170 - PROFILE OF ACADEMIC BEGINNER TO COURSE FOR GRADUATE OF SCHOOL OF PHYSICAL EDUCATION ALAGOAS

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INTRODUCTION

The practice of physical activities has gained over the years an important space and a great recognition in our society. People are beginning to understand that there is no chance of obtaining health, nor quality of life, whether this means is not inserted the practice of physical activities.

In much has been said and discussed until it is about the concept of quality of life, but it becomes easier to understand it than define it clearly and accurately.

"The concept of quality of life is different from person to person and tends to change over the life of each. But there is consensus around the idea that there are multiple effects that determine the quality of life of people or communities. The combination of these factors that shape and differentiate the life of mankind, results in a network of phenomena and situations that, abstractly, can be called a quality of life. In general, associate themselves with that term factors as: state of health, longevity, satisfaction at work, salary, leisure, family relationships, layout, pleasure and even spirituality. In a broader sense, quality of life can be a measure of their human dignity, because it represents the care of the basic human needs "(NAHAS, 2006).

There are many parameters that provide, individually, the well-being and concurrently the quality of life. All these parameters are directly related to socio-environmental factors and individual in a highly personal and subjective.

Starting from this premise is that the various areas of science are converging and seek the same goal. Several studies have been made with the intention of finding ways to provide the much desired quality of life. Among several references we can quote the COOPER who has devoted much of his life trying to draw a profile of contemporary man, with expectations that their research results satisfactory to promote scientific level.

One of the more popular tests by professionals related to the area of human health is the test of Cooper prepared in 1968 for use by armed forces in order to ascertain the level of physical conditioning. In its original form, the objective in implementing the test run is the furthest distance in 12 minutes. By measuring the physical look, shall be guided by that person try to run or walk as fast as possible without losing or decrease the pace, of course, respecting the individuality of their biological practitioners. It is worth emphasizing that it is very important that they can give their maximum effort, since its performance will depend directly from this factor.

From the Cooper test is still possible to calculate the cardiorespiratory fitness of the individual, and estimate their consumption of oxygen.

“Cardiorespiratory capacity can be defined as the ability to perform physical activities, the character dynamic, involving large muscle mass with moderate to high intensity for long periods of time. It is dependent on the functional status of systems respiratory, cardiovascular, muscle and its relationship-physiological metabolism ", (FILHO, 1999).

The cardiorespiratory fitness of every person deals with the functional capacity of its system of absorption, transport, delivery and use of oxygen to the tissues during physical activity, that because the increase in intensity, more oxygen is required for muscles that are being used. The system used by the body in exercises that require continuous and sustained efforts is the aerobic energy system, and this system is not self-sufficient, requiring a cardiorespiratory system also efficient. Based on the maximum aerobic capacity (VO2 max.) One can evaluate the effectiveness of the cardiorespiratory system, is necessarily evaluate each of its components (lung function, cardiac function, blood, etc.).

Using the distance traveled in the Cooper test, it is possible to find the VO2 max. using the following formula: maximum aerobic capacity is equal to the distance - in meters - run in 12 minutes, divided by 504 and subtracted 45.

"VO2 max. = D (m) - 504/45. As his unit measured in milliliters (kg.min) (FILHO, 1999). "

OBJECTIVE

Identify the academic profile of the Starter graduate students of Physical Education, Faculty of Alagoas from data collected with the application of the test of Cooper and cardiorespiratory fitness (VO2 max.).

METHODOLOGY

The sample comprised 78 males and females aged between 17 and 59 years by applying the test of Cooper and the estimated VO2 max from the distance on the Cooper test. Cooper's test is to run or walk the longest distance possible within the prescribed 12 minutes, so it is recommended that the practitioner is involved applying maximum speed.

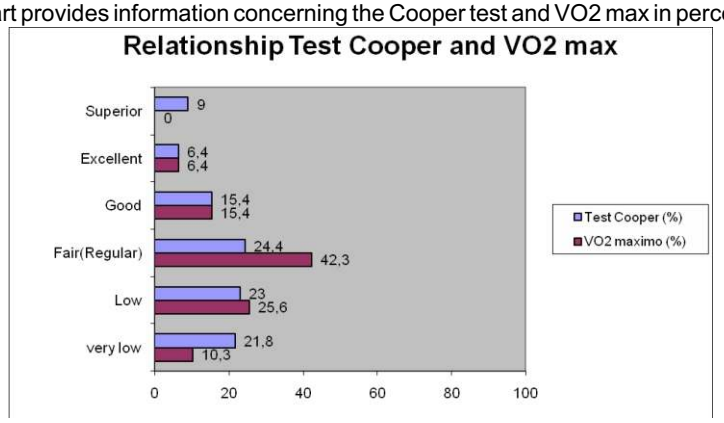
The results of testing at Cooper give a rough estimate of the person's physical condition. The ratings (Very Good, Good, Average, Bad and Very Bad) are based on the person ran, their age and sex. The Cooper test is a general, easy and cheap to make, especially for large groups, but emphasized that the results depend on the motivation of the staff that make the test.

