55 - NATURAL ADVENTUROUS PHYSICAL ACTIVITIES IN SÃO LUIS CITY: NATURE AS A SCENARIO AND NOT AS A SENSE

FLÁVIA MENDONÇA GARCIA*
NILDA TEVES FERREIRA**
MONIQUE RIBEIRO DE ASSIS***
GEOVANA ALVES COICEIRO****
GAMA FILHO UNIVERSITY, RIO DE JANEIRO-RJ, BRAZIL
fmendoncagarcia@gmail.com
tevesnilda@uol.com.br
monique_assis@uol.com.br
geovanacoiceiro@gmail.com
* Master's Student at PPGEF-UGF-RJ
** Professor at PPGEF-UGF-RJ
*** Professor at PPGEF-UGF-RJ
**** Professor at UNESA-RJ

INTRODUCTION

In the last 30 years, the contemporary society has lived a growth of adventurous activities during free time, which are usually called adventurous, Californian, alternative or radical sports. They have a positive impact on economy, culture, society and on environment in every part of the world.

The adventurous sport is a risky or uncertain extraordinary experience (real or imagined), which can be searched for in different places, associated with new discoveries, since this activity comes from environmental unpredictability in the sea, in the air, on the earth or in the snow (COSTA, 2000). Costa, Marinho and Passos (2207) give some additional information, indicating that these sports involve more freedom by the practitioner. For the authors, adventurous sports can be known as:

a set of formal and informal sports practices, lived in the interaction with nature, due to sensations and emotions, under uncertain conditions and risks about the environment, done in natural environments (air, water, ice and earth) under control of conditions to use equipment (COSTA; MARINHO;PASSOS, 2007)

Bétran (2000 apud COICEIRO 2007) names adventurous sports in natural adventurous physical activities AFAN, which will be adopted in this work. For the author, the AFAN have a strong connection with tourism and its practitioners get into these activities for many reasons, some of which can be highlighted: a change in the routine, challenge and risk, emotions and sensations, gender, media. In the same study, the author reports that the benefits of natural adventurous activities are well-being, pleasure, self-esteem, socialization, physical conditioning and muscular strength and that the profile of AFAN practitioners are mostly financial and professionally established and search for well-being and life quality, substituting sedentary life by the practice of physical activities that provide good health.

The AFAN bring a better understanding of how the practitioner and the natural elements (water, earth, air) get along, as this relationship corresponds to a meeting among diversities, which are consequently kept from the beginning to the end, strengthening connecting intelligences mutually and denying any dropout try (MARINHO 2003, 2006).

As São Luís City shows a privileged geography for adventure practices, AFAN studies in this city are important to make the exploration of the region possible, which is famous worldwide for its natural beauty.

So, the aim of the study has been identifying the natural adventurous physical activities and the places where they are done and describing the reality of it in São Luís City-MA.

MATERIALS AND METHODS

The study is a type of applied research, in which the problem approach has been treated qualitatively. In relation to the objective, it is a descriptive research, whose method is exploratory. (THOMAS; NELSON, 2007).

The sample has been non-probability for convenience, composed of AFAN seven practitioners in São Luís City, Maranhão State. The instrument used has been a semi-structured interview with twelve free questions.

They have received the **Information Term to Patient** and the **Permissive Term**, which was signed by the interviewed one agreeing to take part in the study.

RESULTS AND DISCUSSION

São Luís City (MA), where the reserach has been applied, has a privileged geography, which is singular and attractive to the practice of natural adventurous activities, since it has 828.01 km2 and is able to keep urban development and natural beauty. It is bathed by waters and located on São Luís Island. Its boundaries are: North Atlantic Ocean, South Mosquitos Strait, East São José Bay and West São Marcos Bay, which compose a scenario that helps understand the facility to practice outdoors activities in the city (SÃO LUÍS CITYHALL, 2010).

