80 - STRUCTURE OF SPORT PERFORMANCE "STREET DANCE"

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INTRODUCTION

Dance is one of the oldest expressive manifestations and can express both the strength and the emotions more sensitive, always present in human being life, which may represent the culture, religion and customs of a society. Nowadays the dance is seen in different styles by modern society, being used in advertising shows, films, events openings, gyms, recreational therapies to improve the quality of life in schools, among others. According to Langer (1980), the dance is considered the art of movement art is the visualization of feeling through symbolic forms, which in the case of dance; the movements are forming symbols will be performing successively and composing sequences harmonic and aesthetic. Greece was considered the cradle of Western art, dance played a major role both in civic life and in religious life, the Greek cultivated the dance to tell war stories, and worship gods, funerals and thanks for agricultural production, thus how to dance in Egypt also had a religious, recreational and festive character. The street dance "Street Dance" appeared on the streets of New York and California, in the United States in the 70s. Its root is in this B. Boys (breakers), American street dance groups. Introduced in academies was slowly adapting to new trends and personal touches of some teachers and choreographers. The Street Dance involves acrobatic moves; deadly break moves and spins on his head on the floor that are characterized by being aggressive, dynamic, energetic, strong and precise, yet nothing registers its arrival in Brazil. With this study aimed to evaluate the influence of dance for the improvement of physical abilities such as agility, strength, flexibility and buoyancy, a group of public school children who practice the sport of dance Street Dance.

METHODOLOGY

This research answered the "Standards for Conducting Research on Human Beings", Resolution No. 196 of October, 10, 1996, the National Health Council, which refers to research that, individually or collectively, engage the human being, directly or indirectly, in whole or partially, including the management of information and materials. This study was a descriptive, which according to Thomas and Nelson (2002), are used to obtain information about existing conditions, with respect to variables or conditions in a situation. To perform data collection, volunteers were informed about the purpose and procedures and signed a free and informed consent. The sample consists of 58 (14 ± 1.37) individuals age of both gender from four public schools in Campo Grande - MS, 17 male and 41 female practitioners of dance "Street Dance" .

To collect the data it was used a closed questionnaire with questions regarding the timing and frequency of daily physical activity and motivation that lead them to practice these activities.

To treat the data statistically, it was used descriptive statistics of central tendency (minimum, maximum, average, standard deviation). The qualification data on body composition was made using the equation of Lohman (1986). In tests of abdominal strength and upper limb strength data were qualified by table PROESP-BR, while the sit and reach test, test square and horizontal impulse data were qualified by table FITNESSGRAN.

RESULTS AND DISCUSSION

Figure 01 - Result of greater motivation answered by male and female students.

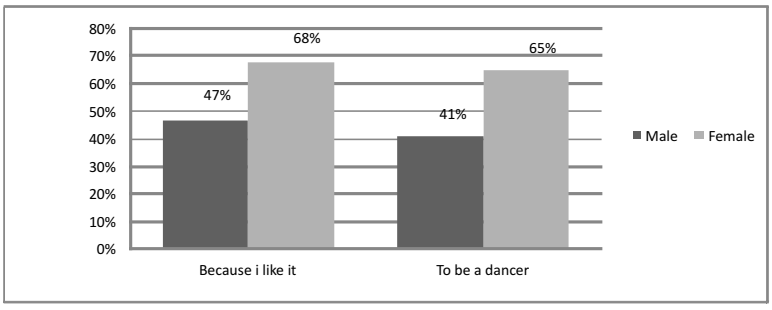
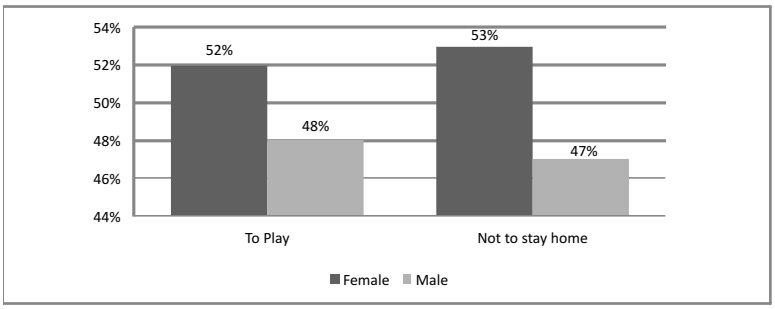


Figure 02 - Results of lesser motivation answered by male and female students.



As the figures 01 and 02 can include various instruments of motivation. The reasons that students were more alert and were classified as very important were: because I like it with 47% for male and 68% for females, to be a dancer when I grow the following result showed 41% for males and 65% for females, the minor reasons were and were classified as nothing important were: to play with 58% male and 63% female, not to stay home got 47% male to 46% female.

