131 - OBJECTIVES OF STUDENTS TO ENROLL IN SWIMMING CLASSES AT THE GYM IN THE METROPOLITAN AREA OF SANTOS.

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INTRODUCTION

Originally, the swimming practice is considered as the learning of the four strokes, this prevailing idea gives the idea that acquiring the ability to perform the strokes can bring a better quality of life. Current literature seems to record certain incongruity regarding learning, performing the traditional strokes and quality of life (WANIVENHAUS, et al, 2012; GAUNT & MAFFULLI, 2012), these findings are stout when it's identified that the focus of the four strokes is the competitive performance and not, necessarily, the improvement of health. Nowadays, the prevailing culture at gyms seems to be focused in improving health, welfare and quality of life, however, only few references are available today, in literature, to answer the central question that is: what's the objective of the students in looking for swimming programs.

Past authors described methodological proposals to teach swimming, focusing on learning the four strokes (NAVARRO, 1978; PALMER, 1990; MACHADO, 1998; CATTEAU and GAROFF, 1988) others, like Benda (1999), Lima et al, (2003), Branco et al, (2004), propose that the insertion of games and fun in the swimming learning process have the potential to increase the learning possibilities, stating that the fun must be present in learning environments and that they should involve mainly the kids. The swimming programs may still be focused on the teaching process of self-rescue skills (MADUREIRA, et al, 2009) and even on the improvement of cognitive skills (FLORÊNCIO, SANTOS & MADUREIRA, 2011).

Based on the different possibilities which are presented to the central points of swimming, a deeper research about the subject is needed. Burkhardt and Escobar (1985) warned about human diversity and expectations, different capacity and limitations when solving motor tasks and also showed the need of increasing the contents of the swimming learning process. Benda (1999) suggests that many students look for the swimming classes to improve their posture, respiratory reeducation, low impact activities, improvements in the cardiovascular system and physical abilities (strength, endurance and coordination). Still, Alves et. al. (2007) conclude that teenagers enrolling in swimming programs is determined, first by well being, second by physical training, and finally by the prevention of diseases. However, these variants may be different in other groups; therefore, it can be a problem regarding exercises prescriptions, by not reaching the objective of the students respectively, causing lack of interest, lack of attention in classes, the change of schedule or gym.

Almeida et al (2004b) noticed the main reasons that made parents enroll their kids in swimming courses. In this survey, 27 parents of students between 2 and 13 years old, enrolled in two gyms located in Santos – SP were interviewed. A survey containing 8 options, which were: develop motor skills (DMS), learn the four strokes (LFS), minimize motor problems (MMP), develop self-rescue skills (DSRS), leisure, entertainment and socialization (LES), minimize health problems, such as artuculars, breathing, posture, - (MHP), training for competitions (TFC), overcome the fear of water (OFW). The results show that the reasons DMS, MHP, LES and DSRS seem to be more related to the expectations of parents nowadays, and that new trends prioritize the motor development and the health of the child. The authors also conclude that a society of constant changes tends to bring new needs that make the parents objectives change, something that jeopardizes the enrollment in traditional swimming courses.

In the study performed by Moises (2006), the author portrays the main reasons for quitting the swimming classes, a survey that analyzed 184 people showed, among the 10 main reasons for quitting the swimming practice, the second one was the lack of affinity with the sport, in other words, the lack of affinity discourage them to take part in the classes, maybe for not being able to perform the tasks.

Based on the discussion previously presented, the need to question current conceptions becomes clear, the authors Andries Jr (2003), Allen (1999), Pereira (1999) and Schmitt (1995) suggest an urgent and deep review of the strategies for teaching swimming and the aquatic activities (different aquatic motor skill experiences for different purposes), to satisfy the specific interests of the students who seek this practice.

Almeida et al, (2004a) made a study with the purpose of identifying and analyzing which were the main reasons that made youngsters and adults enroll in swimming classes at gyms, this study shows 30 students of two gyms in Santos – SP. Above who answered to a rating survey about the main interests in practicing the sport, the results showed the following order of priorities: 1st - Prevention of diseases, 2nd - Relieve stress, 3rd - Muscles definition (MD), 4th - Lose weight, 5th - Learn the four strokes. For the authors, the targeted audience in both gyms seems to illustrate the interests connected to the largest current trend, which is much more related to quality of life, than to concepts regarding competition or systematic performance of the four strokes.