The AFAN that had been verified by this study have represented approximately 27% of the Brazilian mapping done by the Adventurous Sports Brazilian Association (ABEA), since it has cataloged 36 sports as natural adventurous (BRASIL, 2010) and 10 of them have been found in São Luís, such as motocross off-road, kitesurfing, MotoCross, in-line roller-skating, climbing, skateboarding, surfing, hang-gliding and windsurfing (GARCIA, 2010).

In relation to the interviews, it has been verified that in São Luís City – MA, the AFAN practiced by interviewed ones are: kitesurfing, off-road motocross, surfing and in-line roller-skating. Representatives that could answer to the interview in relation to other sports practiced in São Luís City have not been found.

Analyzing the interview, it has been possible to reveal some clues attributed to AFAN by practitioners that make them have their choices.

For these ones, the attractions found in São Luís City for AFAN practice are:

Meetings with friends

The informers have indicated that friends are attractive for AFAN practice, considering that in these sports there is an integration process through cooperation and solidarity, since these practices usually involve at least two people for safety questions and less risks of accident (TAHARA; FILHO, 2009), as it can be identified in the following passages:

"… this group of friends I have has motivated me to go hiking for the first time and after it, I started to practice it more

frequently."

"It was like this…, the group has then motivated. My group of friends used to go surfing too; I have decided to do it and I liked it…"

Local geography

The interviewed ones have always made comments about the variety of trails for off-road motocross, the constant wind which provides kitesurfing, the construction of ramps for in-line roller-skating and skateboarding.

The natural characteristics of the city influence directly on the sports practice. The study by Paixão, Costa and Gabriel (2009) shows that some regions of the country, as they show privileged geography, climate and vegetation, which provide different kinds of adventurous sports, have become development centers in leisure and sports area.

"Kitesurf is an expanding sport worldwide and São Luís offers ideal conditions for this practice, as during six months a year, wind and sunlight are constant on the island. Moreover, São Luís Island is next to Equator and for this reason receives strong trade winds, besides the sea with calm and warm waters."

"…the wide variety of trails…"

Excitement

The motivation by individuals for adventurous activities are related to its entrepreneurial point of view and to the fact that adventurous tourism attract people, making them vent their emotions and challenge their own limits (PIMENTEL; SAITO, 2010; PAIXÃO; COSTA; GABRIEL, 2009).

"My lifestyle has always been related to sports. I could not live in a routine without them […] This sports spirit has grown a lot inside me. São Luís, as a coastal city, offers people many options of outdoors sports…"

Consumption society: Entertainment Industry

Some AFAN costs is really high, besides the difficulty to find some materials that are usually not found in Brazil, as it can be seen in the studies by Paixão, Costa and Gabriel (2009), who emphasize the question about adventurous sport and the economic dimension, relating them to consumption society, as this practice moves entertainment industry; related to leisure or competition, this practice demands investments on technological resources, on the production of sophisticated equipment and on the organization of competitive events.

"Kitesurf still makes part of elite sports, as the price of the equipment is around R$ 4,000, which consists of the kite, the control bar, the board, the trapeze and the lifejacket."

"[…] the question about the cost, it is a very expensive sport, so the equipment is quite expensive, the motorcycle is expensive, its maintenance is expensive; I think that if I worked on it to make it more accessible […]"

The other face of the city

São Luís City has many attractions for AFAN, but there also unmotivational factors. In some situations, in spite of the availability of natural resources in the city, the investments for adventure practice in nature are low, which unables both the practice of these activities by potential and real practitioners and the sustainable growth of AFAN in São Luís City.

"The only really unmotivational thing would be the pollution on São Luís beaches which is more and more worrying and no solution is taken, what is lamentworthy.

"I think that there is no incentive to sport, mainly in Maranhão […] I also see more specialized stores, more divulgation […]".

"The first thing is the incentive, because the material is quite expensive and the lack of structure on the beaches, such as lifeguards, which there are not".

It is important to reinforce the importance on ethic-environmental valorization, in which there is a change between the environment and the practitioners, as according to the activities, the number of participants, the intensity of the practice, the duration in the same place, the season of the year, the participants' behavior and fauna and flora fragility determine the impactation level on nature (MUNHOZ; GONÇALVES JUNIOR, 2004).

