67 - EXERCISES MONOARTICULAR AND MULTIARTICULAR FOR THE WEIGHT TRAINING AND THE SPORT INTENDING A HOMOGENEOUS COMPREHENSION BETWEEN THE PROFESSIONALS OF PHYSICAL EDUCATION

DOUGLAS COSTA DOSSANTOS; ALEX JESUS DE SOUZA[4];
LUCIANA MENEZES[1]; MARCELO GUIMARÃES[1,2,3]
[1] Universidade Salgado de Oliveira; [2] Universidad Nuestra Señora de la Asunción;
[3] Universidade Castelo Branco; [4] Pontifícia Universidade Católica -RJ
São Gonçalo-RJ, Brasil.
dossant@gmail.com

1. INTRODUCTION

Nowadays, all of the professionals of Physical Education work with his students in the academies with series of exercises multiarticulares and monoarticulares, however neither all of the professionals of the area know which is the best work to be carried out with the mesmos, so much for students beginners, as much as for the students advanced. The problem of that is that there is not a plausible addressing of which kind of exercise of the kind multiarticular or monoarticular is better in the muscular resistance training programs located. The objective is going to observe that possibilities exist of reach different muscular answers with the kinds of training multiarticular and monoarticular. For that was related through studies that the performance for the weight training and the sport, without esthetic objectives in the first place, is more comprehensive in the activities multiarticulares. Occurs us exercises multiarticulares a ripening of the so much biggest muscular outline in beginners how much in athletes **(SABA, 2000)**.

1.2 OBJECTIVE

The of the present I study center-itself in verify the knowledge of the active professors in the academies of weight training of the towns of Saint Gonçalo, Niterói and Rio de Janeiro (center), about his points of observation for such exercises in the its routine, ascertaining the absence of comprehension or the domain that has about the mesmos. Such questions will verify not alone the knowledge accumulated while professor,

but yes the formulation of criticism and the recognition of have need of a directive for the exercises multiarticulares and monoarticulares inside the line of training of the academies.

It apply exercises multiarticulares in the physical activities of the academies will be more united for a specificity in the series of adaptation. The motive of that is that until today were not predicted which exercises multiarticulares or monoarticulares for series of adaptation. Despite of we will have a line of work as regards the series of adaptation, do not we have a logic it follow as regards the exercises multiarticulares and monoarticulares. The importance of this I study is going to expose which thought must have as regards the initiation of the student, doing and planning always the best one, as the of custom. That better paper it to be performed by the professional goes to diffuse through researches that will receive the knowledge systematized for a better proposal, in that everybody are going to do the even for a work recognized be carried out**(ALLSEN et al., 2001).**

The approach it be deed is optimist for a muscular performance in his totality, therefore second articles studied(**GUEDES 2003/ MOURA et al. 2004/ RASO,2003**), already sees which the best exercise for a more comprehensive answer. However, even with the contents studied, not exercises are indicated multiarticulares or monoarticulares as priorities in an or in another exercise. With the fomentation of news researches, that article exactly seal which exercise should prescribe for the students, joined of his objectives, maintenance of the health or initiation of physical activities.

2 CONTEXT

In many literatures are recommended exercises multiarticulares for the beginner weight training practitioner, therefore is common then always initiate sessions of training with exercises multiarticulares, because the adaptation of the student is more efficient in the series, that usually is a series of preventive character, working the muscles agonistas and antagonists. As it is the student in profile unstable beginner, or be, usually of somatotipo contrary to mesomorfo (what is not a rule), those exercises multiarticulares made in the preventive series will give a good a lot muscular answer regarding the progression of the student. Because while exercises the muscle aim, on account of the exercise be multiarticular, the muscles sinergistas are being worked and itself values the performance of the muscle antagonist also, more than the exercise monoarticular. For we will observe that in the practical one, sufficiency work a student beginner beginning for the series of preventive adaptation and another student doing a series of adaptation TO and B without preventive parameters, with mixed exercises (multiarticular and monoarticular) and/or perhaps segments of trainings any. It is able to be observed that when the student performs the series of preventive adaptation, with exercises multiarticulares, in the near period of training he will have an answer more quick and efficient because of the muscular ripening obtained by the exercises multiarticulares, while another student will not have a muscular outline and articulate so developed, by the absence of exercises that prioritize muscles sinergistas and antagonists, susceptible the wounds, and avoiding a gradual trial unnecessary excess of exercises to the body, offering contrary answer in the series with activities multiarticulares in the preventive adaptation**(UCHIDAet al. 2004).**

