87 - PHYSICAL PREPARATION IN PROFESSIONAL SURF ATHLETES: FICTION OR REALITY

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Introduction

The high income sport and the physical performance, in different modalities, as been a focus of study in different areas (DIAS et. al. 2007). The researches in Physiology of the Exercise, Biochemistry, Medicine, Biomechanics, Sociology and Psychology of the Sport have contributed in the sense of easing the understanding of many variables involved in each modality. As a result of this process the evolution in methods of training permits the athletes to have results each time more significant and the performances may be overcome (BARA FILHO and RIBEIRO, 2005). According to Cyrino et. al. (2002), the knowledge of the physical requirements needed to the practice of the different sport modalities is of extreme importance for the elaboration of methodologies of training and consequently to the performance.

The anthropometric, neuromuscular and physiological characteristics of the athletes of elite of diverse modalities according to Gobbo et. al. (2002) are related with specificity of each sport and are modulated by genetic factors and by the physical training. The surf, as a competition sport, is a new modality where the absence of the sportive training in periods and the lack of knowledge about the individual potentialities of the athletes are realities that permeate the competitive environment of this modality. During a surf competition, Lowdon and Pateman (1980) affirmed that the athletes are judged, in relation to their abilities to realize maneuvers, which involve the utilization of aerobe and anaerobe resistance, time of reaction and velocity of movement, to achieve executing movements with high degree of difficulty and to face the changes in the formation of waves.

The pardon of movement in surf can be divided in two distinct moments, the rowing and the maneuvers realized on the wave. The surf rowing consists in arm strokes that are similar to the crawl swimming, but the practitioner is in a position of cervical and lumbar hyperextension, in which he movements the superior members in various intensities, accordingly to the oceanographic conditions. The maneuvers according to Lowdon and Lowdon (1988) consist in movements realized on a board with the inferior members, which require from the practitioner equilibrium and anaerobic resistance.

Surf athletes don't follow specific training programs, how it is proved in the researches of Villanueva, Bishop and Hamer (2006), Bez (1998) and Rosa (2000). The sportive training in surf according to Andrade (1994), is a secondary factor and many times inexistent, the majority of amateurs surfers of Santa Catarina (Brazil) don't have specialized care in none of the sportive preparation phases and even in the professional environment this item assumes a secondary character and there is no specificity in trainings. The physical preparation to many professional surfers is realized only with the practice of the modality itself, Lowdon et. al. (1990), say that the athletes believe that only the physical training realized in the water, with the technical preparation are enough to acquire the physical conditioning necessary for the competitions.

This modality needs scientific information related with diverse areas of knowledge, many questions that involve nutritional aspects, mechanics of movement, learning motor and the sportive preparation itself still need to be clarified. Little is known about the factors that affect the performance of the athletes and also about the intensity of work of the physical capabilities utilized during the practice, in this way the objective of this research was to verify how is realized the physical preparation of professional surf athletes.

Method

The sample utilized in this research was of 51 professional surf athletes, nationals and foreign, of the male gender, selected intentionally, according to Costa Neto (1977) in which the researcher chooses deliberately certain elements to belong to the sample. The subjects signed a term of consent putting themselves available as volunteers to the participation in this work. The collect of data was realized in beaches which happened these respective events: Ombongo Pro Surfing (Etapa do Circuito Mundial de Surfe Profissional), at Praia Mole in Florianópolis/SC and Supertrails (Etapa do Circuito Brasileiro de Surfe Profissional) at Praia in São José do Norte/RS. As an instrument of measure it was used a questionary, with open and closed questions, to the realization of interviews, trough which it maybe investigate, the presence of the physical preparator and the sportive modalities most utilized to physical preparation. A describing statistic was utilized to describe the sample and express the results.

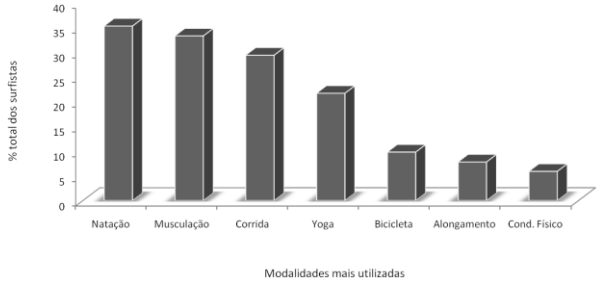
Results

In chart 1 it can be noticed the age, stature, body mass, time of surfing (TS) and time of professional surfing (TSP) of the subjects of the research.