The study mentioned above is a strong index of a cultural change of the individual who currently seeks the swimming practice at gyms, so, studies that approach the specific objectives of the population of different ages are necessary to improve the swimming classes at the gym.

OBJECTIVE

This study main objective is to chart the real reason for the students to enroll in swimming courses in the metropolitan area of Santos.

MATERIAL AND METHODOLOGY

The study was performed with 549 students with an average age of 31,74 years old, from 23 different gyms of the metropolitan area of Santos. To analyze the data, the individuals were sorted in 5 groups: elderly (over 60 years old), middle age (40 to 60 years old), adult (20 to 40 years old), teenager (10 to 20 years old) and general. The students had to answer to a survey with 10 items, which order was chosen randomly: 1st - Prevention of diseases (PD), 2nd – Physical dysfunction recovery (PDR), 3rd – Weight loss (WL), 4th – Muscles definition (MD), 5th – Overcome the fear of water (OFW), 6th – Learn the four strokes

(LFS), 7th – Relieve stress (RS), 8th – Make new friends (MNF), 9th – Leisure and recreation (LR), 10th – Training for competitions (TFC). The survey was made so that each item was numbered from 1 to 10, being 1 for the most relevant and 10 for the least relevant.

RESULTS

The results are displayed on the charts 1 and 2 below:

Table 1 - Ranking of the interest for the population in general

	#	PD	PDR	WL	MD	OFW	LFS	RS	MNF	LR	TFC
GENERAL	549	1	7	4	3	10	5	2	8	6	9

The data are presented as a division in which: # = number of people, PD = Prevention of diseases, PDR = Physical dysfunction recovery, WL = Weight loss, MD = Muscles definition, OFW = Overcome the fear of water, LFS = Learn the four strokes, RS = Relieve stress, MNF = Make new friends, LR = Leisure and recreation, TFC = Training for competitions.

Table 2 - Ranking of the interest for the different age groups

	#	PD	PDR	WL	MD	OFW	LFS	RS	MNF	LR	TFC
TEENAGER	24	7	8	2	1	10	4	5	9	6	3
ADULT	439	1	7	4	2	10	5	3	8	6	9
MIDDLE AGE	74	1	5	3	7	9	8	2	6	4	10
ELDERLY	12	1	3	8	2	5	9	4	6	7	10

The data are presented as a division in which: # = number of people, PD = Prevention of diseases, PDR = Physical dysfunction recovery, WL = Weight loss, MD = Muscles definition, OFW = Overcome the fear of water, LFS = Learn the four strokes, RS = Relieve stress, MNF = Make new friends, LR = Leisure and recreation, TFC = Training for competitions.

DISCUSSION

According to Chart 1, it's possible to analyze that the items PD, RS, MD and WL are the most important for the inquired individuals, which support the findings of Almeida et al, (2004a), these data show the need of swimming programs focused on the quality of life and health improvement, different from traditional roles that are focused on teaching the four strokes. However, the difference between ages of the results hides specific data for groups with a different need and a more deep analysis is necessary.

Chart 2 allows us to have a more accurate idea about the objective of the different age groups, for example, in the elderly group, the most important items were the Prevention of diseases (PD) and the Muscles definition (MD), which seems to be reasonable, considering the great concern towards preventing the most common kinds of diseases of seniors, such as, osteoporosis, chronic respiratory diseases, muscle weakness. Moser and Amorim (2000) suggest that physical activities with controlled intensity, carefully chosen according to individual conditions, are the best means for a healthy aging. Also, ACSM, (2009) describes that the physical activity practice from adulthood to old age induces to physiological adjustments that make the 60-year-old elderly trained, with the same performance of a 30-year-old sedentary.

In the middle age group, the most important item was Muscles definition (MD), the second most voted one was Relieve stress (RS), the improvement of physical skills in middle-age adults reduces general mortality from all causes in old age by more than 50% Papalia (2008).In the adult group, the first two results are similar to the elderly, being the Prevention of diseases the major concern, these data seem to induce adjustments to the traditional strokes, as well as, the creation of new movement possibilities that strengthen the goals of this new client of the gym.

In the teenager group, the most important item was Muscles definition (MD), and the second one Weight loss (WL), which currently is one of the biggest problems for teenagers in the world (TERRES et. al. 2006). The practice of physical activities in youth is necessary for a healthy development of the body (FAIGENBAUM, et al. 2009), therefore, programs that have goals and strategies directed to these deeds are essential.

