92 - INDICATORS IN PHYSICAL FITNESS LEVELS OF SCHOOL TEENS FEDERAL INSTITUTE OF ALAGOAS - IFAL

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INTRODUCTION

Exercise has always been present in the daily life of man from early times, where the prehistoric man to ensure their survival used the shooting, swimming, fishing, planting and harvesting, that is was an extremely physically active. Already today we call the gym, school physical activity in the form of games and dances arose in Europe in the early nineteenth century. From there, there are various methods of exercise, and in the contemporary world human motion is to be essential to maintaining good health (Ramos, 1982; BREGOLATO, 2002, DALLAS, 2007). In parallel to these developments, it is also possible to see that this physical activity has decreased as a result of increasing life easier because of the comfort and modernity. Access to new technologies is making the man of the twentieth century less active in relation to seniority. Current society is less and less exercise, an indulgence that develops sedentary people and that inactivity appears to hypokinetic diseases, and thus contributes to the onset of various diseases caused by physical inactivity. Several studies in children and adolescents have ¬ demonstrates the benefit of physical activity in stimulating the growth and development of adolescence. The proper practice of physical activity affects your heart, tones muscles, helps maintain weight, promotes bone health and provides mental well-being and social integration.Recent studies have pointed increasingly, children and adolescents are less physically fit (Cunha Júnior, 2004; GUEDES. 2003). Thus, programs aimed at maintaining and improving the components of physical fitness should be offered, especially to adolescents in school by means of physical education. Tassitano (2007) is emphatic in his study when he states that the benefits of physical activity to health and quality of life of people of all ages are well documented in scientific literature.

It is understood by any physical activity with body movement energy expenditure above resting levels. Included are activities of daily living (bathing, dressing), work activities (walking, lifting and carrying objects) and leisure activities (exercise, sports, dance, etc.), (Nahas, 2001). Nieman (1999), says that the amount of exercise necessary to decrease the risk of heart disease is 30 minutes of moderate-intensity physical activity per day is enough, with a greater reduction in risk when larger amounts are made more vigorous exercise. It has been proven scientifically that physically active people have a better quality of life, have greater longevity and lower risk for developing cardiovascular and degenerative diseases. Thus, as explained above, the purpose of this study was to investigate indicators of physical fitness related to health in the school IFAL.

METHODOLOGY

Was taken as the universe of study, students of 1st and 2nd high school courses of technical training at the Federal Institute of Alagoas - IFAL campus Maceió, enrolled in 2010, of both sexes, aged from 14 to 17 years and participating in physical education classes.

The sample consists of a group of 83 schoolchildren IFAL enrolled and participating in physical education classes, of both sexes, aged from 14 to 18 years, of which 42 were males and 41 females the featuring a balance of assessed for both genders. Data regarding the physical fitness levels, which we used the test for 12-minutes Cooper (1968) which consists of the individual, as a sign, scroll relatively constant, as far as possible in 12 minutes timed (Son et . Ali 2003). In relation to the level of muscular endurance test used the abdominal proposed by Pollock and Wilmore (1993) described a Son (2003) and Carnival (1998) where should be evaluated on the mattress in the supine position with knees flexed at an angle than 90 º, and should raise your torso until elbows touch the knees and then must return to the starting position.

The assessments, measurements and tests were all performed on the premises of the institute-IFAL Federal de Alagoas, Maceio Campus. It is a quantitative descriptive research type (Thomas & Nelson, 2002).

PROCEDURE

The procedure initiated by a request that authorized use in the study, the dependencies of IFAL, then the schools that are within the inclusion criteria were informed about the purpose of the study, the research procedures, beyond the presentation of the term free consent that was signed by the older students or parents / guardians if it were a minor.