For intermediate students, advanced or athletes, the distinct training of the monoarticular is pertinent, therefore is necessary a bigger muscular performance in we will have of exercises monoarticulares and multiarticulares. Even so, the objective cysts of the students should be the first articles it will be evaluated by the professionals of Physical Education, the reason of that is: prioritize what the muscular action is necessary in what is concerned the objective of the student, and like this the actions of the exercises monoarticulares and multiarticulares again are brought. Entering in that another one slope, will be able to be discussed like the combination of the training is going to elaborate force training programs with different characteristics**(GUEDES, 2003).**

When his and intermediate students are coached focus is a better performance in the sport, the exercises multiarticulares still more efficient Saints than the exercises monoarticulares, however, when is a matter of esthetic objectives what usually is what itself longs for in the weight training, the exercises are not going to have that line of training. The motive is that when the student is going to plan in the weight training turned out for his sport, as we know, the exercises will be come back for the sport in itself, wanting to improving the motor performance of the student for achieve its objective like a whole one. Already in the students that has the worry with the esthetics, the line of thought of the exercises multiarticulares and monoarticulares changes, therefore should be applied in the context of the observation postural, in which the exercises multiarticulares are part of

a better performance, by his abrangência of more muscular points it will be worked. Come back to the training of force in the intermediate students that plan a better performance in a sport, the exercises multiarticulares still Saints had as a good option, because perform important movements for the sport like first period of training, therefore work with the articulations, muscles sinergistas and antagonists that prioritize a more integral action of the movement for the sport. Resorting to the students advanced and athletes, the studies still indicate a better result for students come back with his objectives for the sport, with better utilization in the exercises multiarticulares, because avoid wounds, preventing the athlete, beyond provide bigger performance in the sporting performance**(FLECK,2006).**

Itself what seal in that kind of example is the motor performance, or be, with exercises multiarticulares we increase the motor performance, soon, for daily or sporting activities the benefit with certainty will be bigger. Arriving in that viewpoint, we obtain to observe in what the weight training will be able to help more, in agreement the objective of the student**(ACSM ,2003)**.

2.1 REFERÊNCIAL THEORETICAL

Second Fleck (2006), the exercises multiarticulares has bigger stimuli transference specificity for the muscle than exercises monoarticulares. An easy example of observe is been that through a research made by the author that, by means of facts, is going to ratify the efficiency of the exercises multiarticulares. The example was: exercises multiarticulares as start, from the knees, can have bigger capacity of transference for ability of the vertical jump than exercises monoarticulares isolated, like the stretches or inflections of knees. So much the exercises multiarticulares as much as exercises monoarticulares increase the force of the muscular groups of the quadríceps and of the isquiotibiais. However, a bigger similarity of the movements biomecânicos and of the standards of recruitment of the muscular fibers between the exercise multiarticular and the majority of the sporting activities and of the daily life results in bigger specificity of transference. The quantity of transference of a force training program for a determined physical activity depends on the specificity or transference between the program of training and the activity. Being like this, since is a matter of exercises with line of thought for daily, sporting activities or of muscular totality for motor performance, we perceive the credibility that the exercise multiarticular exercises and offers us for we will work us students. It is necessary say that to logical explored in the text is referring in what is concerned the duty abrangência of improvements for the body that the weight training should cause in the individuo. Leading specific character of healthy complement of the physical activity for the body, healthy prominent exercises multiarticulares, therefore think highly of, above all, by the physical integrity of the student in all her complexity. Then it is possible watch what becomes viable we will work in an academy, so much in we will have of performance how much in we will have of maintenance of the health, the exercises monoarticulares and multiarticulares.

