134 - THE IMPROVEMENT OF RELATED PHYSICAL APTITUDE THROUGH FUTSAL (INDOOR SOCCER)

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INTRODUCTION

The indoor soccer has some divergence regarding its appearance, some authors cite that it was Uruguay its great founder, and some others cite that it was Brazil, another discussion is related to the year of its creation, some authors cite it happened in the decade of 30, some others cite that it actually was created in the decade of 40 (COSTA JUNIOR; SOUZA; MUNIZ, 2003).

According to Mutti (2003), when a child is submitted to futsal classes, in addition to be working all the physical aspects, she will develop factors as, respect for opponents and colleagues, notions of space and time, respect to the game's rules, besides the great sociability with all children who are involved.

So that all functions of the human body can be in perfect operation, and so that the man can feel psychologically well, it is necessary that he has a minimum of physical aptitude achieved through the practice of physical activities (LEITE, 2000).

According to studies realized at the end of the 90's, for a person to achieve physical aptitude is necessary that: it practices regular physical activities to improve the cardiorespiratory capacity, to improve the strenght, the resistence and the flexibility (GUISELINI, 2004).

With the growth of the practice of futsal in the scholar environment, children start earlier to practice this sport, that works all the physical aspects that a child might need to develop its physical aptitude related to health. In this perspective, this study seeks to alert for the care with children's health. And it worries about offering regular practice of physical activities, so that these children can have a better rate of physcial aptitude, so that they can have a life quality, and, futsal is a good option in the development of this purpose.

The general purpose of this work was to check the improvement of the level of physical aptitude in students from 9 to 14 years old, through the futsal in a private school in Anápolis.

LITERATURE'S REVIEW

Morra (2007), says that the Brazilian in 1930, in the Christian Association of Young Men of São Paulo, are the founders of this sport, that increased and has expanded all over the country, and today is present in schools, sport's squares and clubs.

The great South-American competitions of clubs and futsal's teams that happen nowadays started around the decades of 60 and 70, when the indoor soccer began to be considered as a sport (COSTA JUNIOR; SOUZA; MUNIZ, 2005).

Physical Aptitude

According to Leite (2000), so that the human being can have a life without problems to realize simple tasks of daily life, it is necessary that he has a minimum of physical aptitude, it means, he needs to have a good performance in the physiological sistems of the body in the conditions of resting and exercising.

Taking into consideration the biological-sportive aspects, the physical aptitude related to health and to sport can be understood as a condition of a psychophysics income capacity above the average, to the individual who seeks an improvement to its physical aptitude and its health, with the practice of physical activity, the minimum required in a week is 1x45 minutes, 2x30 minutes and 3x20 minutes (WEINECK, 2003).

For any individual who seeks leisure, improving the body estetica and, mainly, a general physical aptitude, acting as prophylaxis, it is recommended that this individual has a regular practice of systematic physical activity (MONTEIRO, 2006).

To realize daily activities, to take part in prolonged leisure activities, withouth having fatigue or excessive stress and also to decrease the chances of injuries as the individuals get old, it is necessary to have minimum levels of muscular capacity of strenght and resistence (HEYWARD, 2004).

Variables of the Physical Aptitude Related to Health:

A) Flexibility

Achour Junior (2004), says that the flexibility decreases during the life according to the combination of two factors, the increasing of age, and the decreasing of the practice of stretching exercises in adult age.

When a training is initiated, to improve the flexibility, the first sentation is to feel pain and discomfort, but, after a while of training, these sensations disappear, and the flexibility can be improved, if the exercises are run with persistence, but, this achievement can be lost if the training is interrupted (BARBANTI, 2001).

In order to develop the flexibility, we have three methods to be used; active method, in which the athlete reaches the maximum mobility of an articulation through muscular activation; passive method, in which the athlete reaches the maximum flexibility with the help of another person, and also the combined method, in which the athlete flexes the member to its limit and realizes a strong isometric contraction against the resistence of another person (BOMPA, 2002).

B) Resistence

So that an athlete, during a game, can keep playing without a loss in the execution of the technical elements and speed, he should have trained well his Resistence (BARBANTI, 2001).

Bompa (2002) defines resistence as the capacity that the individual has of standing a work with intensity without the easy ocurrence of fatigue, or without the fact that he keeps working in a state of fatigue.