According to Abesapiaemova and Timakova (1990), the level of motivation is a staple for the development of potential, since it adds the influence and education, in its case, motivation, is the true cause for sports.

Figure 03 - Results answered by male and female students who have daily and weekly training.

Training	Once		Twice		03 times		04 times		05 or more times		None	
	M	F	M	F	M	F	M	F	M	F	M	F
How many times a day do you train?	11	20	03	09	01	09	01	02	01	01	00	00
How many times a week do you train?	01	06	07	20	04	03	01	04	04	09	00	00

In figure 03 it was found that 64% male and 48% female train only once a day, 41% male and 48% female answered who train twice a week.

Figure 04 - Time dance practice of the students of both sexes of Street Dance sport.

Time	01 to 12 months		12 to 24 months		24 to 36 months		More than 36 months	
	M	F	M	F	M	F	M	F
How long have you been practicing dancing?	08	14	07	16	02	04	00	07

In figure 04, 47% of boys and 34% of girls are classified as dancers within 12 months; with 24 months were 41% of boys and 39% girls, 12% boys and 09% girls practice dance up to 36 months and 18% of girls practicing the sport for more than 36 months.

Duda (1993) says that people, when they don´t feel competent, are less willing to further enhance performance and maintain their potential involvement in their activities.

Figure 05 - Relationship of modalities that students practice beyond the dance, in both sexes.

Other activities	Futsal		Volleyball		Handball		Basketball		Others		No	
	M	F	M	F	M	F	M	F	M	F	M	F
Do you practice another sport activity?	05	06	05	14	01	01	00	01	04	10	03	09

In figure 05 it can be seen that the students besides practicing the dance they also participate in other activities, however 17% male and 21% female aren´t engaged in other activities, just part of the dance sport offered by the school.

In the study by Gill et al. (1983) it was found that the most important reasons for participating in sport in young practitioners of various modalities were increasing technique, enjoy, learn new techniques, have perfection and be physically fit.

Figure 06 - Values of the results of anthropometric measurements of BMI, WHR and body fat percentage, classified as average, minimum, maximum and standard deviation.

	Age (years)		BMI (kg)		WHR (cm)		Body fat percentage (%)	
Variable	M	F	M	F	M	F	M	F
Average	14	13	20,25	19,82	0,83	0,80	16,95	26,34
Minimum	12	12	14,95	12,86	0,77	0,69	8,00	14,24
Maximum	16	16	36,68	28,13	0,90	1,13	32,97	34,94
Standard deviation	1,37	1,34	5,02	3,98	0,04	0,09	7,17	5,78

In figure 06 on the overall mass index (BMI) of male and female students was classified as general average BMI as

table Sichieri and Allan (1996), the waist-hip ratio (WHR) did not find literature adapted to the age of the individuals in the survey, and the percentage of fat (%) males was described as Great and ranked as high among females as fat percentage classification table Lohman (1987).

Polock and Wilmore (1993) state childhood obesity may be more associated with physical inactivity than to overfeeding.

About body mass index (BMI), we note that there was a big difference between male and female students, because 70% of males were qualified on average, 12% above the average and 18% below average, 63% in females were assigned on average, 25% above average, 12% below average.

Analyzing data from fat percentage, 59% male was rated as excellent, 18% down, 5% moderately high, and 18% with higher index. Already compared to female students 39% was classified as excellent, down 3%, 29% moderately high, and 29% with higher index. According to Guedes & Guedes (1997), emphasize that obesity has been shown to organ dysfunction that presents more increase in their numbers, not only in industrialized countries, but particularly in developing countries. The qualifications of the data were performed by calculating the relative body composition using the equation of Lohman (1986).

Figure 07 - Values obtained by students in abdominal tests, arm flexion, agility test, flexibility test, strength testing lower limb.

Physical abilities tests	ABD(60')		A.F (60')		S.T (60')		S.R.T (cm)		LJ (cm)	
	M	F	M	F	M	F	M	F	M	F
Average	38	26,4	24	11	6,43	7,3	26,7	24,3	186	132
Minimum	20	06	05	01	5,75	4,54	13	11,3	138	85
Maximum	51	50	60	27	7,11	8,72	36,2	38,7	230	171
standard deviation	10,5	8,92	14,3	6,27	0,4	0,68	6,9	6,36	25,1	20,33

Caption: abdominal (ABD), arm flexion (AF); square test (ST), sit and reach test (SRT), centimeters (cm), long jump (LJ).