To assess the level of physical fitness, we applied the Cooper test, performed at the athletics track IFAL 300m from where the students were told in advance that, from a signal range from relatively steadily, as far as possible timed in 12 minutes. At the end of this time, warned by another sign, the individual should stop and stay where you are until you make note of your brand. They note the meter is covered by the individual during the time allotted. This test proposed by Cooper classifies the individual, depending on age and sex in Very Weak, Weak, Medium, Good and Very Good

For the test of muscular endurance, the student was instructed to lay hands on the neck with the fingers interlaced, and his elbows firmly on the ground at the starting position from the supine position with the head in contact with the ground. The individual holding the feet evaluated, keeping the angle less than 90 °, and ensuring that your feet are in contact with the ground during the execution of the movement. The end result will be counting the number of rings of elbows on his knees during the time of 60 seconds were classified as: Excellent, Above Average, Average, Below Average and Poor.

RESULTS

With regard to the level of physical fitness evaluated by testing 12-minutes Cooper, the results showed that the

aerobic capacity, it was observed that the vast majority is classified as very poor with 64% in the level of physical activity aerobic evaluated by the test proposed by Cooper, where we also note that 19% are weak, 11% rated as average and only 5% rated as Good and 1% as Very Good.

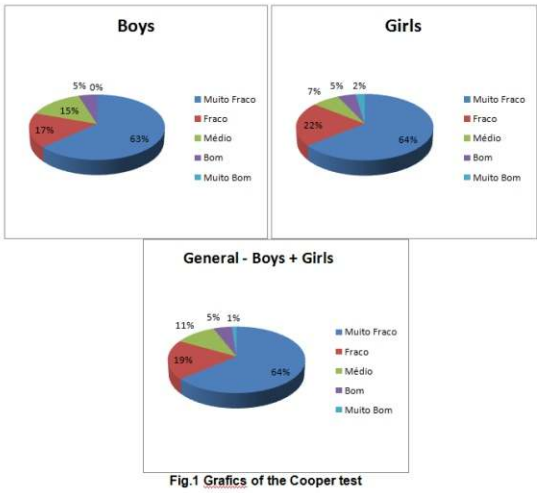

Fig.1 Grafics of the Cooper test

In the abdominal RML test, the mean values were obtained in 1 minute 33 and 32 repetitions for both males and females, respectively. The results showed that the group of boys achieved on average a higher number of repetitions to the group of girls, however, not enough to change the end result showed that 71% as weak as regards the level of RML.

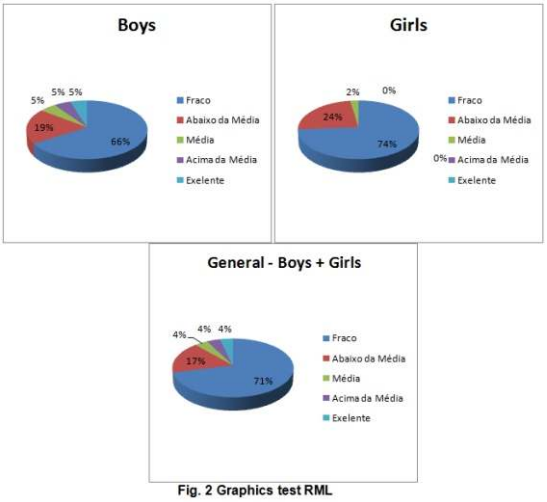

Fig. 2 Graphics test RML

DISCUSSION

The study results indicate that there are differences, but not significant in the values found when comparing the male students and female.

Analyzing the values of the level of aerobic capacity in the Cooper test, we can observe that both subjects were male and female figures below show, especially when compared with results obtained previously in other studies (Guedes, 2002). These results are troubling, considering that aerobic fitness levels are very low. Studies such as Martin (2000), Nieman (1999), Das (1998), Matsudo et al (2002) warn that low levels of physical activity increases risk for the development of various diseases.

CONCLUSION

However, we can conclude that the tests were of paramount importance, for the low results between indicators of physical fitness and muscular endurance of adolescent students IFAL Campus Maceió, point to very weak most of the students of agreements with other findings research, confirming studies by Junior (2004) and Guedes (2003).

It should be noted, finally, the importance of these teenagers need to improve their lifestyle, intensified the search for physical exercise, since such a practice is highlighted as a means of preventing disease and related to physical inactivity.

