134 - PHYSICAL FITNESS IN SCHOOLCHILDREN OF THE MUNICIPAL CENTERS OF SPORT AND LEISURE OF MANAUS - AMAZONAS

DAURIMAR PINHEIRO LEÃO;
IVAN DE JESUS FERREIRA.
UFAM - UNIVERSIDADE FEDERAL DO AMAZONAS. MANAUS AM
daurimar@bol.com.br

INTRODUCTION

The studies that characterize the levels of the schoolchildren physical fitness and adolescents have been showing conflicting among the results presented by the researches of the area of the sciences of the human motricidade, because the administration of tests to measure the somatic growth and the capacity of the youths muscular aptitude, presents tests with different execution patterns.

It is known, however, that during the process of motor development, it happens several changes somatomotoras as product resulting from the genetic and environmental factors, turning the children and the adolescents physically assets in different phases of the life.

In this sense, it is necessary that when administering a battery tests, to know their physical qualities, to identify the variations of acting of the physical fitness associated to the youth biological maturation, be used appropriate variables for the physical capacity to be measured, because even with the decline in the execution of some of the items of the battery, certainly in general they get good results.

Being taken into account the demand of specific abilities as components of the physical fitness related to the youths athletes athletic acting, in the several sporting specialties, the variables approached in the batteries of tests should include the components of speed, potency, coordination, balance, agility, resistance cardio respiratory, muscular resistance and flexibility.

This study looked for to describe the behavior of the physical fitness variables related to the athletic acting for all of the practicing children of sports ages in the Municipal Centers of Sport and Leisure of Manaus (AM) Brazil.

METHODOLOGY

A study of traverse characteristic was accomplished using as indicators the force/resistance abdomen neuromuscular, the levels of flexibility and the resistance cardio respiratory, being applied a battery of motor tests with the variables of seat-and-reach; modified sit-up and run/walk in the time of nine minutes conforms the established pattern for the manual of AAHPERD, (1980) and LEÃO, (2005). The data of this work were obtained of a random sample of children from 07 to the 12 years of age, extracted of the Municipal Centers of Sport and Leisure of Manaus, that assisted the established characteristics for the study, being 588 male and 362 female, totaling 950 participants, Table 1.

Table 1 Total of the boys sample and girls measured and tested from seven to 12 years, of both sexes, of the Municipal Centers of Sport and Leisure of Manaus - AM.

Age	Boys	Girls	Total
7	61	67	128
8	67	62	129
9	88	74	162
10	96	45	141
11	128	58	186
12	148	56	204
Total	588	362	950

The results of the motor tests were submitted the statistical analysis with the descriptive technique for calculation of the averages through the computation program SPSS - Version 14.0.

RESULTS AND DISCUSSION

When analyzing the results with the information of the medium values of the variable of flexibility in the test of seat-and-reach of the boys and of the girls of this study, in comparison with the studies accomplished by other researchers. It is observed that the boys and the girls from Manaus, presented smaller acting than the one of AAHPERD (1980), of DÓREA (1990) and of GUEDES (1994) in all of the ages (FIGURE 1 and 2).

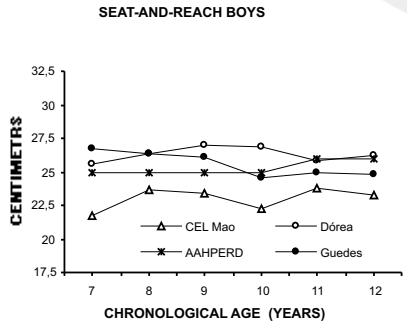


Figure 1 - Comparisons of information of the values of the averages of the test of seat -and-reach of the boys of this study and of other studies, for age from seven to 12 years.

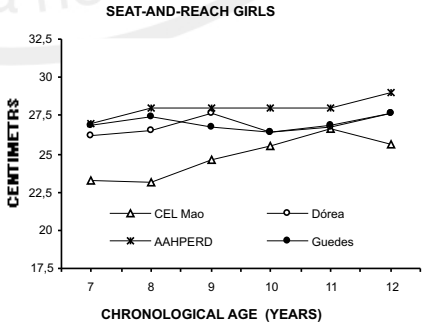


Figure 2 - Comparisons of information of the values of the averages of the test of seat -and-reach of the girls of this study and of other studies, for age from seven to 12 years.

The medium values regarding the variable of abdomen force/resistance in the test of modified sit-up of the boys from Manaus (FIGURE 3), with the data of the populations belonging to the studies of AAHPERD (1980) and of GUEDES (1994). they Observe that the boys from Manaus presented smaller acting in all of the ages, except in the ages of 7, 8, 9 and 11 years in relation to the study of DÓREA (1990), where enrolled larger values. In the girls (FIGURE 4) the smaller acting was evidenced in all of the ages when compared with the data of the populations belonging to the studies of AAHPERD (1980), of GUEDES (1994), except in the ages of 11 and 12 years in relation to the study of DÓREA (1990), where enrolled larger values.