To Gallahue and Ozum (2003), the muscular resistence is the ability of a muscle or a groupe of muscles to perform some kind of work during a prolonged period of time against a moderate resistence, the resistence work is similar to the strength, but it differs in the emphasis, the resistence activities require less load and more repetitions.

C) Strength

According to Barbanti (2001), Strenght in a general concept is the capacity of running any moviment, or moving any object.

Strength is defined as the neuromuscular capacity of overcoming an internal and external resistence (BOMPA, 2002).

Gallahue e Ozum (2003), affirms that muscular strength consists in the ability that the body has of exercising a maximum effort, the strength can be classified as: isotonic, which is that one that involves the use of strength over an immobile object; isometric, which is related to the ability of a muscle to go through its total scale of movements, and also isokinetic, that involves the contraction of the muscle and the maintenance of this contraction through all the scale of movements.

The muscular strength can be classified as the general strength that is understood as the strength of all muscular groups, independent of the sport; when the strength is used in any sportive modality, it means, the strength developed by a determinate muscular group so that any movement occurs in a determinate sportive modality (WEINECK, 2003).

The capacity that a muscular group has of exercising in a contraction, strength against resistence is defined as muscular strength (HEYWARD, 2004).

D) Body Composition

Guedes e Guedes (2002) point out that the practice of regular physical activities may cause some modifications in relation to the body composition, becoming then an important factor to the maintenance of body weight. To the profile of physical aptitude and health, the body composition is a key part, the lack of body fat may bring some damages to the individual. So that the physiological functions of the body are normal, it is necessary that there is a certain quantity of stored fat, but nowadays, also the obesity has been one of the main causes of diseases and it has reduced the life expectancy of obese population (HEYWARD, 2004).

In the society we live in, the obesity has been a worldwide problem, obese individuals are directed connected to diseases like hypertension, diabetes and high cholesterol, what is more worrying is the fact that the number of obese children is increasing, and the great defense against this problem is the regular practice of physical activities (POWERS; HOWLEY, 2000).

The level of overweight and obesity in children and teenagers has been very associated to the fact of the familiar environment they live in practicing regular physical activities or not. Good feeding habits inside the familiar environment can be an excelent defense against obesity in children and teenagers (PETROSKI, 2007).

Morrow Jr. *et al* (2003) assure that is important to mesure the body composition of all children, so that in their childhood can be identified the problem of obesity, that, if reaches the adult age, might be the main factor for diseases like Diabetes, Cancer and firmam que é importante mensurar a composição corporal de todas as crianças, para que se identifique ainda na infância o problema da obesidade que se chegada a fase adulta , pode ser fator principal para que ocorra doenças como Diabetes, Cancer and Cardiovascular Diseases.

METHODOLOGY

This study was made up by 14 children from 9 to 14 years old, from the futsal team of a private school of Anápolis-GO, who practice the activity 3 times a week.

The study evaluated the level of physical aptitude related to health in the components: muscular strength, muscular resistence, flexibility and body composition. For the evaluation it was used as bases the tests' battery FITNESSGRAM (1987) apud Morrow Jr. et al. (2003). And for body composition, it was used the BMR (Body Mass Rate) as the classification of Heyward (2004).

And the study had two moments: at first, the proposed tests were applied; after the first test, the interference of the futsal classes with the student members of the sportive initiation at the school was done. And subsequently, in the second moment to the reapplication of the tests, with two months of interference.

For the analysis of the data, it was done a descriptive analysis in percentile and the test “t” independent to compare the data through the software SPSS 10.0.

RESULTS

The table 1 shows in percentile the values of the test of resistence in children and teenagers from 9 to 14 years old, if it is inside the percentile 10, is considered very weak, 21,4% in the first moment and 50% in the second moment, if it is inside the percentilel 25 considered weak, 50% in the first moment and 14,3% in the second moment, if it is inside the percentile 50, considered normal, there were 14,3% in the first moment and 28,6% in the second moment, if it is inside the percentile 75 considered good, there were 14,3% in the first moment and 7,1% in the second moment, and, if it is inside the percentile 90 considered very good, no results were found.

TABLE 1: Results of the test of resistence.

Percentile	First moment	Second moment
10	21,4%	50%
25	50%	14,3%
50	14,3%	28,6%
75	14,3%	7,1%
90	-------	-------
Total	100%	100%

P< 0,417. Source: as FITNESSGRAM 1987.