Polluted beaches, deforestated green areas, excessive pollutants released in the atmosphere, garbage left in green areas and even on beaches are examples of inadequate environmental practices that directly affect the AFAN (PAIXÃO; COSTA; GABRIEL, 2009).

Each region must search for specific solutions for its own environmental problems, analyzing cultural and ecological data, as well as short and long-term necessities (BAHIA; SAMPAIO,2002).

Observing the interviewed people's speeches, it is verified that they show an interpretation similar to the study by Paixão and Costa (2009) which reports that the adventurous sports outbreak happened as a manifestation and/or resistance to post-modernity paradigms or even as a way to make environment and human closer; however, this sport is under the logics of capitalist production, as in São Luís City these practices are real industries faced to entertainment, since many people practice these activities through friends' incentive or for not having what to do in the city.

CONCLUSION

At the end of the work it has been observed that, due to its geographical location, São Luís City is a favorable region to the practice of adventurous activities in nature, which some of them are surfing, kitesurfing, bodyboarding, windsurf, climbing, off-road motocross, the Motocross, the skate, in-line roller-skating and hang-gliding.

Most of these activities are done on the beach, however, it is verified that in most of the beaches in São Luís are inappropriate for bathing, as in natura wastewater is clearly released; there is no adequate infra-structure and the safety in these places for sports practice is almost unexisting concerning basic questions for these activities practice.

The approach of the human to the natural environment is the principal characteristic of natural adventurous activities, but it has been a little commented by practitioners, since apparently they have nature as scenario and not as a sense for adventurous activities practice. It is seen that practitioners do these activities by influence by friends and use natural resources and leisure time without worrying about living values and a critical and creative leisure with a sustainable behavior in natural areas.

REFERENCES

BAHIA, Mirleide Chaar; SAMPAIO, Tania Mara Vieira. Na trilha dos sujeitos praticantes do lazer na natureza: um debate conceitual sobre lazer e meio ambiente, 2002. Disponível em:

<http://artigocientifico.com.br/uploads/artc_1189767881_55.doc>. Acesso em: 18 ago. 2010.

BARDIN, Laurence. **Análise do conteúdo**. Lisboa: Edições 70, 2008.

BETRÁN, Javier Olivera. Rumo a um novo conceito de ócio ativo e turismo na Espanha: as atividades físicas de aventura na natureza In: MARINHO, Alcyane; BRUHNS, Heloisa Turini (Orgs.). **Turismo, lazer e natureza**. São Paulo: Manole, 2003, p. 157-202.

BRASIL (Ministério dos Esportes). Associação Brasileira de Esportes de Aventura, 2010. Disponível em: http://portal.esporte.gov.br/snear/cdn/infoEntidades.jsp?identidade=207>. Acesso em: 30 out. 2010.

COICEIRO, Geovana Alves. O imaginário social de aventureiros do extremo: o universo simbólico dos praticantes das provas de ultra-resistência. Tese (Doutorado em Educação Física). Universidade Gama Filho. PPGEF/UGF, Rio de Janeiro, 2007.

DIAS, Cleber Augusto; MELO, Victor Andrade; JUNIOR, Edmundo Alves. Os estudos dos esportes na natureza: desafios teóricos e conceituais. **Rev. Port. Cien. Desp.,** Porto, v.7, n.3, p.358-367, dez 2007.

GARCIA, Flávia Mendonça Garcia. Atividades físicas de aventura na natureza na cidade de São Luis-MA: Mapeando os locais de prática e descrevendo a realidade dos seus praticantes. Graduação em Educação Física (Bacharelado). Centro Universitário Metodista Bennett. Rio de Janeiro: 2010.

MUNHOZ, Janaina de Freitas; GONÇALVES JUNIOR, Luiz. Atividades físicas de aventura na natureza: trajetória na região de São Carlos. In: II CONGRESSO CIENTÍFICO LATINO AMERICANO UNIMEP/FIEP, 2004. Piracicaba. Anais...2004.