FINAL REMARKS

According to the results of this work, the need to create specific swimming programs for different age groups may be suggested. Another factor that must be taken into account is the need to insert strategies that improve situations of relaxation, considering that relieving stress is among the 4 biggest interests of the adults, middle age and elderly groups. Finally, it is clear in this survey that learning the four traditional strokes is far from being the main interest of the interviewed, so, a review about the swimming classes at gyms is necessary so that they can be focused on the objectives mentioned above.

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OBJECTIVES OF STUDENTS TO ENROLL IN SWIMMING CLASSES AT THE GYM IN THE METROPOLITAN AREA OF SANTOS.

ABSTRACT

The swimming practice is currently largely sought for many reasons, however, it's traditionally believed that the students who look for programs related to this activity have, as main objective, the purpose of learning the four strokes culturally determined (front stroke, backstroke, breaststroke and butterfly stroke), however, a significant number of individuals who practice this activity want it for different reasons, among others, prophylaxis, physical dysfunction recovery, weight loss, and even improvement of their performance in other sports activities. This study main objective was to chart the real reason for the students to enroll in swimming courses in the coast area of São Paulo. The study was performed with 549 students, from 23 different gyms of the metropolitan area of Santos. To analyze the data, the individuals were sorted in 5 groups: elderly (over 60 years old), middle age (40 to 60 years old), adult (20 to 40 years old), teenager (10 to 20 years old) and general. The students had to answer to a survey with 10 items, which order was chosen randomly: 1st - Prevention of diseases (PD), 2nd – Physical dysfunction recovery (PDR), 3rd – Weight loss (WL), 4th – Muscles definition (MD), 5th – Overcome the fear of water (OFW), 6th – Learn the four strokes (LFS), 7th – Relieve stress (RS), 8th – Make new friends (MNF), 9th – Leisure and recreation (LR), 10th – Training for competitions (TFC). The survey was made so that each item was numbered from 1 to 10, being 1 for the most relevant and 10 for the least relevant. By sorting the interest of the students, it's clear that learning the 4 strokes wasn't the main reason for any of the different age groups that were analyzed, so, the structure of the swimming programs seems to need new objectives that raise the development of different strategies to different groups.

KEYWORDS: Swimming, Purpose and Participants.

OBJECTIFS DES ÉTUDIANTS S'INSCRIRE DANS ACADÉMIES LE TYPE DE PISCINE DANS LA RÉGION MÉTROPOLITAINE DE SANTOS.

RÉSUMÉ

La natation est très populaire pour plusieurs raisons, cependant, a toujours été la croyance que les étudiants qui cherchent ce type de programmes connexes visent à apprendre les 4 nages culturellement déterminés (crawl, dos, brasse et papillon), cependant, les praticiens mode de recherche pour les mêmes besoins variés, notamment, la prévention, la récupération de dysfonctions physiques, perte de poids et même d'amélioration de la performance sportive dans d'autres sports. Cette étude visait à cartographier et découvrir les objectifs des étudiants qui s'inscrivent dans le sport de la natation dans la côte académies. L'étude a été menée auprès de 23 549 élèves des gymnases de la région métropolitaine de Santos. Pour l'analyse de données, les sujets ont été répartis en 5 groupes: les personnes âgées (60 + ans), d'âge moyen (40-60 ans); adulte (20-40 ans); adolescents (10-20 ans) et générale. Les élèves devaient répondre à un questionnaire de 10 questions fermées dont l'ordre a été choisi par tirage au sort: 1 ° la prévention des maladies (PD), 2 ° de récupération de dysfonctions physiques (RDF), 3 ° minceur (E) 4 ° réglage muscles (DM), 5 ° à perdre leur peur de l'eau (PMA) 6 ° nage apprendre le crawl, dos crawlé, la brasse et le papillon (AQN) 7 ° à soulager le stress (AS); 8 ° faire de nouveaux amis (FNA); 9 de loisirs et de détente (LR), la formation 10e concours (PTC). Le questionnaire a été rempli de façon que chaque élément a été inscrit 1-10, paragraphe 1 étant le plus

pertinent et le paragraphe 10 de moindre importance. Avec le classement des objectifs des élèves, on peut voir que l'apprentissage des 4 nages n'était pas la principale raison de l'un des différents groupes d'âge analysés ainsi structurer programme de natation semble avoir besoin de nouveaux objectifs qui causent l'élaboration de stratégies différente pour différents groupes.

MOTS-CLÉS: Natation, Objectif et participants.