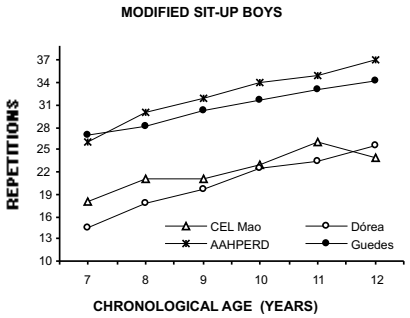


Figure 3 - Comparisons of information of the values of the averages of the test of modified sit -up of the boys of this study and of other studies, for age from seven to 12 years.

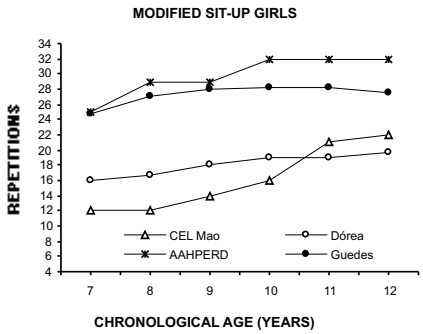


Figure 4 - Comparisons of information of the values of the averages of the test of modified sit -up of the girls of this study and of other studies, for age from seven to 12 years.

The behavior of the data with the boys from Manaus medium values presented in the test of run/walk in the time of nine minutes (FIGURE 5), it was shown smaller than the values found by AAHPERD (1980), BARBANTI (1982) and GUEDES (1994), in all of the ages.

The girls from Manaus medium values in the same test of resistance cardio respiratory (FIGURE 6) they were also shown smaller in all of the ages, in relation to the values found by AAHPERD (1980) and BARBANTI (1982), but similar to GUEDES data (1994) in the 12 year age.

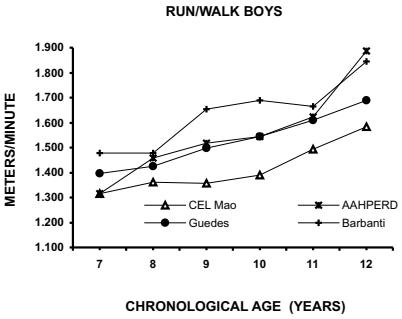


FIGURA 5 Comparisons of information of the val ues of the averages of the test of run/walk of the boys of this study and of other studies, for age from seven to 12 years.

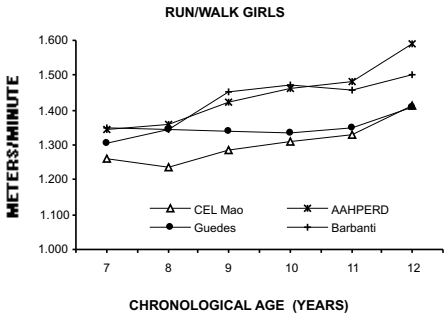


FIGURA 6 Comparisons of information of the values of the averages of the test of run/walk of the girls of this study and of other studies, for age from seven to 12 years.

CONCLUSIONS

With base in the results, it is noticed that in a general way, the children of both sexes of this study presented levels of growing physical fitness in the measure in that it advances the chronological age, however with lower medium values with significant differences for all of the ages in both sexes when compared with the studies accomplished by BARBANTI (1982), GUEDES (1994), AAHPERD (1980) and DÓREA (1990).

These values can be justified so much for the proposition of the routine of evaluation of the attributes of appraised motor acting, as for the influence of the practice level to regulate of physical exercise, influencing in the representativeness of the results of the tests of flexibility, force/resistance and resistance cardio respiratory.

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Adress: Rua Delmiro Leão, Nº5 quadra 01. Renato Souza Pinto I, CEP. 69.090.640
Manaus AM Brasil, E-mail:daurimar@bol.com.br

PHYSICAL FITNESS IN SCHOOLCHILDREN OF THE MUNICIPAL CENTERS OF SPORT AND LEISURE OF MANAUS - AMAZONAS

ABSTRACT

To study the schoolchildren of the different ethnic group health became a frequent practice among the researchers, because they are factors essences to establish parameters of references on the physical fitness of this population. In the present study, it looked for to describe the behavior of the physical fitness variables related to the athletic acting for all of the children ages from seven to 12 practicing years of age of sports in the Municipal Centers of Sport and Leisure of Manaus (AM) Brazil being 588 male and 362 female totaling 950 participants. The variables of the physical fitness were the test of seat-and-reach, modified sit-up and the run/walk in the time of nine minutes. The analysis of the data extracted of the medium values of the physical fitness variables revealed differences significant estatisticament, with high levels of the boys motor acting and coming girls of the studies accomplished by other researchers in relation to the to the boys and girls of the present study. This information can be justified so much for the proposition of the routine of evaluation of the attributes of appraised motor acting, as for the influence of the practice level to regulate of physical exercise, influencing in the representativeness of the results of the tests of flexibility, force/resistance and resistance cardio respiratory.

