets classification, very assets and inactive in relation to the women, not happening for the moderately assets.

This study corroborates with the discoveries here in this research that presented average of 11,97 of levels of NAFH pts classifying them of moderately assets, 64,3% activate, 33,3% moderately assets and 2,4% inactive. The table 03 presents average values and standard deviation, maximum and minimum of NAFH.

TABLE 03: Descriptive statistics of average values and standard deviation, maximum and minimum of NAFH (N=42)

CLASSIFICATION	Frequency	% Valid	% Accumulated
INACTIVE	1	2,4	2,4
MODERATELY ASSETS	14	33,3	35,7
ACTIVE	27	64,3	100,0
TOTAL	42	100,0	

Studies of Sousa, Lima, André Jr, (2006) with Northeastern university students of the state of Ceará in the area of Cariri, found that the masculine group was classified as inactive (4,3%), moderately assets (17,4%), assets (26,1%), very assets (52,2%), while for the women he/she was not inactive, moderately assets (31,6%), assets (31,6%), very assets (36,8%), in other words, the students men present percentile superiors to the classification criteria of inactive and very assets in relation to the women. Happening that the studied women if they present in higher levels of activity physics than the men and of the academical women of the study of Crescent, Damico, Santos, Siqueira (2005). And the men came superiors to the classification criteria of inactive, moderately assets and very assets to the found by the masculine group of the study above mentioned.

Still in this perspective they were studies of Ferraz, Oliveira, Mendonça, et al (2003), verifying NAFH in 161 academical of the Course of Physical education of IBESA in Maceió, with average of age of 25,5+6,9anos, they found that 13% of inactive, 12% moderately assets, 29% assets and 46% very assets while in this study 2,4% of inactive, 23,8% moderately assets, 28,6% assets and 45,2% very assets, approaching well the levels of this study. He/she Whistles, Telles, Melo et al (2003) analyzing the levels of physical activity among professionals of the health, doctors, found 6,45% Inactive, 25,81% insufficiently assets, 51,6% assets, 16,13% very assets. These results are important for the work here developed, therefore it demonstrates that the results found in the students stay without many changes of habits when they enter in the professional life.

CONCLUSION

The study with base in the sample allowed to end that:

The lifestyle is considered (EV) acceptable and the classified level of habitual (NAFH) physical activity of moderately assets, and of the 5 analyzed domains the one of physical activity and nutrition are what more needs change, however there are no associations among the adopted habits, as much of lifestyle as of physical activity.

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EPIDEMIOLOGY AND HEALTH: DESCRIPTIVE ANALYSIS OF THE LIFESTYLE AND (EV) LEVELS OF HABITUAL (NAFH) PHYSICAL ACTIVITY OF ACADEMICS OF PHYSICAL EDUCATION, CE, BRASIL

SUMMARY

Introduction:A inactivity is one of the risk factors that contribute to the presence of individuals' chronic-degenerative diseases. The lifestyle and their habits in the daily determine favorable conditions of health and life quality. The **Objective** of this study is to analyze the lifestyle and (EV) the level of academics' of Physical education habitual (NAFH) physical activity. The **methodology** elapses of a study of field, traverse, with data primary, quantitative and of descriptive character, with sample stratified probabilística of 42 individuals, with average of age of academics' of the course of Physical education of the University 29,4+5,5 years it is Worth of Acaraú (GRAPE), submitted to the translated of Russel R. questionnaires of habitual physical activity Pâté and of the Profile of the Lifestyle mentioned in Nahas (2001). The analytical plan used program SPSS 13.0 for average statistics, minimum, maximum and percentile, test of sig of Friedman, correlation r of Pearson. The **Results** found averages of 27,59 pts for EV, and 2,4% were classified of very bad, 16,7% of regulating, 61,9% acceptable, 16,7% good and 2,4% very good; preventive (5,52+2,31pts) behavior, relationship (7,16+1,80 pts) and stress (5,26+2,02 pts) control, physical (4,78+2,29 pts) activity and nutrition (4,85+1,80 pts) and as for the levels of NAFH the average was of 11,97 pts classifying them of moderately assets, and 64,3% activate, 33,3% moderately assets (MILL) and 2,4% inactive; he/she was not correlations above r=0 ,611, considered of drop for moderate, for the variables analyzed in EV and NAFH and there were significant differences among the

scores of the same of p=0 ,000. **Conclusions**: EV is considered acceptable and classified NAFH of it MILLS, and the domains of physical activity and nutrition are what more needs change, and there are no associations among the lifestyle habits adopted and physical activity.

