141 - ANTHROPOMETRIC PROFILE OF PRACTITIONERS OF CAPOEIRA

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INTRODUCTION

According to Pham, Pezzini, and Kings (2010) on the study on reasons for the practice of physical activity, really looking for aesthetics and improvement in quality of life is a factor that interferes with an individual's decision to devote a few moments of your day for the practice of physical activities. Being then justified the call of capoeira mode for membership and retention of practitioners.

The benefits of regular practice of physical activity as well as the maintenance of adequate levels of physical fitness are evident. And cardiorespiratory fitness, muscular resistênciaforça, flexibility and body composition components of physical fitness are associated with better performance in activities of daily living (ADL 's) (DAVIS et al., 2008).

Armstrong Son et al. (2007) States that the academies increasingly fetching enlarge your range of options of activities that use the components mentioned above, agreeing with Nahas (NAHAS, apud 2003 ARMSTRONG SON, 2007). Capoeira could be included as one of these activities, however, the same study is highlighted the need for further studies on these new trends in academia.

It is known that a good physical training schedule can change positively the body composition of the individual. A way to estimate the body shape and composition is the somatotipo. Among its many applications, the somatotipo can be an excellent tool as analysis of body image so how can characterize the physical changes during training (FERNANDES FILHO, 2003 apud MONTEIRO, 2007).

Another parameter that can be used to identify any morphological alteration of an individual is the percentage of fat (G), which is estimated through the skin folds of the individual (NERY et al, 2012). A high rate of fat percentage can mean loss of quality of life, since the relationship the relationship between this parameter and cardiorespiratory, metabolic and neoplastic diseases is proven (LOUREIRO et al, 2012).

The body mass index (BMI), which is used to diagnose the obesity, overweight and malnutrition from an individual (NERY et al, 2012), can also be considered as an indicator of quality of life, taking into consideration that obesity is considered to be a multifactorial disease (who, 1998 apud CASANOVA ZUBIRIA; HOSTELS, 2012). Physical exercise being one of the most effective ways to reduce obesity and BMI, therefore indicating improvements in health and quality of life (STEPHANIE et al, 2012).

The index of the relationship waist-hip ratio (WHR) is based on the distribution of fat in the waist and hip ratio with the purpose to assess the risk of developing diseases such as hypertension, coronary heart disease, diabetes and other illnesses (FERNANDES FILHO, 2003, apud MATHEW LEE, 2009).

According to the above it is believed that the regular practice of capoeira mode is able to alter the levels of physical fitness as well as promote physical changes your practitioner, as this is considered a vigorous activity according to the mode for sale by professionals in the field. The improvement in the quality of life of its practitioners as the best performance of the functionality of these in avds are expected.

However, it may be that the continuous training of the mode is not effective to realize on its practitioners such changes in levels of physical fitness and body composition, which does not characterize the capoeira as being a vigorous activity. If it does not become concrete hypothesis that such activity interferes with the quality of life by bringing the functional improvement of the practitioner for avds.

Researching the topic in the databases of the major sources of study, noted the paucity of scientific studies that discuss body composition variables, or physical fitness components in a specific study group with practitioners of capoeira.

Another factor of importance for this study is the growth in the number of practitioners of capoeira throughout the world, which shows the international appreciation of the sport, being this martial art a great diffusion of the Portuguese language and Brazilian culture. So that a better theoretical basis involving this sport, is of a philosophical, cultural, social, historical or scientific in this case it is necessary.

Besides calling attention of the scientific community to the importance of the sport, this study aims to prove the efficiency of Capoeira as a vigorous physical activity capable of generating positive feedback physiological components cited, as well as prove that this activity is capable of changing some variables of body composition to show benefits to the quality of life of its practitioner facilitates the even increasing its functionality when performing your avds.

It is also intended, through this, start deeper scientific studies on this modality, which currently is very active in their practice, but with very poor still theoretical content. Such enrichment can generate greater credibility to capoeira as well as adding the competence their masters, teachers and practitioners in General.