The table 2 shows in percentile the values of the test of flexibility of all children and teenagers who are part of this sample, being in the percentile 10 considered very weak 78,6% in the first moment and also 78,6 % in the second moment, inside the percentile 25 considered weak, in the first there were 14,3 % and in the second moment also 14,3%, without any improvement, inside the percentile 50, considered normal, no results were found, inside the percentile 75 considered good, there were 7,1% in the first moment and there weren't results in the second moment in this percentile, inside the percentile 90 considered excellent, in the first moment there weren't results, and, in the second moment, 7,1% improved the flexibility, from good to excellent.

TABLE 2: Results of the tests of flexibility.

Percentile	First moment	Second moment
10	78,6%	78,6%
25	14,3%	14,3%
50	-------	-------
75	7,1%	-------
90	-------	7,1%
Total	100%	100%

P<0,317 Source: as FITNESSGRAM 1987.

The table 3 shows in percentile the values of the test of strength, the results were the following: inside the percentile 10

considered very weak, there were in the first moment 14,3% and in the second moment also 14,3%, inside the percentile 25 consideraded weak, we didn't have any results in both moments, inside the percentile 50 considered normal in the first moment we obtained 7,1 %%, remaining the same values for the second moment, inside the percentile 75 considered good the values in the first and in the second moment were the same, being 21,4% of the tested teenagers, inside the percentile 90 considered excellent in the first and in the second moment we had the same results, being both 57,1%, without any considerable changing.

TABLE 3: Results of the tests of Strength.

Percentile	First moment	Second moment
10	14,3 %	14,3%
25	-------	-------
50	7,1%	7,1%
75	21,4%	21,4%
90	57,1%	57,1%
Total	100%	100%

P<1,000 Source: as FITNESSGRAM 1987.

The table 4 shows in percentile the results of the Body Mass Rate (BMR), having the following results: inside the percentile 1 considered malnourished being in the first moment 57,1% and in the second moment 35,7% , inside the percentile 2 considered normal , it was found in the first moment 42,9% and in the second moment 57,1% , showing that the children and teenagers gained weight between the two periods, inside the percentile 3 and the percentile 4 considered overweight and obese, no results were found, in both moments.

TABLE 4: Results of the BMR of scholars.

Percentile	First moment	Second moment
Malnourished	57,1%	35,7%
Normal	42,9%	57,1%
Overweight	-------	-------
Obese	-------	-------
Total	100%	100%

P<0,046 Source: as HEYWARD 2004.

DISCUSSION

In agreement to a study realized by Paloschi *et al.* (2008) with professional athletes of futsal in the beginning of the season, that verified the level of physical aptitude, noticed that the athletes had a high percentage of fat, what is considered a high rate for the practice of the modality, but, in the end of the season, there was a significant improvement with the periods of training, disagreeing then with the present study, that showed us that the most of the children were below the ideal weight, and, in the second moment, they gained weight, so we consider that we must be vigilant and take into consideration these variables, and face the data of the present study in which children were in low levels expected to their health.

According to a study realized by Dias *et al.* (2007) that evaluated the anthropometric characteristics and the motor performanceof many children and teenagers from 8 to 18 years old, who belonged to two futsal clubs, and it showed the following result: the BMR (Body Mass Rate) is located between the percentile 25 and 75, it indicates a normal pattern of growing up. So, it disagress with the present study, in where the children and teenagers are between the percentile 10, considered malnourished, and 25, considered normal.

Anayzing the results of the test of body composition through the BMR, it was verified that in relation to the first phase of evaluation, the students had an increase on their weights in the second phase, data that are in agreement with the study realized by Bortoni and Bojikian (2007) which analyzed 87 boys with ages from 11 to 13 who took part in the physical education classes twice a week, where it was proposed to the students to participate in the school of sports, in the modality futsal, as we see in the present study, with two classes in a week. It was showed that there was an increase in the body weight, in the group who participated of the futsal classes, and also in the group who didn't practice the sport, in the same proportion.

In the present study, the children and teenagers revealed a significant increase in the body composition, and, showed themselves below the levels considered good for health in variables as flexibility and muscular resistence; a study realized by Bergmann (2005) comes to agree with the present study, showing that children presented an increase in the body composition, in relation to the criteria of health, the results presented were worrying in the aspects (muscular resistence and flexibility), being below the minimum health levels of aptitude.