Chart 1: Average, standard deviation and the coefficient of variation of the variables age, stature, body mass, time of surfing(TS) and time of professional surfing(TSP) of the subjects of the research (n=51).

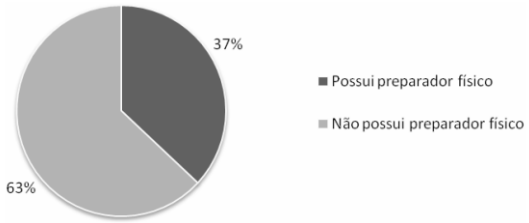
n=51	Age (years)	Stature (cm)	Body Mass(kg)	TS (years)	TSP (years)
Average	23,1	173,4	69,5	12,8	3,8
DP (ÿ)	3,8	6,2	5,5	4,0	2,9
CV (%)	16,5	3,6	7,9	31,4	75,9

It was not found any method of training utilized, the subjects of research informed that they practice some sportive modalities and physical exercises as complementary activities in their physical preparation. In the graphic of Picture 1 it can be noticed that there is a group of seven physical activities, four physical exercises and three sportive modalities, utilized as form of physical conditioning. Swimming presents the highest occurrence with 35 (%), followed by the gym with 33 (%), running with 29 (%) and yoga with 211 (%), bike, stretching and physical conditioning stay between approximately 5 and 10 (%) of preference. Swimming, gym, running and yoga are the parallel activities most practiced in relation to the preparation of these surf athletes.



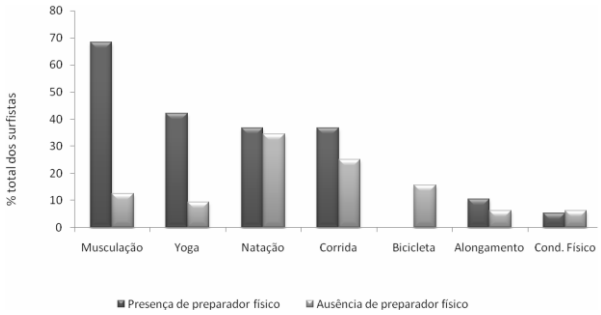
Picture 1: Sportive modalities (Swimming, running and bike) and Physical exercices (Gym, Yoga, Stretching and Physical conditioning) more utilized as Physical preparation of professional surf athletes.

In relation to the presence of the physical preparator in the sportive practices or the practice of complementary exercices, the results indicate that 63% of the athletes do not have orientation of a professional, which means, 32 athletes. Of the 51 surf athletes interwied, only 19 athletes have the presence of a coach or a physical preparato in the trainnigs, as it can be seen in the graphic of Picture 2.



Picture 2: Presence of Physical preparator in the sportive practices and the complementary exercises.

The presence of the physical preparatory in the sportive modalities and physical exercises most practiced was also investigated. In the graphic of Picture 3 it can be visualized that the sportive modality most practiced without professional orientation was swimming with 34,4 (%), followed by running with 25 (%) and bike with 15,6(%). The Physical exercises most practiced without orientation where the gym with 12,5 (%), yoga with 9,4 (%) and stretching and physical conditioning with 6,3 (%). In counterpart the gym posses a highest percentage of athletes practicing under the orientation, with 68,4 (%) of the athletes investigated, followed by yoga with 42,1 (%), and swimming and running with 36,8(%), stretching 10,5 (%) and physical conditioning 5,3 (%).



Picture 3: presence of the physical preparatory in the sportive modalities and the most practiced physical exercises.

The total perceptual value found in the graphics of Pictures 1 and 3 to the variables investigated surpasses 100 (%), indicating that some athletes practice more than one sportive modality or Physical exercise as a form of physical preparation.

Discussions

The researches of Brasil et. al. (2001), Meir, Lowdon and Davie (1991) and Villanueva, Bishop and Hamer (2006), indicate that rowing is utilized most of the time in a session of surf, in this way swimming can provide a excellent physical preparation for these individuals. The results found in this research for swimming of 35,3 (%) indicates that this modality is more utilized by its athletes. The effects of swimming on the physical conditioning of amateur athletes and professionals of surf are related by Vaghetti, Geri and Germano (2004), which realize specific a physical preparation based on the intermittent characteristic of surf utilizing training with intervals in a 25 meters pool.