MATERIAL AND METHOD

The present study is characterised by following the descriptive, quantitative model, field and lifting, because it was done so as not to interfere with the daily routine of the subjects studied, in which they were raised data collected through testing and that were performed on the external environment where there is the practice of the activity researched (THOMAS; NELSON; SILVERMAN, 2007).

Taxable participants were adults between 19 and 55 years of age, of both sexes, practitioners of capoeira, members of groups: Only Capoeira and Capoeira Brazil Group, these being located in the city of Rio de Janeiro.

All subjects of the sample who agree to participate in this study were informed of the entire procedure of the proposed research, and signed the Term of Participation Allowed in research prepared in accordance with the Ordinance. 196 of 10101996 of the National Council of health (BRAZIL, 2006) – guidelines and standards for the Conduct of experiments with Human Beings.

Anthropometric data collection was carried out through the measurements of height, body mass, skinfolds, and in order to calculate the BMI, WHR, the G and the somatotipo of the individual.

The full group was divided into three distinct subgroups: those who practice the sport for less than six months; those who practice more than six months and less than two years, and those who already practice capoeira for over two years.

The data obtained in the collection were analysed and compared statistically using average, except for the WHR, which was analyzed individually.

RESULTS

Figure 1 illustrates the results obtained for the BMI and fat. The Group generally featured BMI of 25.49 4.05, which means that, on average, the group as a whole is classified as overweight. It is noticed that the subgroup of those who practice capoeira for less than six months achieved a normal sort of this index, the Sub-group who practices the sport between six months to two years showed the greatest value to the IMC as the subgroup of those who practice capoeira for more than two years obtained the result closest to the boundary between normal and overweight rating.

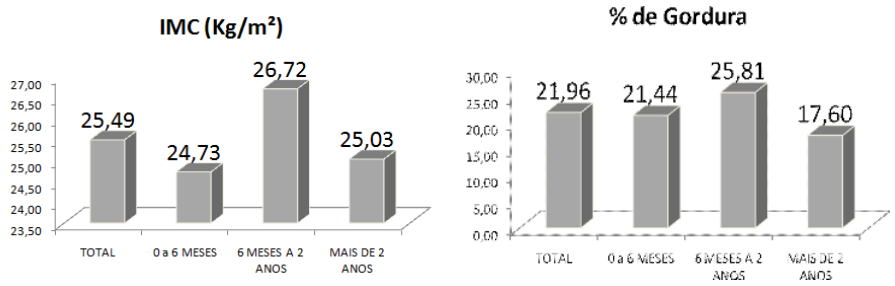

Figure 1: graph of BMI and fat.

Fat analysis shows a significant difference between the subgroups, and the subgroup of playing capoeira for more than two years which has less fat.

The comparison between the subgroups of the ends indicates capoeira as an efficient activity, since, despite the slight difference in BMI, pointing to larger subgroup overweight practice time the activity of fat is much smaller for this subgroup. Such comparison can indicate increase in muscle mass through the continuous practice of capoeira.

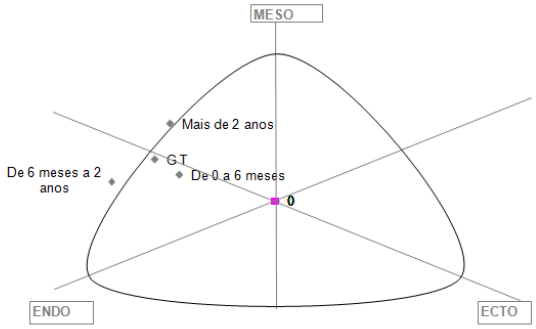

Figure 2: comparison between the Somatocarta subgroups.