In the present study, the results found on the variables of resistence, flexibility and body composition were considered a level below the normality for the physical aptitude related to health. Only in the variable muscular strength that the teenagers showed levels considered as good and normal for health; disagreeing of the data found in a study realized by Pezzetta (2003) the children and teenagers showed a good level of physcial aptitude related to health, obtaining levels in all the mesured variables.

Cyrino *et al.* (2002) realized a study with eight futsal athletes, from masculine sex, and another eleven boys who didn't practice any sportive modality; the results at the end of the testes didn't show any significant modification in thevariables strength and muscular resistence with the futsal training, results that come to agree with the present study, in which the values presented at the end of the second phase didn't show satisfactory changes.

In the present study, the test of flexibility revealed that the teenagers are in levels below the expected in their age group in relation to health, data that come to agree with a study realized by Bertolla *et al* . (2007) who analyzed the flexibility of 11 athletes who are part of a juvenile team of futsal; the athletes were divided in two groups, the first was composed by those who practiced only the activities of the futsal training, and no more specific training to improve the flexibility; the second group developed a flexibility training program besides the futsal training. The results of the second group were satisfactory, meanwhile the first group didn't obtain significant improvement; these results show us the importance of realizing specific works of flexibility, inside a futsal training.

CONCLUSION

The results that were found reveal that the children and teenagers who are part of the futsal team in a private school in Anápolis-Go are below the expected levels in the aspects flexibility and muscular resistence, but, in the aspects strength and body composition they are in agreement with the ideal levels related to health, being only these variables analyzed in the study.

The results concerning resistence and flexibility weren't very satisfactory in relation to the age, because they are youngs who practice regular activity twice a week, and they should be in a higher landing. And concerning the muscular strength, they are in an ideal level related to health, regarding the body composition, they have gained weight.

From these results, the professionals from the physical education area should be vigilant, and, provide exercises related to futsal, so that the level of physical aptitude of children and teenagers can be improved.

Key-words: Physical aptitude; Children; Futsal.

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THE IMPROVEMENT OF RELATED PHYSICAL APTITUDE THROUGH FUTSAL (INDOOR SOCCER)

ABSTRACT

Nowadays, the futsal is one of the most practiced sports by all parents, it can be found in a big part of the schools, it is a sport that fascinates and conquers, in an increasing number, many admirers; the physical aptitude related to health, which are minimum levels that a person should have to lead a life without many problems, is directly connected to the regular practice of systematic physical activity. This work was done in order to verify the level of physical aptitude linked to health in male children from 9 to 14 years. The study assessed the level of physical aptitude in health-related component of: muscular strength, muscular endurance, flexibility and body composition. For the evaluation, it was used as bases the tests' battery Fitnessgram (1987) apud Morrow Jr. et al. (2003). And for body composition, it was used the BMR (Body Mass Rate) as the classification of Heyward (2004). And the study had two moments: at first, the proposed tests were applied; after the first test, the interference of the futsal classes with the student members of the sportive initiation at the school was done. And subsequently, in the second moment to the reapplication of the tests, with two months of interference. The study concluded that the children and teenagers are below the minimum levels in the variables flexibility and resistence, but they are within the expected levels regarding muscular strenght and body composition. It is suggested that further studies can be conducted in the future, seeking activities' plans including the practice of futsal, aiming at improving the physical aspects, to provide minimum levels of physical aptitude.

Key-words: Physical aptitude; Children; Futsal.

L'AMÉLIORATION DE L'APTITUDE CONNEXES PAR L'INTERMÉDIAIRE DU FUTSAL

ABSTRACT

Le football en salle est aujourd'hui l'un des sports les plus pratiqués par tous les parents, c'est en grande partie les écoles, est un sport qui fascine et conquérir des plus en plus d'admirateurs, la santé physique sont liées à des niveaux minimaux ont la personne devrait avoir à mener une vie sans beaucoup des problèmes, est directement liée à la pratique régulière d'activité physique systématique. Ce travail la été fait afin de vérifier le niveau d'aptitude physique liée à la santé dans les enfants de sexe masculin de 9 à 14 ans. L'étude a évalué le niveau de condition physique en rapport avec la santé composante des la force musculaire, l'endurance musculaire, la souplesse et la composition corporelle. Pour l'évaluation le été utilisée repose sur la batterie de tests Fitnessgram (1987) apud Morrow Jr. et al. (2003). Et maintenant, la composition corporelle, IMC le été que par la classification des Heyward (2004). Et l'étude la eu deux moments: d'abord les tests proposés ont été appliqués après le premier essai a été fait de l'ingérence des la façon dont le sport de Futsal des classes avec des étudiants membres des l'ouverture des l'école des sport. Et puis la deuxième fois ont la demande des reconduction des essais, avec deux mois des l'ingérence. L'étude a révélé ont les enfants et les adolescents sont en dessous des la normale à divers force et de souplesse et qui sont dans le niveau escompté dans la force musculaire et la composition corporelle. Il est suggéré que des nouvelles études soient menées à l'avenir, la

