169 - CHILDREN, ADOLESCENTS AND ADULTS IN PRACTICE SPORTS

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INTRODUCTION

How is sports practice?

According to Simões apud From Rose (2002), when you ask any child or teenager that is practicing sports, it is common to hear: "Because I like to play with my friends."Because I want to be a player rich and famous." And / or: "Because my parents want me to practice sports." There would be many other answers, but all indicating that the sport is one of the most remarkable phenomena of modern society. What is certain is that the convictions and beliefs are among the ways that the sport reserves the social institutions and people.

The sport today has gained some attention, if for a good reason or by some of those cited above, really listening is common among children and teenagers who practice sports, as the ground on which she (and) there is in sports practice, is not a very good reason for the sport, because listening to a child who is there by their parents, is really dismal. The Practice Sports is taking a path different from their real goal, the sport requires not only knowledge of the game, but also in behavior of individuals, but in reality, it is difficult to find professionals who work the true meaning of sport.

According Simões apud From Rose (2002), The behaviors are justified in terms of preference, for personal feelings and reactions before the many sporting and educational situations in those involved with the sport of competition.

What's happening is that the leadership is in the hands of adults, is finding the right to intervene in the lives of their children and their students as sports practice, but the limits of mere participation in sports competitions of income.

Logically it is important to emphasize that the fault of the Sports Practice is not totally incorrect named to parents, but teachers who are not professional enough to work properly, unfortunately, what else could find in the sports scene, are the famous teachers "Scroll ball", which refers only to return and make their children and adolescents athletes and not children and adolescents "normal" who enjoy playing sports.

The reality of sports practice in clubs, schools and other offices has been that, playing, playing and playing, with a single objective which is to win, making the sport a profession to make money by running entirely on your goal, children and adolescents today, are growing well in a single game in school, do not know losing, not knowing what is competition, the importance of competing, to participate, play, nothing more is being taught today the "win" is the key element of practicing sports. If children and adolescents are with this vision in sports practice, then, or whether it is necessary to mention that adults have been worse than that, as influencing their children and students to make mistakes for his own satisfaction, this is really distorted view of the sport and not wanting to change their minds.

What is the Competition?

Maltez (2004), says: Competition is when two or more people are together, compete, aiming to achieve the same goal. In this sense, is that competition and that competition.

According to the definition above, competition is neither good nor bad, is something that happens when two or more people have the same goal, the competition is a key element of the sport, which gives meaning to their existence, and that is what the demonstration the sport is held in its fullness. Therefore, it is necessary in any learning linked to sport, we must learn to compete, either in class or school of Physical Education in Schools, Sports or Clubs, wanting or not, or not enjoying the competition is the soul of the sport.

Competing is so important, so we can not leave out the healthy competition to win the seat, can not be hypocritical to the point of saying that winning is not good, yes, of course, winning is wonderful, but more important it is to compete, participate, to join.

We can cite as an example of healthy competition, the games that are made by the school, which are the games interclasses, where play classes against classes in the same school, students who know each other, living together every day, and are there in the game with the same aim of winning, but the team did not achieve that goal, not sit frustrated because since the beginning of the games knew he was there to participate and play.

According to De Rose (2002), Competition means being prepared to face the challenges of demand and situational play at the highest level of excellence. From this point of view, the competition is the peak of the athlete. It is the moment in which he shows his qualities and weaknesses and is valid for individuals and legal expertise.

When we understand the true meaning of competition, we can then change the way to teach our students what is competition, there is then we can observe our peak as a professional so we can evaluate the peak of our athlete / student, course when treat the word competition comes to us as soon claw, the desire to defeat the "enemy", but now he enters the professional wisdom because we are examples for our athletes / students. We need to treat first of our weaknesses (attitudes in the face of defeat), so we educate our athletes.

From Rose (2002), says that, all these factors, when coupled with participation and poorly operated take the child to experience the sport as a high-stress situations. The amount of stress experienced by the child is a function of the junction of the demands of the environment and the skills that she has to deal with it. These skills are, in turn, developed through good experiences in challenging situations.

We can see in the quote above, where "professional" advantage of the abilities of a child so wrong for the sports scene, has just harming these children making them individuals with a high level of stress just by a misapplication of sports practice, these skills can be used, but, as they should, it would be one of the key factors to correct this practice, motivation, so that these children were to practice their skills with pleasure, because when a child feels it is motivated by doing what like the use of it will be even greater, than it practiced "compulsorily"

How to change the Sports Practice in Schools?

According Simões apud From Rose (2002), this image is understandable in view of the new paths taken by the sport as a social phenomenon and institutional broker in each of the situations on individuals and the meanings of the types of sports in society.

For any change in Practice Sports School, the first action to be taken is the teacher, you first have to build awareness

that the sport is not just income, also needs the awareness of parents so that they will not compel their children to practice a sport that they do not feel desire and from this, to start building the students the importance of competition, the importance of daily practice, that amount will be given when the professional use and abuse of motivation to play sports.