The apparent increase in muscle mass for the practitioner of the sport also is present in the analysis of the somatotipos of each subgroup, as well as the apparent failure of mass reduction. Figure 2 shows the somatocarta of all subgroups of the study and the total Group of subjects studied. It is observed that the subgroup of those who engage in the activity for more than two years is closest to farthest of endomorphic mesomorphic and, reflecting a higher proportion of muscle & lower body fat ratio for this subgroup in relation to others, including the Group of subjects studied.

Already in relation to the WHR the entire group presented low risk of developing diseases, not showing a significant reduction in the value of the index between the subgroups, and not addition, which may indicate, at least, the maintenance of low risk for developing cardiovascular disease.

CONCLUSION

The practice of capoeira as physical activity seems to be effective to bring its practitioners benefits such as reducing body fat and increasing lean body mass, and seem important for the maintenance of the low risk of developing cardiovascular diseases. These results indicate a likely improvement in the quality of life of practitioners of capoeira.

The values obtained by the intermediate subgroup came against what was found generally in this study, perhaps by a low number of subjects studied, or even by individual anthropometric characteristics of the subjects.

In view of the growth of capoeira as physical activity worldwide, other studies with this theme are needed, with more individuals and in different regions

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ANTHROPOMETRIC PROFILE OF PRACTITIONERS OF CAPOEIRA

ABSTRACT

The benefits of regular practice of physical activity as well as the maintenance of adequate levels of physical fitness are evident. And cardiorespiratory fitness, muscular resistênciaforça, flexibility and body composition components of physical fitness are associated with better performance in activities of daily living (ADL 's) (DAVIS et al., 2008). It is believed that the regular practice of capoeira mode is able to alter the levels of physical fitness as well as promote physical changes your practitioner, as this is considered a vigorous activity according to the mode for sale by professionals in the field. The improvement in the quality of life of its practitioners as the best performance of the functionality of these in avds are expected. Subjects, between 19 and 55 years of age, of both sexes, were practitioners of capoeira, members of two groups headquartered in the municipality of Rio de Janeiro. The Group generally featured BMI of 25.49 4.05, which means that, on average, the group as a whole is classified as overweight. with respect to the WHR the entire group presented low risk of developing diseases, not showing a significant reduction in the value of the index between the subgroups, and not addition, which may indicate, at least, the maintenance of low risk for developing cardiovascular disease.The practice of capoeira as physical activity seems to be effective to bring its practitioners benefits such as reducing body fat and increasing lean body mass, and seem important for the maintenance of the low risk of developing cardiovascular diseases.

KEYWORDS: Anthropometry; capoeira; somatotipo.

PROFIL ANTHROPOMÉTRIQUE DES PRATICIENS DE LA CAPOEIRA

RÉSUMÉ

Les avantages de la pratique régulière d'activité physique, mais aussi le maintien d'un niveau adéquat de conditionnement physique sont évidents. Et cardiorespiratoire, composants de composition resistênciaforça, flexibilité et corps musclés de conditionnement physique sont associés à meilleures performances dans les activités de la vie quotidienne (AVQ) (DAVIS et al., 2008). On croit que la pratique régulière du mode capoeira est en mesure de modifier les niveaux de condition physique ainsi que de promouvoir des changements physiques votre praticien, car cela est considéré comme une activité vigoureuse selon le mode de vente par des professionnels dans le domaine. L'amélioration de la qualité de vie de ceux qui le pratiquent comme les meilleures performances de la fonctionnalité de ces avds sont attendus. Sujets, âgés de 19 à 55 ans, des deux sexes, sont des praticiens de la capoeira, les membres des deux groupes, dont le siège est situé dans la municipalité de Rio de Janeiro. Le groupe comprenait généralement IMC de 25,49 4.05, ce qui signifie que, en moyenne, le groupe dans son ensemble est classé comme le surpoids. en ce qui concerne la WHR tout le groupe a présenté à faible risque de développer des maladies, ne s'affiche pas une réduction importante de la valeur de l'index entre les sous-groupes et pas plus, qui pourrait indiquer, au moins, le maintien du faible risque de développer une maladie cardiovasculaire.La pratique de la capoeira comme activité physique semble être efficace pour ceux qui le pratiquent des retombées telles que réduire la graisse corporelle et augmente la masse maigre et semblent revêtir une importance pour le maintien du faible risque de développer des maladies cardiovasculaires.