Word-Key: Lifestyle, Habitual Physical Activity, Physical education

ÉPIDÉMIOLOGIE ET SANTÉ: ANALYSE DESCRIPTIVE DU STYLE DE VIE (SV) ET DU NIVEAU HABITUEL D'ACTIVITÉ PHYSIQUE (NHAP) D'ÉTUDIANTS EN ÉDUCATION PHYSIQUE, CEARA, BRÉSIL.

RÉSUMÉ

Introduction: L'inactivité est un des facteurs de risque qui contribuent à la présence de maladies chroniques dégénératives chez l'individu. Son style de vie et ses habitudes quotidiennes déterminent des conditions favorables de santé et de qualité de la vie. L'**objectif** de cette étude est d'analyser le style de vie (SV) et le niveau habituel d'activité physique (NHAP) d'étudiants en éducation physique. La **méthodologie** découle d'une étude de terrain, transversale, à données primaires, quantitatives et de caractère descriptif, avec un échantillon à la probabilité stratifiée de 42 étudiants du cours d'éducation physique de l'université Vale do Acarau (UVA), à la moyenne d'âge de 29,4 ± 5,5 ans, soumis à des questionnaires d'activité physique habituelle traduits de Russel R. Pate et du profil du style de vie cités chez Nahas (2001). Pour le plan analytique il a été utilisé le logiciel SPSS 13.0 pour la statistique moyenne, minimum, maximum et pourcentage, test de sig. de Friedman, corrélation r de Pearson. Les **résultats** trouvés sont des moyennes de 27,59 points en SV : 2,4% ont été classés très mauvais, 16,7% régulier, 61,9% acceptable, 16,7% bon et 2,4% très bon; comportement préventif (5,52 ± 2,31 points), rapport (7,16 ± 1,80 points) et contrôle du stress (5,26 ± 2,02 points), activité physique (4,78 ± 2,29 points) et nutrition (4,85 ± 1,80 points) et quant au NHAP la moyenne a été de 11,97 points ce qui les classe en modérément actif, 64,3% actif, 33,3% modérément actif (MOA) et 2,4% inactif; il n'y a pas eu de corrélations au-dessus de r=0 ,611, considérée de basses à modérées, pour les variables analysées en SV et NHAP et il y a eu des différences considérables parmi les scores des même p=0 ,000. **Conclusions**: Le SV est considéré acceptable et le NHAP classé MOA, les domaines d'activité physique et de nutrition étant ceux qui ont le plus besoin de changement, et il n'y a pas d'associations entre les habitudes de style de vie adoptés et l'activité physique.

Mots Clés: style de vie, activité physique habituelle, éducation physique

EPIDEMIOLOGÍA Y SALUD: EL ANÁLISIS DESCRIPTIVO DEL ESTILO DE VIDA Y LOS NIVELES DE (ELECTRONVOLTIOS) DE (NAFH) ACTIVIDAD FÍSICA HABITUAL DE ACADÉMICOS DE EDUCACIÓN FÍSICA, CE, BRASIL

