199 - PROPOSAL OF AN ALTERNATIVE FOR ADEQUATE INCLUSION OF ASTHMATIC CHILDREN IN PHYSICAL REHABILITATION AT THE AQUA LIFE GYMNASIUM IN THE FEDERAL DISTRICT, MEXICO.

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Summary

Asthma is a frequently found illness among populations in Mexico. Many know it and suffer from it. It is a chronic condition and no effective or definitive treatment has been discovered to cure all patients.

Asthmatic children in ages between six and eight go to the Aqua Life gymnasium and are excluded by teachers of the center from the sports activities, because they do not know alternative physical activities that can satisfy the needs of those children.

In the following research, our objective was to design alternative physical exercises that help include asthmatic children from six to eight years of age in sports activities at the Aqua Life Gymnasium.

For this purpose, we used theoretical and empirical methods. Those empirical were the Historic-Logic method, the Analysis-Synthesis method, and among those theoretical we included a survey to the teachers to determine the current state at the gymnasium, regarding knowledge about the illness, the need of alternative physical exercises and the teacher's motivation and willingness to participate.

The diagnosis revealed that the majority of the teachers had very limited knowledge about the illness, the need of alternative physical exercises to include asthmatic children in sports activities, and that there was a great motivation to apply them and there was willingness to put them into practice.

Introduction:

Carrying an active life is essential to be healthy, prevent and even treat some ailments. Exercising can be the most effective remedy to complement a treatment or simply avoid illnesses.

Physical exercising with therapeutic aims is currently enjoying a boom, because therapies against numerous diseases are carried out nowadays, placing physical exercising as a necessary factor for physical rehabilitation.

Health is the corner stone on which the social process is built. A country with healthy people can carry out the things that make life worthy of living. Improving health, there are greater possibilities to be happy.

A healthy individual is in a state that makes him biologically integral and able to work. The functions of his organs and systems are balanced with the external environment. However, an ill person usually shows altered vital activities, thus limitation of his capacity to adapt to the external environment and a subsequent reduction of the ability to work. Undoubtedly, all human beings want to have a healthy life.

Many authors have said development of science and technology is vertiginous in many senses, but one question is always there: if biological functions and human psychological activity have been made evolve according to the new ways of living.

Unfortunately many times, development brings a wrong way of living and producing. This can be summarized in environmental imbalance, climate changes, deterioration of the ozone layer, global warming, etc.

Today, the consequences of these disorders are the so called social illnesses, typical of large cities and a consequence of development, indicating that man has not evolved simultaneously with the development he has created.

Studies carried out by Licea (2002) and Hidalgo (2004) agreed in saying that asthma seemed to be found among the diseases developed with greater incidence, in populations with high economic and cultural levels. Hence, it is considered a modern disease, related to development.

The Aqua Life gymnasium is an official body-system center in Mexico City, and has sports facilities in optimum conditions, where services are rendered to the community, including body expression, dances and some sports, as swimming.

Children between six and eight years of age go to the gymnasium, and are excluded from the sports activities by teachers of the center, because they do not know adequate alternatives for physical rehabilitation that can satisfy the needs of those children.

Scientific Problem: What alternative physical exercises can help include asthmatic children between six and eight years of age in sports activities at the Aqua Life gymnasium in Mexico's Federal District?

Object of Research: The process to include asthmatic children from six to eight years of age to the sports activities at the Aqua Life gymnasium in the Mexican Federal District.

General Objective: Designing alternative physical exercises to help include asthmatic children from six to eight years of age to the sports activities at the Aqua Life gymnasium.

Scientific Questions:

1. What are the theoretical and methodological grounds about exercising for rehabilitation in asthmatic children?
2. What is the current state of inclusion of asthmatic children in the activities carried out at the Aqua Life gymnasium?
3. What alternative physical exercises help include asthmatic children from six to eight years of age in the sports activities at the Aqua Life gymnasium?

Research Tasks:

1. Describing asthma as respiratory pathology.
2. Describing asthmatic children from six to eight years of age.
3. Determining the theoretical and methodological grounds of exercising for rehabilitation of asthmatic children.
4. Diagnosing the current state of inclusión of asthmatic children to the activities performed at the Aqua Life gymnasium
5. Designing alternative physical exercises that help include asthmatic children from six to eight years of age in the sports activities at the Aqua Life gymnasium.

Theoretical and empirical methods were used to carry out this research, including the historic-logic method, the Analysis-Synthesis and inductive-deductive methods. Among the theoretical methods, we included a survey to the teachers.