According to De Rose apud Roberts (1992),To understand the motivation and behavior of achievement, the role and significance of the behavior must be taken into account; that way, the goals of the action need to be identified.

It is necessary for the occupation of the area is always programmed with its activities for their students that there are security, an area where the student comes to sports practice and finds his teacher unmotivated, without desire, without encouragement, the student will immediately turn - as a function of his teacher, the school needs to be motivated the trader is motivated, do activities that draw the attention of their students, it is necessary that (teacher), make a diagnosis of how your class, what they like to participate, and from this, make a sport of Practice Practice liveliest, motivated, healthy, so the students feel motivated to participate in sports practice, not causing stress or mandatory, but the desire and pleasure will be his main reasons for being there Practice in Sports.

Sports practice in schools in addition to the healthy competition also aims to playful, fun games that children and adolescents, aimed at socializing, the competition (healthy), the interaction between students and teachers, mutual respect, because when we talk about sports practice not're talking in just educating the body for the sport, the more we are speaking also on education for training of citizens for the society, to the cognitive and also for emotional. The hard work is not easy but not impossible, therefore, whoever has to make a difference to the search of her, looking for the best for their students / athletes.

Final Considerations

According to all polls carried out and all studies, we can see that the image of sports practice in schools, is somewhat distorted, it has been modified to practice healthy for Sports Sports Practice of income, meaning that the practice is being addressed so wrong, because its main goal which is the interaction, sociability participation, the pleasure, the playful, has not been completed, but it is happening because of inappropriate attitudes of adults, parents and professionals, the " forcing "to be part of a practicing sports incorrect, but as we can see in the text above, this practice may be modified, therefore, nothing prevents that this will change, but for that to happen, we need the awareness and correction of each person to teach or encourage sports practice.

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CHILDREN, ADOLESCENTS AND ADULTS IN PRACTICE SPORTS

Abstract

The Practice Sports today has been practised by children, adolescents and even adults are more for an "obligation" than by the pleasure, children are often engaged in practice for a sports influence paternal and maternal, young people feel you are by in fashion and adults by financial need, but as in all cases there are exceptions, of course we have some of those who practice for pleasure, the practice worked well when sports is of fundamental importance for life of the individual, since in addition to work learning the sport is required for training and development of the citizen.

Keywords: Children, Adolescents and practice sports

LES ENFANTS, LES ADOLESCENTS ET LES ADULTES DANS LA PRATIQUE DE SPORTS

Résumé

La Pratique Esportiva aujourd'hui vient en étant pratiquée par des enfants, des adolescents et même si les adultes plus par une « obligation » de ce que par le plaisir lui-même, les enfants beaucoup de fois sont engagés dans la pratique esportiva par une influence paternelle et maternelle, les adolescents trouver qu'il est à la mode et les adultes par nécessité financière, mais, comme dans tous les cas existent les exceptions, ils dont logiquement qu'avons certaines pratiquent par plaisir, la pratique esportiva quand bien travaillée est de fondamentale importance pour vie de la personne, donc, outre travailler l'apprentissage esportiva c'est nécessaire pour formation et développement du citoyen.

Mots clés : Enfants, Adolescents et Pratique esportiva

NIñOS, ADOLESCENTES Y ADULTOS EN LA PRáCTICA DE DEPORTES

RESUMEN

Los deportes de la práctica han sido practicados hoy por los niños, adolescentes e incluso los adultos son más para un " obligation" que, el placer contratan a los niños a menudo en la práctica para una sensación, de la gente joven paternal y maternal de la influencia de los deportes que usted está cerca en la manera y adultos por necesidad financiera, pero como en todos los casos hay excepciones, por supuesto tenemos algunos de los que practiquen para el placer, la práctica trabajada bien cuando los deportes son de importancia fundamental para la vida del individuo, puesto que además de trabajo el aprendizaje del deporte se requiere para el entrenamiento y el desarrollo del ciudadano.

CRIANÇAS, ADOLESCENTES E ADULTOS NA PRÁTICA ESPORTIVA

Resumo

A Prática Esportiva hoje vem sendo praticada por crianças, adolescentes e até mesmo os adultos mais por uma “obrigação” do que pelo próprio prazer, as crianças muitas vezes estão engajadas na prática esportiva por uma influência paterna e materna, os adolescentes por achar que está na moda e os adultos por necessidade financeira, mas, como em todos os casos existem as exceções, logicamente que temos alguns destes que praticam por prazer, a prática esportiva quando bem trabalhada é de fundamental importância para vida do indivíduo, pois, além de trabalhar a aprendizagem esportiva é necessário para formação e desenvolvimento do cidadão.

Palavras chaves: Crianças, Adolescentes e Prática esportiva.