Data Collection

The viability of this stage the test was applied in the Cooper complex poliesportivo College of St. Ursula by scholars at the Faculty of Alagoas (FAL), and from these results was held the calculation of VO2 max by the distance in meters, using it is the protocol for assessing the cardiorespiratory fitness test Cooper.

RESULTS

The following chart provides information concerning the Cooper test and VO2 max in percentage.



On the chart presented it appeared that the group had researched highest percentages in conceptualizations Fair or Weak Regular and values with 24.4% and 23% respectively in the Test Cooper, with the excellent 6.4% and only 9% Higher .

Making a comparison between the values found in the Cooper test and VO2 max, we find that the same concepts - Reasonable or Regular (42.3%) and low (25.6%) - were also those who had higher values. Logically, that the values found in VO2 max are estimates reflecting the profile found in the Cooper test.

CONCLUSION

Analyzed the data collected can see that the profile of academics is in, mostly, classified as regular or reasonable based on facts presented in the collection.

Evidence shows that people who do not practice physical activities are definitely not helping their health and are likely to be damaging. The more examine the health risks associated with lack of physical activity, the more we become convinced that people who do not practice physical activity should start taking exercise. Given that the regular practice of physical exercise did not compose the daily life of an individual, it will be more prone to develop health problems and, in particular pathophysiology, then the search for the quality of life becomes even more surreal.

It can be concluded with the article referring to the students in the graduate beginners need improve your health in physical appearance, especially on the conditioning, since the data surveyed are limited to them.

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PROFILE OF ACADEMIC BEGINNER TO COURSE FOR GRADUATE OF SCHOOL OF PHYSICAL EDUCATION ALAGOAS

ABSTRACT

This study aimed to identify the profile of academic beginners to graduate students of Physical Education, Faculty of Alagoas from data collected with the application of the test of Cooper and cardiorespiratory fitness (VO2 max.). This search feature is the second Thomas & Nelson (2007) as descriptive of the kind of case study to study and provide information about the physical condition of academic beginners to graduate students of Physical Education, Faculty of Alagoas, and it also features ranks as the type of correlation studies by comparing the test results of Cooper with the VO2 max. From the collection of data in the Cooper test, the results were reasonable or regular and low values with 24.4% and 23% respectively; excellent 6.4% and 9% higher. Comparing the values found in the Cooper test and VO2 max, we find that reasonable or regular (42.3%) and low (25.6%) were those who also received the highest figures. Through the information provided here can see that the profile of academics is in, mostly, classified as regular or reasonable based on data of this study, then, supported the need for professionals in the health field, and especially the Educator Physical, in clarifying the role that physical activity plays in the life of man, as well as the advantages of its implementation with regard to cardiovascular problems, degenerative, hormonal, behavioral, psychological and emotional, interaction and social integration, among others.

Keywords: Profile, Quality of Life, Test Cooper.

PROFIL ACADéMIQUE DES COURS DE DéBUTANT POUR LES DIPLôMéS DE L'éCOLE DE L'éDUCATION PHYSIQUE ALAGOAS

ABSTRACT

Cette étude visait à identifier le profil des universitaires débutants que pour les diplômés du cours de l'éducation physique, Faculté de Alagoas à partir des données recueillies à l'application du test de Cooper et de cardio-fitness (VO2 max.). Cette fonction de recherche est le deuxième Thomas & Nelson (2007) comme descriptive de la nature de l'étude de cas à l'étude et à fournir des informations sur l'état physique des universitaires débutants que pour les étudiants diplômés de l'éducation physique, Faculté de Alagoas, et il comporte aussi la fonction rang que le type d'études de corrélation en comparant les résultats du test de Cooper avec le VO2 max. De la collecte de données dans le test Cooper, les résultats ont été raisonnables ou ordinaire et de faible valeur avec 24,4% et 23% respectivement; excellent 6,4% et 9% plus élevé. Si l'on compare les valeurs trouvées dans le test de Cooper et de VO2 max, nous constatons que raisonnable ou ordinaire (42,3%) et faible (25,6%) ont été ceux qui