3 METHODOLOGY

Employed Itself the second, descriptive approach THOMAS & NELSON (2002), classified in the kind of study as researches by questionnaire EQUAL-Q simple. The individuals are all of professors of formed, Physical Education, that answered the questionnaire of discrete way, noting barely the town in the sheet. Constraining no of the professionals to a test of notorious knowledge, comparing some with the others, or to any similar comparisons. They were observed 51 (fifty-one) answers of the professionals of the area of formed Physical Education of three different towns. It was applied of the following form: the questionnaires were distributed by diverse academies, in those establishments the questions were answered so that the professor preferred better, or be, in a schedule of tranquil work, led home, in monthly meeting and others. The questionnaire EQUAL-Q was elaborated in two part (EQUAL-Q 1 & 2), with questions of multiple choice. To first breaks was developed with four technical questions, where outside analyzed the knowledge of the professionals as regards the exercises multiarticulares and monoarticulares. In the second part was analyzed the vision personalized of the professional about the aspects and known characteristics about the exercises multiarticulares and monoarticulares. The present I study was carried out second directives of the law 196/96, that regulate the researches carried out with you will be humans.

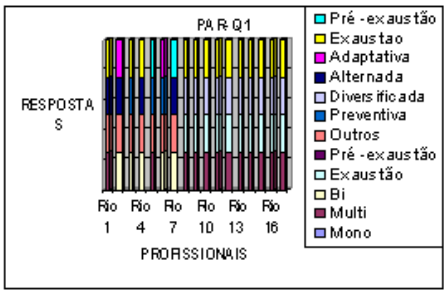
4 ANALYSIS AND RESULTS DOS ARGUMENT

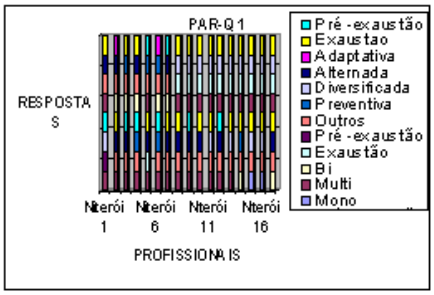
For oscillate in the physical activities must have a look critic in which the own segment of the program of training will influence the student for his final objective(**POWERS et al, 2000)**. Everything that corresponds to the everyday life of the professional of Physical Education, that follows his instincts and work with its logical content of reasoning studied, putting its experience in practice for the student. At present, is necessary-itself attack for such indolences and apply the knowledge to all instant for we will avoid future errors, observing itself that exercises multiarticulares are the appropriate to will apply in a series of adaptation. Then, these that should apply and such devices (multiarticulares) that should opt for optimize the work quality guarantee for our client, the student. Among others important points it will be led in consideration, is not for base of paradigms that we should operate and yes by reflexive bases, therefore they, inside studies, knowledge and scientific points, that should interact, giving like this new roads for our area of Physical Education. Notice itself the lack of works of this nature produced in Brazil. Studies carried out in the academies are few for a comparison of the present work. However, FLECK (2006) observed results multiarticulares in athletes for the sport, what brings foundation for will be optimized the professionals of Physical Education. Similarly, the study of UCHIDA et Al, (2004), investigates the efficiency of exercises multiarticulares in students beginners in the series of adaptation. However, that does not show that the exercises monoarticulares be disposable or that cannot be used of significant way for nonchalance of the student. The procedure utilized enabled to identify the threshold of knowledge for exercises multiarticulares, monoarticulares and others, of the professionals. It observed itself in the graphic statistical (Figure 1,0, 1,1 and 1,2) a similar relation between the towns of Saint Gonçalo and Niterói, and distinction between Rio. The town of Rio has a vision personalized about the exercises multiarticulares and the towns of Saint Gonçalo and Niterói has a vision differentiated about the exercises multiarticulares. Although to research aims for the exercises prescription literatures, perceived itself that the professionals of Saint Gonçalo and Niterói use procedures of random form what verifies divergence in the way of utilize the exercises multiarticulares. In the graphic statistical (Figure 2,0, 2,1 and 2.2), the towns of Rio, Saint Gonçalo and Niterói are evaluated in questions that are going to identify the threshold of: utilization of exercise, line of work and professional conduct, that presents the vision personalized in the environment of work. All of the towns present a similar vision, or be, do not correspond to the exercises prescription literatures and yes to his better way and comprehension, while professor, for the student have its nonchalance in the academy.