For quantifying the research results, we used the mathematical method, regarding analysis of percentage.

Definition of Study.

The study carried out is of non-experimental kind, of crossed section, and it is performed with the purpose of identifying the problem of lack of alternatives to include asthmatic children to the sports activities at the Aqua Life gymnasium in the Mexican Federal District.

To process information, the statistic package SPSS 12.0 was used.

Information Source.

It was composed of 15 teachers of the Aqua Life gymnasium in Mexico's Federal District.

Survey Results.

To achieve the results, the 15 teachers of the Aqua Life gymnasium were surveyed. The survey was designed, starting from several indicators that explain elaboration of the proposal. They are presented as follows:

Indicators measured.

> Knowledge about the disease

> Need of an alternative to help include asthmatic children in sports activities.

> Motivation of the teachers to carry out the proposal, as an alternative to include asthmatic children in sports activities.

> Willingness to put into practice any alternative for inclusion of asthmatic children in sports activities.

Results achieved

To achieve the results, we used the following scale, in the indicator related to **knowledge**, where 1.00 represents the value of nothing, 2.00 the value of some and 3.00 the value of extensive. The results of the survey, starting from the question related to the indicator, were analyzed and have been presented as follows:

Table 1.3

Valid	Frequency	Percentage
1.00	9	60.0
2.00	3	20.0
3.00	3	20.0
Total	15	100.0

The results revealed that nine teachers, who represent 60 percent of the source of information, answer to the value 1.00 (no knowledge about the disease), three teachers, representing 20 percent of the source of information, matched the value 2.00 (some knowledge about the disease), and the remaining 20 percent showed the value 3.00 (extensive knowledge about the disease).

To achieve the results related to the indicator **need,** we used the following scale: the value 1.00 represents no need, the value 2.00 means little need, and the value 3.00 represents great need.

The results of the survey, starting from a question related to the indicator were analyzed and have been presented as follows:

Table 1.4

Valid	Frequency	Percentage
1.00	3	20.0
2.00	4	26.7
3.00	8	53.3
Total	15	100.0

The results showed that three teachers answered to the value 1.00 (no need), representing 20 percent, four teachers, representing 27 percent approximately, answered to the value 2.00 (little need of an alternative that helps include asthmatic children), and there were eight teachers that represent 53 percent approximately that matched the value 3.00 (great need of an alternative that helps include asthmatic children in sports activities).

To achieve the results related to the indicator **motivation,** we used the following scale: the value 1.00 represents no motivation, the value 2.00 means some motivation and the value 3.000 represents great motivation. The results revealed by the survey, starting from the question related to the indicator, are presented as follows:

Table 1.5

Valido	Frequency	Percentage
1.00	0	0
2.00	4	26.7
3.00	11	73.3
Total	15	100.0

The results revealed that no teacher answers to the value 1.00, which represents zero percent of motivation, 4 teachers answered to the value 2.00, representing 27 percent approximately (teachers with some motivation to work with asthmatic children, and 11 teachers that represent 73 percent approximately, answered to the value 3.00 (great motivation).

To achieve the results related to the indicator **willingness,** we used the following scale: the value 1.00 answers to no willingness, 2.00 to some willingness and 3.00 to great willingness. The results of the survey, starting from the question related to the indicator, were analyzed and have been presented as follows:

Table 1.6

Valid	Frequency	Percentage
1.00	3	20
2.00	3	20
3.00	9	60
Total	15	100.0

The results show that three teachers answered to the value 1.00, representing 20 percent; three teachers answered to the value 2.000, representing 20 percent of teachers with some willingness, and 11 teachers, who represent 60 percent, answered to the value 3.00, which means great willingness.

Conclusions:

- Most teachers of the Aqua Life gymnasium, in Mexico, do not know the characteristics of the illness.
- Most teachers agreed in the need o fan alternative to include asthmatic children in sports activities.
- The teachers of the Aqua Life gymnasium are greatly motivated to work with asthmatic children.
- It is clearly revealed that most teachers are willing to apply the inclusion alternative proposed.

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Summary.

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PROPOSITION D´UNE ALTERNATIVE POUR L´INCLUSION DES ENFANTS ASMATIQUES A L´REAHABILITATION PHYSIQUE DANS LE GYMNASIUM AQUA LIFE DANS LE DISTRITE FEDERAL, MEXIQUE.

Bilan.

Au mexique l´asma est une maladie frequante dans la population, beaucoup des personnes ont connaisance d´elle et pourtant ils l´ont soubi pendant longuetemps, on parle d´une affection cronique et on n´a pas pu trouver une methode pour resoudre le probleme qui represent cette maladie.