The strength training, or simply gym as it is more known, was the second modality most utilized with 33,3 (%). Surf is a sport of high muscular exigency according to Villanueva and Bishop (2005a), as much for the aerobic as it is to the anaerobic metabolism, in which the strength needed to the realization of movements and to the realization of maneuvers is of isometric contraction. This way a resisted training is fundamental to an increase in the discharge and consequently in the performance of the athletes. The musculature of the lumbar region of the vertebral column receives a great charge of work, Brasil et. al. (2001), affirm that the surfer, during the rowing position, stays in position of lumbar hyperextension, during more than 50 % of the total time of a session of surf. This way this region of the body, as much as the muscle as the articulation involved, must receive a compensation work. According to Steinman (2003), 90% of all the surf practitioners are subjected to have a muscle and bone problem in the lumbar region of the vertebral column, increasing the probability among professional surfers. Other researchers like Base et. al. (2007) e Steinman et. al. (2000), also talk about the incidence of lesions that received medical attention or that prevented the practice of surf for one or more days, was of 2,4 lesions for each 1000 days of surfing, this way they affirm that surf is a safe sport, however the knowledge about lesions that are characteristic to this modality is fundamental to the elaboration of programs of training. Lowdon, Bedi and Horvath (1989) also tell that the duration of the wave does an influence directly on the systems that provide energy, therefore waves that are more long need a high level of anaerobic conditioning in the inferior members, suggesting that strength training programs are fundamental to improving the performance of athletes in different types of wave.

The perceptual found in this research of 29% or (29,4%) to the race seems to be related with the empiric knowledge of

the athletes that the race provides an increase of aerobic resistance. Villanueva et. al. (2005b) and Tomlin and Wenger (2001) affirm that the aerobic metabolism well developed it is important for the practice a feature of activity with intermittent high intensity, the surfing is a sport with this feature, because of this, during a performance, the aerobic capacity as an important part accelerating the process of muscular recuperation.

The data referring about yoga points to 21,7 (%) of practitioner surfers, the principal motives to the practice of this modality may be related with the concentration and with exercises of isometric strength and flexibility, where the movements and postures adopted during the surf practice are similar to the exercises practiced in yoga classes. Even without the planning and the scientific knowledge, surf athletes and coaches are utilizing one of the principals of sportive training, the specificity, quoted in many books and researches. However other basic fundaments like the principal of overcharging, of adaptation and progression according to Weineck (1999) and Powers and Howley (2005), also must be priorities in a planning, not only to optimize the athletic performance, but also as training control.

The information referring to the absence of a physical preparatory, 32 athletes and 63 (%) of the sample, indicated in the graphic of Picture 2, strengthen the prior hypothesis that even the lack of scientific knowledge about the sportive training and others areas of knowledge, the particularities and physical exigencies in surf promote a high physical conditioning as much among professional athletes as in amateurs. The maximum consume of oxygen ($VO_{2\ maximum}$) in surf practitioners, gold padron in the measures of physical aptitude, is described by diverse researchers. Meir, Lowdon and Davie (1991), talk about values of 54,43 ($Kg/L/min^{-1}$) to recreational surfers while Villanueva and Bishop (2005a) present values of 50 ($Kg/L/min^{-1}$) to professional athletes and 47,93 ($Kg/L/min^{-1}$) to amateur athletes. Other researchers like Lowdon et. al. (1980) and Corrêa, Andrade and Figueira Junior (1994), present values more elevated to professional athletes respectively 70 ($Kg/L/min^{-1}$) and 68 ($Kg/L/min^{-1}$) to men and 62 ($Kg/L/min^{-1}$) to women.

Although the presence of a physical preparatory was being told by 19 athletes, 37 (%) of the sample, it exists the possibility of the presence of a physical preparator it maybe in many cases, a gym teacher, a yoga instructor and some Physical Education teachers that do only a work of physical conditioning. Many surf professional athletes don't known the difference between a work of physical preparation planed and contextualized in a period of a simple class in a gym. The graphic on Picture 3 indicates that the sportive modalities most practiced without professional orientation are swimming, where the teacher do not realizes a sportive training, and the running and the bike, practiced in the free time without any orientation. Some athletes acquire certain addictions in the physical preparation and imitate determinate routines of the training of athletes that have become champions. Many times this form of physical preparation is inadequate and contraries the principals of sportive training, as well as the biological individuality of the individual. Rohlfs et. al. (2005), affirm that the problematic of physical self-orientation is the evidence that the athletes and non-athletes may develop a syndrome of excess training that has as main cause an incorrect conduction of practices in terms of volume, intensity and pauses of recuperation.