In figure 07 abdominal strength test (60 ') gave the following result, 35% of males were qualified above average, 30% on average 35% below average; 20% in females were on average 10% above average, 70% below average. It showed a significant difference between the sexes.

In the strength of upper limb test (arm flexion), 47% of males were on average 30% above average, 23% below the average for the females were on average 39%, 44% above average 17% below average.

In the sit and reach test the results were 59% male, were ranked above average, 17% average, 24% below average. In females 37% were rated above average, 29% average, 34% below average.

In the boys square test showed 47% classified as very poor, poor 47%, 6% reasonable. In girls 56% were classified as very poor, poor 35%, 5% fair, 2% good.

In the standing long jump test, males had 36% of assessed classified as poor, 5% very poor, 18% fair, 23% good, 18% very good. In females 27% of assessed were classified as very poor, 32% poor, 12% fair, 24% good, 5% very good.

CONCLUSION

According to the results presented in this study, on the levels of motivation, you can analyze that there are different forms of motivation, as internal and external factors, influence of the media, the social environment and socializing with friends, where the most in demand by the modality for both male and female was by enjoying dancing, and the will to be a dancer when he grows up, where we can note that the internal factor of personal satisfaction and pleasure by modality and the greatest motivation.

In the levels of body composition, we can consider that the results are satisfactory. On the other hand, weight control, especially for individual levels of body fat, does not seem to be common practice in some cases of this sample, it means, there are still students who present levels of fat above the ideal for the activity of dancing.

With regard to the abdominal resistance, the practitioners of the male sex were better qualified than the female, due to the requirement of strength in the abdominal region for execution of the movements of Toop Rocy, Freez, Power Movie and the Foot Work.

As to the levels of muscle strength of the lower limbs, it was noticed that there is a need for specific work of jumps for these groups, because the levels achieved for both groups was classified with a low index, while the level of flexibility, reached expected levels of performance, it is believed that the training of that capacity has positive stimuli in classes of Street Dance taking into account the need of practice.

In relation to the levels of agility, it was noticed that there is a need for specific jobs, as the levels achieved for both groups was classified with an index below expected.

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STRUCTURE OF SPORT PERFORMANCE "STREET DANCE"

ABSTRACT

The dance is one of the oldest expressive manifestations, and could represent the culture, religion and customs of a society. Besides allows physiological benefits and social interaction. The objective is to verify aspects of motivation and assess the levels of physical fitness of a group of children from public schools who practice the sport of Street Dance. The sample was composed of 58 people of both sexes (14±1.37) and the data was collected by means of closed questionnaire with questions on time and frequency of daily physical activity and their motivations and the data analysis was performed using the descriptive statistics. For the practice of the dance the result was that 64% of males and 48% of female train only once per day, and 41% male and 48% of female train two times per week. For physical fitness flexibility, we found 59% male and 37% female with qualified index above average in test abdominal strength 35% of men and only 10% of girls were above average in upper limb strength 30% males and 44% females were above average in agility test 47% male and 56% female was described as very poor in horizontal impulse, 18% males and 5% females were qualified with very good index. In the evaluation of body mass index (BMI), 70% male and 63% of females are found in the media and in the assessment of fat percentage, 59% male and 39% female was qualified as excellent. However more studies are needed on the physical contributions anthropometric and motor that this modality can provide the adepts.

KEYWORDS: Street Dance, physical fitness, motivation.

STRUCTURE DES SPORTS PERFORMANCE DANSE DE RUE "STREET DANCE"

RÉSUMÉ

La danse est une des plus anciennes manifestations expressives, qui peuvent représenter la culture, la religion et les coutumes d'une société. En plus de permettre des bienfaits physiologiques et l'interaction sociale. L'objectif est de vérifier les aspects de motivation et d'évaluer les niveaux de forme physique d'un groupe d'enfants des écoles publiques qui pratiquent le sport de la Street Dance. L'échantillon était constitué de 58 sujets des deux sexes (14 ± 1,37) et la collecte de données a été fermée au moyen d'un questionnaire, avec des questions sur le temps et la fréquence de l'activité physique quotidienne et de leurs motivations et de l'analyse des données a été effectuée par le biais des statistiques descriptives. Pour la pratique de la danse le résultat a été que 64% des hommes et 48% des femmes en train une fois par jour, et 41% d'hommes et 48% des femmes en train deux fois par semaine. Pour plus de flexibilité de conditionnement physique, trouvé 59% des hommes et les 37% femmes qualifié avec un score supérieur à la moyenne, en essai de résistance abdominale 35% des hommes et seulement 10% des filles étaient supérieures à la moyenne, de la résistance à un membre supérieur 30% d'hommes et 44% de femmes étaient au-dessus de la moyenne, le test d'agilité 47% hommes et 56% femmes a été décrit comme très faible, à impulsion horizontale 18% des mâles et 5% des femelles ont été qualifiés avec un indice très bonne. Dans l'évaluation de l'indice de masse corporelle de 70% sexe masculin et 63% des femmes de sont en moyenne et l'évaluation de pourcentage de graisse 59% d'hommes et 39% des femmes a été reconnu comme un excellent. Cependant des études supplémentaires sont nécessaires sur les contributions anthropométrique physique et le moteur que cette modalité peut fournir aux praticiens.