recherche des plan d'activités liées à la pratique du football en salle, visant à améliorer les aspects physiques, des fournir des niveaux minimaux des la condition physique.

Mots clés: condition physique, les enfants, Futsal.

LA MEJORA DE LA APTITUD FÍSICA RELACIONES CON EL FÚTBOL SALA A TRAVÉS DE LA

RESUMEN

El fútbol sala es hoy uno de los deportes más practicados por todos los padres, esto se debe en gran medida las escuelas, es un deporte que fascina y conquista cada vez más admiradores, la salud física están relaciones con los niveles mínimos que la persona debe tener para llevar una vida sin muchos problemas, está directamente relaciones con la práctica habitual de actividad física sistemática. Este trabajo se realizó con el fin de comprobar el nivel de aptitud física vinculada a la salud en los niños varones de 9 a 14 años. El estudio evaluó el nivel de aptitud física en la salud relacionados con el componente de la fuerza muscular, resistencia muscular, flexibilidad y composición corporal. Para la evaluación se utilizó sobre la base de la batería de pruebas Fitnessgram (1987) apud Morrow Jr et al. (2003). Y ahora para la composición corporal, índice de masa corporal era como la clasificación de Heyward (2004). Y el estudio tuvo dos momentos: en la primera propuesta de las pruebas se aplicaron después de la primera prueba se realizó la injerencia de la manera en el deporte de Futsal clases con los estudiantes miembros de la iniciación de la escuela de deportes. Y entonces la segunda vez que la reaplicación de las pruebas, con dos meses de interferencia. El estudio encontró que los niños, niñas y adolescentes por debajo de lo normal en diversos fuerza y flexibilidad y que están dentro de los niveles esperados en la fuerza muscular y la composición corporal. Se sugiere que más estudios se llevó a cabo en el futuro, la búsqueda de planificar las actividades relacionadas con la práctica de fútbol sala, con el fin de mejorar los aspectos físicos, para proporcionar unos niveles mínimos de aptitud física.

Palabras clave: La aptitud física, los niños, fútbol sala.

A MELHORA DA APTIDÃO FÍSICA RELACIONADA ATRAVÉS DO FUTSAL

RESUMO

O futsal é hoje um dos esportes mais praticados por todos os pais, está presente em grande parte das escolas, é um esporte que fascina e conquistam cada vez mais admiradores; a aptidão física relacionada à saúde são níveis mínimos que a pessoa deve ter para poder levar uma vida sem muitos problemas, está diretamente ligado à prática regular de atividade física sistematizada. Este trabalho foi feito com o propósito de verificar o nível de aptidão física relacionado à saúde em crianças do sexo masculino de 9 a 14 anos. O estudo avaliou o nível de aptidão física relacionada à saúde nos componente de: força muscular, resistência muscular, flexibilidade e composição corporal. Para a avaliação foi utilizada com base na bateria de testes Fitnessgram (1987) apud Morrow Jr. et al. (2003). E já para a composição corporal, foi através do IMC conforme a classificação de Heyward (2004). E o estudo teve dois momentos: no primeiro momento foram aplicados os testes propostos, depois do primeiro teste, foi feito a interferência de aulas da modalidade esportiva Futsal com os alunos integrantes da iniciação esportiva da escola. E posteriormente no segundo momento à reaplicação dos testes, com dois meses de interferência. O estudo concluiu que as crianças e adolescentes estão abaixo do normal nas variáveis flexibilidade e resistência e que estão dentro dos níveis esperados na força muscular e na composição corporal. Sugere-se que novos estudos sejam realizados futuramente, buscando programar atividades relacionadas com a prática de futsal, visando à melhoria das valências físicas, para se obter níveis mínimos de aptidão física.

Palavras-Chave: Aptidão física; Crianças, Futsal.