PAIXÃO, Jairo Antônio; COSTA, Vera Lucia de Menezes. Esporte de aventura e turismo de aventura: aproximações e distanciamentos, 2009. Disponível em: http://www.efdeportes.com/efd139/esporte-de-aventura-e-turismo-de-aventura.htm>. Acesso em: 18 ago. 2010.

PAIXÃO, Jairo Antonio; COSTA, Vera Lucia de Menezes; GABRIEL, Ronaldo Eugênio Calçada. Esporte de aventura e ambiente natural: dimensão preservacional na sociedade de consumo. **Revista Motriz,** Rio Claro, v.15, n.2, p.367-373, abr/jun 2009.

PIMENTEL, Giuliano Gomes de Assis; SAITO, Caroline Fama. Caracterização da demanda potencial por atividades de aventura. Revista Motriz, Rio Claro, v.16, n.1, p. 152-161, jan/mar 2010.

PREFEITURA DE SÃO LUIS. O Município, 2009. Disponível em:
http://www.saoluis.ma.gov.br/frmPagina.aspx?id_pagina_web=2>. Acesso em: 11 out. 2010.

TAHARA, Alexander Klein; FILHO, Sandro Carnicelli. Atividades físicas de aventura na natureza (AFAN) e academias de ginástica: motivos de aderência e benefícios advindos da prática. **Revista Movimento,** Porto Alegre, v.15, n.3, p. 187-508, jul/set 2009.

THOMAS, Jerry; NELSON, Jack. **Métodos de pesquisa em atividade física.** 4ª Ed. Porto Alegre: Artmed, 2007.

Author:
Flávia Mendonça Garcia
Praia do Flamengo, 72, 607- Flamengo. Rio de Janeiro-RJ. CEP: 22210-030
Telephone: (55 21) 22257203 (55 21) 95053885
fmendoncagarcia@gmail.com

NATURAL ADVENTUROUS PHYSICAL ACTIVITIES IN SÃO LUIS CITY: NATURE AS A SCENARIO AND NOT AS A SENSE

ABSTRACT

Introduction: Natural adventurous physical activities permit an interaction between human and nature, providing well-being, life quality and socialization. Aim: Identifying natural adventurous physical activities and their place to be practice and describing the reality of the practice in São Luís City-MA. Methodology: Qualitative research, whose instrument for data collection has been a semi-structured interview applied to adventurous activities practitioners in São Luís City. Results: The city has favorable geography for the practice of these activities and there is no incentive which provides better infra-structure, cleanliness and safety in the practice locations. Discussion: Natural activities have got impulse with the speech of environmental preservation, which was attached to these activities' practitioners, who do it in order to get closer to nature and ecotourism. However, it is not what is realized in local practitioners' speeches. Conclusion: It has been seen that these activities have grown in the city due to its geographical and climate conditions; however, there is little incentive and no disclosure. The people who practice these sports start to do it by friends' influence.

KEYWORDS: Activities. Adventure. São Luís.

ACTIVITÉS PHYSIQUES D'AVENTURE DANS LA NATURE DE LA VILLE DE SÃO LUIS: LA NATURE EN TANT QUE MISE EN SCÈNE ET NON EN TANT QUE SIGNIFIANT

SOMMAIRE

Introduction: Les activités physiques d'aventure dans la nature permettent une interaction entre l'homme et la nature, offrant bien-être, qualité de vie et socialisation. Objectif: identifier les activités physiques d'aventure dans la nature ainsi que ses sites de pratique et décrire la réalité de la pratique réalisée dans la ville de São Luís - MA. Méthodologie: La recherche qualitative, dont l'instrument de collecte des données a été un entretien semi-structuré, soumis aux pratiquants d'activités d'aventure, dans la ville de San Luis. Résultats: La ville possède une géographie favorable pour la pratique de ces activités et il n' y a pas d'initiative qui offre de meilleures infrastructures, une propreté et une sécurité des sites de pratique. Discussion: Les activités dans la nature ont gagné une impulsion grâce au discours sur la protection de l'environnement, il y a eu une sensibilisation à ce sujet auprès des adeptes de ces activités, qui font ses activités en se rapprochant de l'environnement naturel et des pratiques de l'écotourisme, cependant, ce n'est pas ce qui apparait dans les propos des pratiquants de la ville. Conclusion: On a constaté que ces activités sont en croissance dans la ville grâce aux conditions géographiques et climatiques favorables, cependant il y a peu d'initiatives et un manque de divulgation. Les personnes qui pratiquent ces sports ont commencé à le faire sous l'influence des amis.