Key Words: Motor performance, Physical fitness, Physical education.

MISE EN FORME DANS ÉCOLIERS DES CENTRES MUNICIPAUX DE SPORT ET LOISIR DE MANAUS - AMAZONAS

RÉSUMÉ

Étudier les écoliers de la santé du groupe ethnique différente sont devenus un entraînement fréquent parmi les chercheurs, parce qu'ils sont compte des essences pour établir des paramètres de références sur la mise en forme de cette population. Dans l'étude présente, il a cherché pour décrire le comportement des variables de la mise en forme été en rapport avec le suppléant athlétique pour tous les âges des enfants de sept à 12 années pratiquantes d'âge de sports dans les Centres Municipaux de Sport et Loisir de Manaus, Brésil qui est 588 mâle et 362 femme qui additionnent 950 participants. Les variables de la mise en forme étaient l'épreuve de siège et atteignent, exercice abdominal modifié et le run/walk dans le temps de neuf minutes. L'analyse des données extraite des valeurs moyennes des variables de la mise en forme a révélé des différences estatisticament considérable, avec hauts niveaux du moteur des garçons qui agit et les filles futures des études ont accompli par les autres chercheurs par rapport à l'à les garçons et filles de l'étude présente. Cette information peut être justifiée si beaucoup pour la proposition de la routine d'évaluation des attributs de moteur agir estimé, comme pour l'influence du niveau de l'entrainement régler d'exercice physique, influencer dans la représentativité des résultats des épreuves de flexibilité, force/resistance et cardio de la résistance respiratoire.

Mots Cles: Performance du moteur, mise en forme, éducation Physique.

LA SALUD EN SCHOOLCHILDREN DE LOS CENTROS MUNICIPALES DE DEPORTE Y OCIO DE MANAUS - AMAZONAS

EL RESUMEN

Estudiar el los niños escolares de la salud del grupo étnica diferente se volvieron una práctica frecuente entre los investigadores, porque ellos son factoriza los seres para establecer parámetros de referencias en la salud de esta población. En el estudio presente, buscaba para describir la conducta de las variables de salud relacionada a la acción atlética para todo las edades de los niños de siete a 12 años practicando de edad de deportes en los Centros Municipales de Deporte y Ocio de Manaus (AM) Brasil que es 588 varón y 362 hembra que ascienden a 950 participantes. Las variables de la salud eran la prueba de asiento-y-alcance, modificó abdomen y el corra y paseo en el tiempo de nueve minutos. El análisis de los datos extraído de los valores elemento de las variables de salud reveló las diferencias el estatisticament significante, con los niveles altos de los muchachos la acción y las próximas muchachas de los estudios logradas respecto a por otros investigadores van en automóvil el a los muchachos y muchachas del estudio presente. Esta información puede justificarse tanto para la proposición de la rutina de evaluación de los atributos de acción de motor estimada, en cuanto a la influencia del nivel de la práctica regular de ejercicio físico, influenciando en la representatividad de los resultados de las pruebas de flexibilidad, la fuerza/resistencia y cardo de resistencia respiratorio.

Palabra-llave: La actuación de motor, la salud, la educación Física.

APTIDÃO FÍSICA EM CRIANÇAS DOS CENTROS MUNICIPAIS DE ESPORTE E LAZER DE MANAUS - AM

RESUMO

Estudar a saúde das crianças dos diferentes grupos étnicos tornou-se uma prática freqüente entre os pesquisadores, pois são fatores essências para estabelecer parâmetros de referências sobre a aptidão física desta população. No presente estudo, buscou descrever o comportamento das variáveis de aptidão física relacionada ao desempenho atlético para todas as idades das crianças de sete a 12 anos de idade praticantes de esportes nos Centros Municipais de Esporte e Lazer de Manaus (AM) Brasil sendo 588 do sexo masculino e 362 do sexo feminino totalizando 950 participantes. As variáveis da aptidão física foram o teste de sentar-e-alcançar, abdominal modificado e a corrida/caminhada no tempo de nove minutos. A análise dos dados extraídas dos valores médios das variáveis de aptidão física revelou diferenças estatisticamente significantes, com elevados níveis de desempenho motor dos meninos e meninas provenientes dos estudos realizados por outros pesquisadores em relação às aos meninos e meninas do presente estudo. Estas informações podem ser justificadas tanto pela proposição da rotina de avaliação dos atributos de desempenho motor avaliado, como pela influência do nível de prática regular de exercício físico, influenciando na representatividade dos resultados dos testes de flexibilidade, força/resistência e resistência cardiorrespiratória

Palavras-chave: Desempenho motor, Aptidão Física, Educação Física.