Resumen

Introdução: una inactividad es uno de los factores de riesgo que contribuyen a la presencia de las enfermedades crónica - degenerativas de personas individuales. El estilo de vida y sus hábitos en el diario condicionan las condiciones oportunas de la salud y la calidad de vida. El **objetivo** de este estudio es analizar el (NAFH) actividad física de educación física habitual del estilo de vida y los (electronvoltios) el nivel de trabajo escolar. La **metodología** transcurre de un estudio de campo, travesía, con los datos principales, cuantitativos y de la calidad descriptiva, con muestra probabilística estratificada de 42 personas individuales, con el promedio de la edad de el(la/los/las) de trabajo escolar del curso de educación física de los universidad 29,4 + 5,5 año era Worth de Acaraú (uva), presentó R. al traducir de Russel. Cuestionarios de Pâté de actividad físico habitual y del perfil del estilo de vida mencionaron en Naha (2001). El plan analítico usó SPSS de programa que 13.0 para estadísticas medias, el mínimo, el máximo y el percentil, evalúan de sig de Friedman, r de correlación de Pearson. The **results** found averages of 27,59 pts for EV, and 2,4% were classified of very bad, 16,7% of regulating, 61,9% acceptable, 16,7% good and 2,4% very good; preventive (5,52+2,31pts) behavior, relationship (7,16+1,80 pts) and stress (5,26+2,02 pts) control, physical (4,78+2,29 pts) activity and nutrition (4,85+1,80 pts) and as for the levels of NAFH the average was of 11,97 pts classifying them of moderately assets, and 64,3% activate, 33,3% moderately assets (MILL) and 2,4% inactive; he/she was not correlations above r=0 ,611, considered of drop for moderate, for the variables analyzed in EV and NAFH and there were significant differences among the scores of the same of p=0 ,000. **Conclusiones**: electronvoltios son consideradas aceptable y NAFH secreto de él(ella/eso) se apiña, y los dominios de la actividad física y la alimentación son el lo que más necesidad cambian, y no hay ninguna asociacion entre los hábitos de estilo de vida asumido y la actividad física.

Palabra - Tecla: el estilo de vida, la actividad física habitual, la educación física

EPIDEMIOLOGIA E SAÚDE: ANÁLISE DESCRITIVA DO ESTILO DE VIDA (EV) E NÍVEIS DE ATIVIDADE FÍSICA HABITUAL(NAFH) DE ACADÊMICOS DE EDUCAÇÃO FÍSICA, CE, BRASIL

RESUMO

Introdução:A inatividade é um dos fatores de risco que contribuem para a presença de doenças crônico-degenerativas de indivíduos. O estilo de vida e seus hábitos no cotidiano determinam condições favoráveis de saúde e qualidade de vida. O objetivo deste estudo é analisar o estilo de vida (EV) e o nível de atividade física habitual (NAFH) de acadêmicos de Educação Física. A **metodologia** decorre de um estudo de campo, transversal, com dados primários, quantitativos e de caráter descritivo, com amostra probabilística estratificada de 42 indivíduos, com média de idade de 29,4±5,5 anos de acadêmicos do curso de Educação Física da Universidade Vale do Acaraú (UVA), submetidos aos questionários de atividade física habitual traduzido de Russel R. Pate e do Perfil do Estilo de Vida citados em Nahas (2001). O plano analítico utilizou programa SPSS 13.0 para estatística de média, mínimo, máximo e percentual, teste de sig de Friedman, correlação r de Pearson. Os **resultados** encontraram médias de 27,59 pts para EV, sendo que 2,4% foi classificado de muito ruim, 16,7% de regular, 61,9% aceitável, 16,7% bom e 2,4% muito bom; comportamento preventivo (5,52±2,31pts), relacionamento (7,16±1,80 pts) e controle de stress (5,26±2,02 pts), atividade física (4,78±2,29 pts) e nutrição (4,85±1,80 pts) e quanto aos níveis de NAFH a média foi de 11,97 pts classificando-os de moderadamente ativos, sendo que 64,3% ativo, 33,3% moderadamente ativo (MOA) e 2,4% inativos; não encontrou-se correlações acima de r=0,611, consideradas de baixa para moderadas, para as variáveis analisadas em EV e NAFH e houve diferenças significativas entre os escores das mesmas de p=0,000. **Conclusões:** O EV é considerado aceitável e o NAFH classificado de MOA, sendo que os domínios de atividade física e nutrição são os que mais necessitam de mudança, e não há associações entre os hábitos de estilo de vida adotados e atividade física.

Palavras-Chave: Estilo de vida, Atividade Física Habitual, Educação Física.