Farther on these prior discussed aspects, the action of winds, the sea currents, the types of ocean bottoms, the temperature of the water and the environment and the different sportive implements are examples of the variables intervenient, that difficult not only the physiological understanding and neuromuscular of the modality, as also the planning of training programs.

Conclusions

The results found in this research indicate that physical preparation in periods and programmed of professional surf athletes is still a fiction, because the athletes do not realize any form of preparation in periods, only utilize sportive modalities and physical exercises as a complement to physical preparation. The bigger search for the modality swimming, intimately related with the rowing of surf, the gym, due to the acquisition of strength, the running, by giving a better aerobic aptitude and yoga due to the movements similar to the fundaments of surf, indicate that the athletes and coaches, although the absence of scientific knowledge, are working correctly only one of the sportive training principals, the specificity.

Although it is a sport well known and with high competitive level, the empiric knowledge still permeates in the sportive center, their structures of training are rudimental when compared with other sports of income, a bigger diversity of studies about the physical exigencies and about the variables involved with the sport may contribute to the development of the modality as well as for the improvement of training programs.

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PHYSICAL PREPARATION IN PROFESSIONAL SURF ATHLETES: FICTION OR REALITY

Abstract

The objective of this research was to investigate the physical preparation of professional surf athletes. A sample of 51 professional surf athletes, nationals and foreign, from the male gender, selected intentionally, was utilized, with an average of age, stature, body mass, time of practice of the sport and time of practice as a professional athlete respectively of 23,1 ± 3,8 (years), 173,4 ± 6,2 (cm), 69,5 ± 5,5 (kg), 12,8 ± 4 (years) and 3,8 ± 2,9 (years). A questionary was utilized, with open and closed questions focusing on the aspects of the physical preparation of professional surf athletes, for the realization of the interviews. It was verified that 32 athletes do not have orientation of a professional (physical preparatory), which means, 63 (%) of the sample. Swimming represents the sport modality more utilized as a form of training, with an occurrence of 35,3 (%), followed by the gym with 33,3 (%), running with 29,4 (%), Yoga 21,7 (%) and bike, stretching and physical conditioning between 5 and 10 (%). It can be noticed that the bigger search for the modality swimming, is deeply related with the paddling in surf, the gym, for the acquisition of potency and muscle resistance, the run, for the aerobe aspect and the yoga do to the specific movements similar to the fundaments of surf, indicate that athletes and coaches, have an empiric knowledge based on the competitive practice of the modality. However a bigger diversity of studies about the physical requirements and about the variables involved with the sport may contribute to the development and improvement of the training programs.

Key words: Surf, Physical preparation, sportive training.

PRÉPARATION PHYSIQUE DES ATHLÈTES PROFESSIONNELS DE SURF: FICTION OU REALITE

Résumé

L'objectif de cette recherche a été de se pencher sur la préparation physique des athlètes professionnels de surf. Un échantillion de 51 athlètes professionnels de surf, nationals et étrangers, de genre masculin, sélectionnés intentionnellement a été utilisé, avec la moyenne d'âge, de stature, de masse corporelle, du temps de pratique du sport et du temps de pratique comme athlète professionnel respectivement de 23,1 ± 3,8 (ans), 173,4 ± 6,2 (cm), 69,5 ± 5,5 (kg), 12,8 ± 4 (ans) et 3,8 ± 2,9 (ans). Nous avons utilisé, pour la réalisation des entrevues, un questionnaire avec des questions ouvertes et fermées portant sur les aspects de préparation physique des athlètes professionnels de surf. Cela nous a permis de vérifier que 32 athlètes n'ont jamais reçu d'orientation d'un professionnel (préparation physique), c'est-à-dire 63% de l'échantillon. La natation représente la modalité sportive la plus utilisée comme forme d'entraînement avec une occurence de 35,3%, suivie de la musculation avec 33,3%, de la course avec 29,4%, du yoga avec 21,7%, de la bicyclette, de l'étirement et du conditionnement physique entre 5 et 10%. Nous voyons ainsi que la modalité natation est la plus recherchée, la musculation et le fait de ramer, intimement lié au surf permet l'acquisition d'un potentiel et d'une résistence musculaire, la course pour l'aspect aérobic et le yoga pour ses mouvement spécifiques similaires aux mouvements fondamentaux du surf. Ceci nous indique que les athlètes et les techniciens possèdent une connaissance empirique basée sur la pratique compétive de la modalité. Cependant, une meilleure diversité des études sur les exigences physiques et sur les variables entourant ce sport pourront contribuer au développement et au perfectionnement des programmes d'entraînement.