Dans le gymnasium aqua life les enfants asmatiques qui arrivent ont entre 6 et 8 ans et les memes sont inclus dans les activites sportives pour les professeurs du centre lesquels n´ont pas connaissance de l´affection des enfants et des possibles complications qui peuvent apparaître avec risque pour leurs vie.

Dans cette investigation on en tant que objetif, faire le desin d´un´alternative d´exercices physiques pour inserter aux enfants d´entre 6 et 8 ans dans les activites du gymnasium aqua life, pour resoudre cet objetif on a employe des methodes teoriques, practiques et empiriques, des enquetes aux professeurs du gymnasium pour determiner l´etat actuel que dans le centre existait para rapport a : conaissance de la maladie, besoin d´une alternative d´exercices physiques et la motivation du cote des professeurs ainsi que leurs disposition.

Les resultats du diagnostique ont montre que la mayorite des professeurs avait un faible niveau de conaissance par rapport à la maladie, qu´il y une besoin d´alternative d´exercices pour permettre l´inclusion des enfants souffrant d´asma et qu´il y a une forte motivation pour les appliquer de maniere practique

PROPUESTA DE UNA ALTERNATIVA PARA LA INCLUSIÓN ADECUADA DE LOS NIÑOS ASMÁTICOS A LA REHABILITACIÓN FÍSICA EN EL GIMNASIO AQUA -LIFE DEL DISTRITO FEDERAL, MÉXICO.

Resumen.

En México, el asma es una enfermedad muy frecuente en la población, muchos la conocen y la padecen. Es una afección crónica y no ha sido descubierto aun el tratamiento eficaz y definitivo para todos los casos.

En el Gimnasio Aqua Life asisten niños asmáticos comprendidos en las edades entre 6 y 8 años, los cuales son excluidos de las actividades deportivas por los profesores del centro. Por desconocer alternativas de actividades físicas que puedan satisfacer las necesidades de los mismos. En la siguiente investigación nos proponemos como objetivo: Diseñar una alternativa de ejercicios físicos que contribuyan a la inclusión de los niños asmáticos de 6-8 años a las actividades deportivas en el Gimnasio Aqua Life.

Para esto se utilizo, métodos teóricos y empíricos. Dentro de los teóricos: El Histórico-Lógico, Análisis-Síntesis y dentro de los empíricos se utilizo: La encuesta a los profesores para determinar el estado actual que existía en el centro en cuanto a: Conocimiento de la enfermedad, necesidad de una alternativa de ejercicios físicos, motivación por parte de los profesores y su disposición.

El diagnóstico arrojó que la mayoría de los profesores poseían escasos conocimientos sobre la enfermedad, que existe la necesidad de una alternativa de ejercicios para la inclusión de los niños asmáticos, que hay una alta motivación para aplicarlos y que de forma general existe disposición de llevarlo a la práctica.

PROPOSTA DE UMA ALTERNATIVA PARA INCLUSÃO ADEQUADA DAS CRIANÇAS ASMÁTICAS A REABILITAÇÃO FÍSICA NO GINÁSIO AQUA-LIFE DO DISTRITO FEDERAL, MÉXICO.

Resumo.

No México, a asma é uma doença freqüente na população, muitos são os que a conhecem e a padecem. É uma afeição crônica e ainda não foi descoberto o tratamento eficaz definitivo para todos os casos.

No Ginásio Aqua-Life assessoram crianças asmáticas nas idades compreendidas entre os 6 e 8 anos, as mesmas são excluídas das atividades esportivas pelos professores do centro. Por desconhecer alternativas de atividades físicas que possam satisfazer as necessidades dos mesmos. Na seguinte investigação nos propomos como objetivo: desenhar uma alternativa de exercícios físicos que contribuam na inclusão de crianças asmáticas de 6 a 8 anos nas atividades desportivas no ginásio aqua life. Para isso se utilizo, métodos teóricos e empíricos.

Dentro dos teóricos: o Histórico-Lógico, Análise-Síntese e dentro dos empíricos se utilizo: A encosta aos professores para determinar o estado atual que existia no centro enquanto a: Conhecimento da doença, necessidade de uma alternativa de exercícios físicos, motivação por parte dos professores e a sua disposição.

O diagnóstico resulto que a maioria dos professores possuíam escassos conhecimentos sobre a doença, que existe a necessidade de uma alternativa de exercícios para a inclusão das crianças asmáticas, que ha uma alta motivação para aplicar-los y que de forma geral existe disposição de levar-lo a prática.