OBJETIVOS DE LOS ESTUDIANTES INSCRIBIRSE EN ACADEMIAS EL TIPO DE NATACIÓN EN LA REGIÓN METROPOLITANA DE LOS SANTOS

RESUMEN

El deporte de la natación es actualmente muy popular por varias razones, sin embargo, ha sido tradicionalmente la creencia de que los estudiantes que buscan este tipo de programas relacionados con el objetivo de aprender los 4 nada culturalmente determinadas (gatear, espalda, pecho y mariposa), sin embargo , un número muy significativo de los golfistas que buscan las mismas necesidades variadas, entre ellos, la prevención, la recuperación de las disfunciones físicas, pérdida de peso e incluso la mejora del rendimiento deportivo en otros deportes. Este estudio tuvo como objetivo localizar y descubrir los verdaderos objetivos de los estudiantes que se matriculan en el deporte de la natación en la costa academias. El estudio se realizó con 549 estudiantes de 23 academias de Santos metropolitanas. Para el análisis de los datos de los sujetos fueron divididos en 5 grupos: personas mayores (60 + años), de mediana edad (40-60 años), adultos (20-40 años), adolescentes (10-20 años) y general. Los estudiantes tenían que responder a un cuestionario con 10 preguntas cerradas cuya orden fue elegido por sorteo: 1 ° de prevención de la enfermedad (PD), 2 ° de recuperación de trastornos físicos (RDF), 3 ° adelgazar (E) 4 ° de ajuste músculos (DM), 5 ° a perder su miedo al agua (PMA) 6 ° nada aprender el crawl, espalda, pecho y mariposa (AQN) 7 ° aliviar el estrés (AS), 8 ° hacen nuevos amigos (FNA); 9 de ocio y recreación (LR), la formación 10 para la competencia (TPC). El cuestionario fue completado por lo que cada tema se enumeran 1-10, párrafo 1 siendo el más relevante y el párrafo 10 de menor relevancia. En el ranking de las metas de los estudiantes, se puede observar que el aprendizaje de las 4 nada no fue la razón principal para cualquiera de los diferentes grupos de edad analizados tanto, la estructuración de programas de natación parece necesitar nuevas metas que hacen que el desarrollo de estrategias diferente para los diferentes grupos.

PALABRAS CLAVE: Natación, El Objetivo y Los Participantes.

OBJETIVOS DOS ALUNOS AO SE MATRICULAREM EM ACADEMIAS NA MODALIDADE DE NATAÇÃO NA REGIÃO METROPOLITANA DE SANTOS.

RESUMO

A natação é muito procurada por vários motivos, entretanto, tradicionalmente se tem a crença de que os alunos que procuram programas relacionados a esta modalidade têm como objetivo aprender os 4 nados culturalmente determinados (crawl, costas, peito e borboleta), entretanto, os praticantes da modalidade procuram a mesma por necessidades variadas, entre elas, profilaxia, recuperação de disfunções físicas, emagrecimento e até potencialização do desempenho esportivo em outras modalidades. Este trabalho teve como objetivo mapear e descobrir os objetivos dos alunos que se matriculam na modalidade de natação em academias do litoral paulista. O estudo foi realizado com 549 alunos de 23 academias da região metropolitana de Santos. Para a analise dos dados os indivíduos foram divididos em 5 grupos: idoso (60+ anos); meia idade (40 a 60 anos); adulto (20 a 40 anos); adolescente (10 a 20 anos) e geral. Os alunos tiveram que responder a um questionário fechado com 10 itens, cuja ordem foi escolhida por sorteio: 1° prevenção de doenças (PD); 2° recuperação de disfunções físicas (RDF); 3° emagrecimento (E); 4° definição da musculatura (DM); 5° perder o medo da água (PMA); 6° aprender os nados crawl, costas, peito e borboleta (AQN); 7° aliviar o stress (AS); 8° fazer novos amigos (FNA); 9º lazer e recreação (LR); 10º treinamento para competição (TPC). O questionário foi respondido de forma que cada item fosse enumerado de 1 a 10, sendo o n° 1 o de maior relevância e o n° 10 de menor relevância. Com o ranqueamento dos objetivos dos alunos, pode-se verificar que o aprendizado dos 4 nados não foi a principal razão para nenhuma das diferentes faixas etárias analisadas , logo, a estruturação de programas de natação parece necessitar de novos objetivos que suscitam a elaboração de estratégias diferenciadas para grupos distintos.

PALAVRAS-CHAVE: Natação, Objetivos e Praticantes.