ont également reçu la plus haute chiffres. Grâce à l'information fournie ici peut voir que le profil des universitaires est, pour la plupart, régulièrement classée comme raisonnable ou sur la base des données de cette étude, ensuite, la nécessité pour les professionnels dans le domaine de la santé, et en particulier l'éducateur Physique, de préciser le rôle que joue l'activité physique dans la vie de l'homme, ainsi que les avantages de sa mise en œuvre en ce qui concerne les problèmes cardio-vasculaires, dégénératives, hormonaux, comportementaux, psychologiques et émotionnels, l'interaction et l'intégration sociale, entre autres.

Mots-clés: profil, la qualité de vie, Test Cooper.

PERFIL ACADéMICO DE PRINCIPIANTE A CURSO PARA GRADUADOS DE LA ESCUELA DE EDUCACIóN FíSICA ALAGOAS

RESUMEN

Este estudio tuvo como objetivo identificar el perfil académico de los principiantes a los estudiantes graduados de la Educación Física, Facultad de Alagoas a partir de los datos recogidos con la aplicación de la prueba de Cooper y la aptitud cardiorrespiratoria (VO2 máx.). Esta función de búsqueda es la segunda Thomas & Nelson (2007) como descriptivo del tipo de estudio de caso para el estudio y proporcionar información acerca de la condición física de los principiantes académico a estudiantes graduados de la Educación Física, Facultad de Alagoas, y también características filas como el tipo de estudios de correlación comparando los resultados de la prueba de Cooper con el VO2 máx. A partir de la recopilación de datos en la prueba de Cooper, los resultados son razonables o regular y con bajos valores de 24,4% y 23% respectivamente; excelente 6,4% y un 9% superior. Comparando los valores encontrados en la prueba de Cooper y VO2 máx, nos encontramos con que razonable o regular (42,3%) y baja (25,6%) fueron los que recibieron también las cifras más altas. A través de la información suministrada aquí puede ver que el perfil de los académicos es en su mayoría, que se clasifica como regular o razonable sobre la base de datos de este estudio, entonces, apoyó la necesidad de profesionales en el campo de la salud y, en particular, el educador Física, a fin de aclarar el papel que desempeña la actividad física en la vida del hombre, así como las ventajas de su aplicación con respecto a los problemas cardiovasculares, degenerativas, anticonceptivos hormonales, de comportamiento, psicológicos y emocionales, la interacción y la integración social, entre otros.

Palabras clave: Perfil, la calidad de vida, los ensayos Cooper.

PERFIL DOS ACADÊMICOS INICIANTES A GRADUAÇÃO DO CURSO DE EDUCAÇÃO FÍSICA DA FACULDADE DE ALAGOAS

RESUMO

O presente trabalho objetivou identificar o perfil dos acadêmicos iniciantes a graduação do curso de Educação Física da Faculdade de Alagoas a partir de dados coletados com a aplicação do teste de Cooper e de Aptidão Cardiorrespiratória (VO_2 máx.). A presente pesquisa caracteriza-se segundo Thomas & Nelson (2007) como descritiva, do tipo estudo de caso por estudar e fornecer informações acerca do condicionamento físico dos acadêmicos iniciantes a graduação do curso de Educação Física da Faculdade de Alagoas, bem como características que também a classifica como do tipo estudos correlacionais por comparar os resultados do teste de Cooper com os de VO_2 máximo. A partir da coleta de dados no teste de Cooper, os resultados foram: razoável/regular e Fraco com valores 24,4% e 23%, respectivamente; excelente 6,4% e superior 9% . Comparando-se os valores encontrados no Teste de Cooper e o VO_2 máximo, percebe-se que: razoável/regular (42,3%) e Fraco (25,6%) foram os que também obtiveram os valores mais altos. Mediante as informações aqui prestadas podemos observar que o perfil dos acadêmicos encontra-se em, sua maioria, classificados como razoável ou regular baseado nos dados desta pesquisa; logo, respalda-se a necessidade dos profissionais da área de saúde, e, principalmente do Educador Físico, em esclarecer o papel positivo que a atividade física desempenha na vida do homem, bem como as vantagens de sua execução com relação a problemas cardiovasculares, degenerativos, hormonais, comportamentais, psicológicos e emocionais, de relação e integração social, dentre outros.

Palavras Chave: Perfil, Qualidade de Vida, Teste de Cooper.