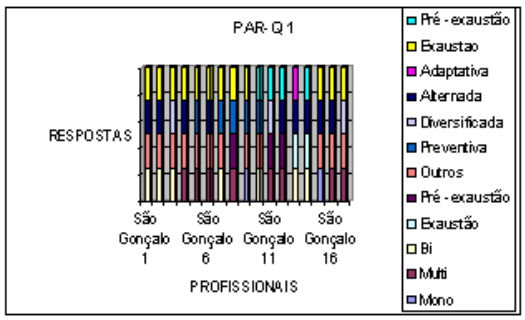
5 CONCLUSION

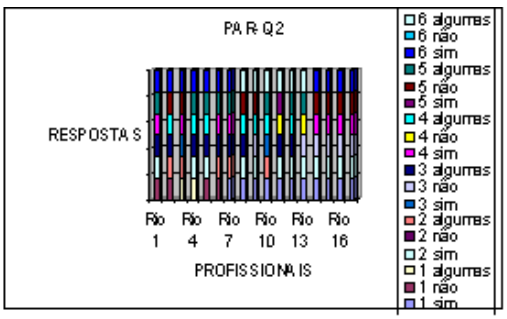
The proposal of that study is going to remember that exists a plausible proof, for the professionals of the area, that always should prioritize the exercises multiarticulares, therefore are efficient, preventive, what, however, does not disable the regard to the exercises monoarticulares. Some objectives match possibilities of different performances that should attack, because some professional still do not know to work with the stuff that has in the hands, therefore had not still a line of reasoning

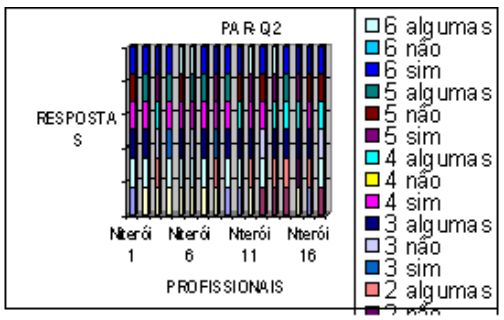
that brought a homogeneous work for that everybody follow an equal journey and arrive to a success of significant way for fit in a formal work. However, that formality exists, however there is not integration of the majority of the part interested for a critical vision about the matter. Through the studies, observes-itself the conclusion of that the exercises multiarticulares promote maintenance of the health, avoid wounds, healthy preventive, assume abrangência for joint results with the sport, coincide with a positive answer for the body of so much, general way in performance, as much as in too important requirements for physical integrity of the individuals. In the groups evaluated, with straight form obtaining measures, differences occurred estatisticamente significant, being able to like this be observed that the professionals understand what are exercises multiarticulares, but do not utilize of way in that the line of work correspond to the prescription of second exercises literatures, or be, utilize itself exercises monoarticulares and multiarticulares according to the vision personalized of the professional, and not obeying to predicted paradigms by the ones.

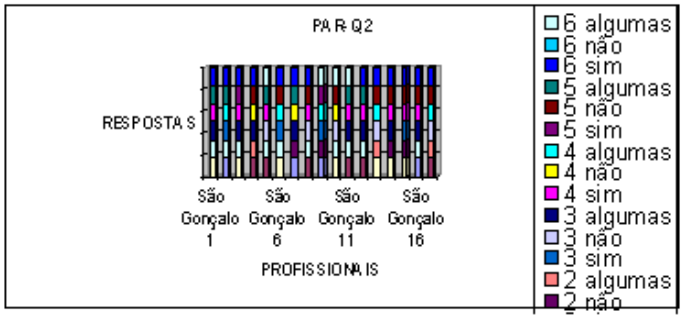












BIBLIOGRAPHICAL REFERENCES

FLECK, Steven J., **Foundations of the Training of muscular Force.** In: Designing Resistence Tracksuit Programs, third Edition. Translation Jerri Luiz Ribeiro - 3ª edition - Port Cheer Up, Artmed, 2006.