MOTS CLÉS : Anthropométrie ; Capoeira ; somatotipo.

PERFIL ANTROPOMÉTRICO DE LOS PRACTICANTES DE CAPOEIRA

RESUMEN

Son evidentes los beneficios de la práctica regular de actividad física, así como el mantenimiento de niveles adecuados de aptitud física. Y fitness cardio-respiratorio, musculares componentes de composición resistênciaforça, la flexibilidad y el cuerpo de la forma física se asocian con mejor rendimiento en las actividades de la vida diaria (ADL) (DAVIS et al., 2008). Se cree que la práctica regular de modo de capoeira es capaz de alterar los niveles de condición física, así como promover cambios físicos de su médico, ya que esto se considera una actividad vigorosa según el modo de venta por profesionales en el campo. Se espera que la mejora en la calidad de vida de sus practicantes como el mejor desempeño de las funciones de estos en avds. Temas, entre los 19 y 55 años de edad, de ambos sexos, eran practicantes de la capoeira, miembros

de dos grupos con sede en el municipio de Río de Janeiro. El grupo generalmente con IMC de 25,49 4.05, lo que significa que, en promedio, el grupo en su conjunto es clasificado como sobrepeso. con respecto a las horas de servicio todo el grupo presenta bajo riesgo de contraer enfermedades, no demuestran una reducción significativa en el valor del índice entre los subgrupos y además de no, lo que pueden indicar, al menos, el mantenimiento de bajo riesgo de desarrollar una enfermedad cardiovascular.La práctica de la capoeira como actividad física parece ser efectiva para llevar a sus practicantes beneficios como la reducción de grasa corporal y aumentar la masa corporal magra y parecen importantes para el mantenimiento del bajo riesgo de desarrollar enfermedades cardiovasculares.

PALABRAS CLAVE: Antropometría; Capoeira; somatotipo.

PERFIL ANTROPOMÉTRICO DE PRATICANTES DE CAPOEIRA

RESUMO

Os benefícios da prática regular de uma atividade física assim como a manutenção de níveis adequados de aptidão física são evidentes. Sendo aptidão cardiorrespiratória, resistência/força muscular, flexibilidade e composição corporal os componentes da aptidão física associados ao melhor desempenho nas atividades de vida diária (AVD's) (DIAS et al., 2008). Acredita-se que a prática periódica da modalidade capoeira é capaz de alterar os níveis de aptidão física assim como promover mudanças no físico de seu praticante, pois esta é considerada uma atividade vigorosa segundo a venda da modalidade por profissionais da área. Desta forma a melhoria na qualidade de vida de seus praticantes tal qual o melhor desempenho da funcionalidade destes em suas AVD's são esperados. Os sujeitos, entre 19 e 55 anos idade, de ambos os sexos, eram praticantes de capoeira, integrantes de dois grupos sediados no Município do Rio de Janeiro. O grupo de um modo geral apresentou IMC de 25,49 + 4,05, que significa dizer que, em média, o grupo como um todo está classificado como sobrepeso. com relação ao RCQ o grupo inteiro apresentou baixo risco de desenvolver doenças, não apresentando redução significativa no valor deste índice entre os subgrupos, e nem acrécimo, o que pode indicar, no mínimo, a manutenção do baixo risco para desenvolver doenças cardiovasculares.A prática de capoeira como atividade física parece ser eficaz para trazer a seus praticantes benefícios tais como redução de massa gorda e aumento de massa magra, além de parecer importante para a manutenção do baixo risco de desenvolver doenças cardiovasculares.

PALAVRAS-CHAVE: Antropometria; capoeira; somatotipo.