MOTS CLÉS: Activités. Aventura. Saint-Louis.

LAS ACTIVIDADES FÍSICAS DE AVENTURA EN LA NATUREZA EM LA CIUDAD DE SÃO LUÍS-MA: LA NATUREZA COMO SCENARIO Y NO COMO SENTIDO

INTRODUCCIÓN:

Las actividades físicas de aventura en la natureza permiten uma mayor interacción entre el hombre y la naturaleza, proporcionando bienestar, el placer, la calidad de vida y socialización. Objetivo: Identificar las actividades físicas de aventura en

la naturaleza y describir la realidad de la práctica en la ciudad de Sao Luis-MA. Metodologia: La investigación cualitativa, cuya instrumento para colección de datos fue una entrevista semi-estructurada, aplicada a los practicantes de actividades físicas en la naturaleza de la ciudad de San Luis. Resultados: Se observó que, en la ciudad de San Luis, las condiciones geográficas son favorables para la práctica de lãs actividades de aventura, pero no hay incentivos que propicie mejor infraestructura, la limpieza y la seguridad de las prácticas locales. Por lo tanto, los practicantes realizan estos deportes no por influencias de los medios de comunicación, pero la influencia de los amigos. Discusión: Las actividades físicas realizadas en la naturaleza ganaran impulso con el discurso de la preservación del medio ambiente, que fue incorporado en los amantes de estas actividades, que la realizan por aproximación con el entorno natural y con la práctica del ecoturismo. Pero esto no es lo que se percibe en las declaraciones de los practicantes. Conclusión: Se verificó que los actividades de aventura están creciendo en la ciudad de San Luis, gracias a sus condiciones geográficas y climáticas que son favorables para la su realización, pero hay pocos incentivos y falta de divulgación. Las personas que actualmente práctican estas actividades, la mayoría, iniciaran la práctica por influencia de los amigos.

PALABRAS CLAVE: Actividades. Aventura. San Luis.

ATIVIDADES FÍSICAS DE AVENTURA NA NATUREZA NA CIDADE DE SÃO LUIS: A NATUREZA COMO CENÁRIO E NÃO COMO SENTIDO

RESUMO

Introdução: As atividades físicas de aventura na natureza permitem uma interação entre o homem e a natureza, proporcionando bem-estar, qualidade de vida e socialização. Objetivo: Identificar as atividades físicas de aventura na natureza e descrever a realidade da prática realizada na cidade de São Luís-MA. Metodologia: Pesquisa qualitativa, cujo instrumento para coleta de dados foi uma entrevista semi-estruturada aplicada aos praticantes de atividades de aventura na cidade de São Luis. Resultados: A cidade tem geografia favorável para as práticas dessas atividades e não há incentivo que propicie melhor infra-estrutura, limpeza e segurança dos locais de práticas. Discussão: As atividades na natureza ganharam impulso com o discurso da preservação do ambiente, o que foi incorporado aos adeptos dessas atividades que realizam essas atividades pela aproximação com o meio natural e práticas de ecoturismo, porém não é isso que é percebido nas falas dos praticantes da cidade. Conclusão: Verificou-se que essas atividades estão crescendo na cidade graças as suas condições geográficas e climáticas favoráveis, porém há pouco incentivo e falta de divulgação. As pessoas que praticam esses esportes começaram a praticá-los pela influência de amigos.

PALAVRAS-CHAVE: Atividades. Aventura. São Luís.