Mots clefs : surf, préparation physique, entraînement sportif

PREPARACIÓN FÍSICA EN ATLETAS PROFESIONALES DE SURF: FICCIÓN O REALIDAD

Resumen

El objetivo desta investigación fue conocer el preparo físico de atletas profesionales de surf. Una muestra de 51 atletas profesionales de surf, nacionales y extranjeros, género masculino, seleccionados intencionalmente, con media de edad, estatura, masa corporal, tiempo de práctica en deporte y tiempo de práctica como atleta profesional respectivamente de 23,1 ± 3,8 (años), 173,4 ± 6,2 (cm), 69,5 ± 5,5 (kg), 12,8 ± 4 (años) e 3,8 ± 2,9 (años). Fue utilizado un cuestionario con preguntas abiertas y cerradas relevantes sobre los aspectos de la preparación física de atletas profesionales de surf, para la realización de las encuestas. Fue verificado que 32 atletas no tienen orientación profesional (preparador físico), por lo tanto, 63 (%) de la muestra. La natación representa la modalidad deportiva mas utilizada como forma de entrenamiento, con una ocurrencia de 35,3 (%), seguida de la musculación con 33,3 (%), trote con 29,4 (%), yoga 21,7 (%) y bicicleta, estiramiento y concidionamiento fisico entre 5 y 10 (%). Ès posible percibir que a mayor búsqueda por la modalidad natación, tiene que ver con la remada del surf, la musculación, para adquirir potencia y resistencia muscular, el trote por lo caracter aerobio y el yoga en función de los movimientos específicos semejantes a la bases del surf, señalan que atletas y entrenadores, tienen un conocimiento empírico embasado en la practica competitiva de la modalidad. Mientras tanto una mayor variedad de estudios sobre los requisitos físicos y sobre las variables envueltas con el deporte puede contribuir para el desarollo y perfeccionamiento de los programas de entrenamiento.

Palabra claves: Surf, preparación física, entrenamiento deportivo.

PREPARAÇÃO FÍSICA EM ATLETAS PROFISSIONAIS DE SURFE: FICÇÃO OU REALIDADE

Resumo

O objetivo desta pesquisa foi investigar a preparação física de atletas profissionais de surfe. Uma amostra de 51 atletas profissionais de surfe, nacionais e estrangeiros, do gênero masculino, selecionados intencionalmente foi utilizada, com média de idade, estatura, massa corporal, tempo de prática no esporte e tempo de prática como atleta profissional respectivamente de 23,1 ± 3,8 (anos), 173,4 ± 6,2 (cm), 69,5 ± 5,5 (kg), 12,8 ± 4 (anos) e 3,8 ± 2,9 (anos). Foi utilizado um questionário, com perguntas abertas e fechadas relevantes sobre os aspectos da preparação física de atletas profissionais de surfe, para a realização das entrevistas. Verificou-se que 32 atletas não possuem orientação de um profissional (preparador físico), ou seja, 63 (%) da amostra. A natação representa a modalidade esportiva mais utilizada como forma de treinamento, com uma ocorrência de 35,3 (%), seguida de musculação com 33,3 (%), corrida com 29,4 (%), yôga 21,7 (%) e bicicleta, alongamento e condicionamento físico entre 5 e 10 (%). Pode-se perceber que a maior procura pela modalidade natação, intimamente relacionada com a remada no surfe, a musculação, para aquisição de potência e resistência muscular, a corrida, pelo aspecto aeróbio e o yôga devido aos movimentos específicos semelhantes aos fundamentos no surfe, indicam que atletas e técnicos possuem um conhecimento empírico baseado na prática competitiva da modalidade. Entretanto uma maior diversidade de estudos sobre as exigências físicas e sobre as variáveis envolvidas com o esporte pode contribuir para o desenvolvimento e aprimoramento dos programas de treinamento.

Palavras chave: Surfe, preparação física, treinamento desportivo.