MOTS-CLÉS: street danse, condition physique, motivation.

ESTRUCTURA DEL RENDIMIENTO DEPORTIVO DE LA DANZA DE LA CALLE "STREET DANCE"

RESUMEN

La danza es una de las más antiguas manifestaciones expresivas, que pueden representar la cultura, la religión y las costumbres de una sociedad. Además de permitir beneficios fisiológicos y la interacción social. El objetivo es verificar los aspectos de motivación y evaluar los niveles de condición física de un grupo de niños de escuelas públicas que practican el deporte de la danza de la calle. La muestra estuvo constituida por 58 sujetos de ambos sexos (14 ± 1,37) y la recolección de datos fue mediante un cuestionario cerrado, con preguntas sobre el tiempo y la frecuencia de la actividad física diaria y sus motivaciones y análisis de datos se realizó usando estadísticas descriptivas. Para la práctica de la danza, el resultado fue que el 64% de los hombres y las mujeres el 48% entrenar una vez al dia, y el 41% hombres y 48% mujeres entrena dos veces por semana. Para una mayor flexibilidad de aptitud física, masculino encontrado el 59% y el 37% mujeres calificados con índice superior a la media, la prueba de fuerza abdominal 35% de los hombres y sólo el 10% de las niñas fueron superiores a la media, en la fuerza de las extremidades superiores 30% hombres y 44% mujeres estaban por encima del promedio, la prueba de agilidad 47% masculino y femenino del 56% se describió como muy débil, en impulso horizontal 18% de los hombres y las mujeres 5% fueron calificados con un índice muy bueno. En la evaluación del índice de masa corporal (IMC), 70% hombres y 63% mujeres, están en la media y evaluando el porcentaje de grasa, 59% hombres y 39% mujeres, fue calificada como óptimo. Sin embargo se necesitan más estúdios sobre las contribuciones físico antropométrico y motoras que esta modalidad puede proporcionar a los profesionales.

PALABRAS CLAVE: calle de baile, fitness, motivación.

ESTRUTURA DA PERFORMANCE DESPORTIVA DA DANÇA DE RUA "STREET DANCE"

RESUMO

A dança é uma das mais antigas manifestações expressivas, podendo representar a cultura, religião e costumes de uma sociedade. Além de permitir benefícios fisiológicos e interação social. O objetivo é de verificar aspectos de motivação e avaliar os níveis de aptidão física de um grupo de crianças de escolas públicas que praticam a modalidade de Street Dance. A amostra foi composta por 58 indivíduos de ambos os sexos (14±1,37) e a coleta de dados foi por meio de questionário fechado, com questões sobre tempo e frequência diária da prática de atividades físicas e suas motivações e a análise dos dados foi feita através das estatísticas descritivas. Para a prática da dança o resultado foi que 64% do sexo masculino e 48% do feminino treinam apenas uma vez por dia, e 41% do sexo masculino e 48% do feminino treinam duas vezes por semana. Para a aptidão física flexibilidade, encontramos 59% do sexo masculino e 37% do sexo feminino qualificados com índice acima da média, no teste de força abdominal 35% do masculino e apenas 10% das meninas ficaram acima da média, na força de membros superiores 30% do masculino e 44% feminino ficaram acima da média, no teste de agilidade 47% do sexo masculino e 56% sexo feminino ficou qualificado como muito fraco, na impulsão horizontal, 18% do sexo masculino e 5% do sexo feminino ficaram qualificados com índice de muito bom. Na avaliação do índice de massa corporal (IMC), 70% do sexo masculino e 63% do sexo feminino, encontram-se na média e na avaliação de percentual de gordura, 59% do sexo masculino e 39% sexo feminino ficou qualificado como ótimo. Contudo são necessários mais estudos acerca das contribuições físicas antropométricas e motoras que esta modalidade pode proporcionar aos praticantes.

PALAVRAS-CHAVE: Dança de rua, aptidão física, motivação