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INDICATORS IN PHYSICAL FITNESS LEVELS OF SCHOOL TEENS FEDERAL INSTITUTE OF ALAGOAS - IFAL

ABSTRACT

The aim of the study was a survey of health indicators such as level of physical fitness andlevel of muscular endurance (RML) of students at Federal University of Alagoas - IFAL.The sample consisted of 83 students IFAL, 42 girls and 41 boys, mean age between 14and 17. For data collection, we used: the test of 12 minutes Cooper test and abdominalPollock. The results showed that the vast majority is classified as very weak physically. We can conclude that the tests were of paramount importance, for the low results between indicators of physical fitness and muscular endurance of adolescent students IFALCampus Maceió, point to very weak most of the students of agreements with other research findings.

KEYWORDS: Physical Activity, Physical Fitness, muscular endurance.

INDICATEURS DE NIVEAU DE CONDITIONNEMENT PHYSIQUE DE L'ECOLE LES ADOS INSTITUT FÉDÉRAL D'ALAGOAS - IFAL

RÉSUMÉ

L'objectif de l'étude était une enquête sur les indicateurs de santé tels que le niveau de condition physique et le niveau de l'endurance musculaire (RML) des étudiants à l'Université fédérale d'Alagoas - IFAL. L'échantillon se composait de 83 étudiants IFAL,42 filles et 41 garçons, âge moyen entre 14 et 17. Pour la collecte des données, nous avons utilisé: le test de 12 minutes de test de Cooper et abdominaux Pollock. Les résultats ont montré que la grande majorité est classée comme très faible physiquement.Nous pouvons conclure que les tests ont été d'une importance primordiale, pour lesfaibles résultats entre les indicateurs de la condition physique et l'endurance musculaire des élèves adolescents IFAL Campus Maceió, point à la plupart très faible des étudiantsdes accords avec les autres résultats de recherche.

MOTS-CLÉS: activité physique, condition physique, l'endurance musculaire.

INDICADORES EN LOS NIVELES DE APTITUD FÍSICA DE LA ESCUELA LOS ADOLESCENTES INSTITUTO FEDERAL DE ALAGOAS – IFAL

RESUMEN

El Objetivo del estúdio fue uma encuesta de indicadores de salud tales como el nível de actividad física y el nível de resistência muscular (RML) de los estudiantes de la Universidad Federal de Alagoas – IFAL. La muestra estuvo conformada por 83 estudiantes IFAL, 42 niñas y ninõs de 41 años, com uma edad promedio entre 14 y 17. Para la recolección de datos, se utlizó: la prueba de 12 minutos de prueba de Cooper y abdominal Pollock. Los resultados mostraron que la gran mayoría está classificado como muy débil fisicamente. Podemos concluir que las pruebas fueron de suma importância, ya que los resultados más bajos entre los indicadores de aplitud física y la resistência muscular de los adolescentes, los estudiantes IFAL Campus Maceió, la mayoría apuntan a la escuela muy pobre, de acuerdo a los hallazgos de otras investigaciones.

PALABRAS CLAVE; Actividad física, condción física, la resistência muscular.

INDICADORES DE NÍVEIS DE APTIDÃO FÍSICA EM ADOLESCENTES DO ENSINO MÉDIO DO INSTITUTO FEDERAL DE ALAGOAS – IFAL

RESUMO

O objetivo do estudo foi realizar um levantamento de indicadores de saúde, como o nível de aptidão física e o nível de resistência muscular localizada (RML) dos alunos do Instituto Federal de Alagoas – IFAL. A amostra utilizada foi constituída por 83 alunos do IFAL, sendo 42 meninas e 41 meninos, com a média de idades compreendidas entre os 14 e 17 anos. Para coleta de dados, utilizou-se: o teste dos 12 minutos proposto por Cooper e o teste de abdominal de Pollock. Os resultados evidenciaram que a grande maioria encontra-se classificadas como muito fracos fisicamente. Podemos concluir que os testes foram de suma importância, pois os baixos resultados entre indicadores da aptidão física e os de resistência muscular localizada dos adolescentes, alunos do IFAL, Campus Maceió, apontam a maioria dos escolares muito fracos de acordos com achados de outras pesquisas.

PALAVRAS CHAVES: Atividade Física, Aptidão Física, Resistência Muscular Localizada.