M. C. Uchida, M**anual of the Weight training: a theoretical approach - practical of the training of force**, 2ª edition - São Paulo, Publisher Phorte 2004.

FLECK, S. J.; KRAEMER, W. J., **Foundations of the Training of Muscular Force**, 2ª edition - Port Cheer Up, Publisher Artmed, 1999.

FLECK, S. J.; KRAEMER, W. J., **The Ultimate Tracksuit System: Periodization Break -Through, Advanced Research Press** 1996.

FLECK, S. J.; KRAEMER, W. J., **Resistence Tracksuit: basic principles (PART 1). The Phisican and Sports Medicine**, 16,3# 160 - 171, 1988.
TESCH P.TO., **Tracksuit will go Bobybuilding, Strengh and Power in Sport**. P V. Komi (ED). Oxford: Blackwell Science 1994, p 370 - 380.
ATHA, J., **Strenghthening Muscle. Exercise and Sport Science Reviews** 1999: 1- 73. WILMORE, J. H.; COSTILL, D.L., **Adaptations Neuromusculares to the Training of Force. In: Physiology of the Sport and of the Exercise.** 2ª edition - São Paulo, Publisher Manole, 2001. ALLSEN, Philip E.; HARRISON, Joyce M.; VANCE, Barbaric. **Exercise and quality of life: an approach personalized.** They are Paulo, Publisher Manole, 2001.
CLAYS, Daisy. Expressive body; IN VARGAS, Ângelo L.S. **Reflections about the body**. I laugh of Janeiro Sprint: 1998.
AMERICAN COLLEGE OF MEDICINE OF THE SPORT**. Manual of research of the ACSM for the tests of effort and its prescription.** 4ª edition Rio de Janeiro: Guanabara Koogan, 2003. SABA, Fábio, **Adhesion to the practical one of the physical exercise in academies** - São Paulo, Publisher Manole, 2000.
POWERS, Scott K., HOWLEY, Edward T. **Physiology of the Exercise: theory and application to the conditioning and to the performance** - São Paulo, Publisher Manole, 2000.
WEINECK, J. ,2003, **"Training of Flexibility", In:Ideal training**, 9ª edition, pp. 470-514, Publisher Manole, São Paulo, Brazil.
BARBOSA AIR, et Al. **Effects of a program of training against resistance about the muscular force of elderly women.** Rev Bras Physical Activity Health, 2000; 5(3) : 12-20.
GUEDES, D. P. TRAINING OF FORCE- **Physiology Studies Center of the Exercise Federal University** of São Paulo © 2003. Moorish,
MOURA, João Augusto Reis de, BORHER, Tiago, PRESTES, Maximiliano Terra & ZINN, João Luiz **Influence of different angles you will articulate obtained in the initial position of the legs pressure exercise and end of the frontal exercise pulled about the values of 1RM** - Brazilian Society of Medicine of the Sport - (Rev. Bras. Méd. Sport _ Vol. 10, Nº 4 - Jul/Act), 2004. SHALLOW, Vagner, **preliminary put-analytic Analysis of the programs of exercises with pesos for healthy elderly persons**, Rev. Bras. Ciên. and Mov. Brasilia v. 11 n. 1 p. 59-68 January 2003.
DANTAS, EHM. **To Practical of the Physical Preparation** 5º ed.Shape; 2003.

EXERCISES MONOARTICULAR AND MULTIARTICULAR FOR THE WEIGHT TRAINING AND THE SPORT INTENDING A HOMOGENEOUS COMPREHENSION BETWEEN THE PROFESSIONALS OF PHYSICAL EDUCATION

ABSTRACT

The objective of the present I study was evaluate the association between the use of exercises multiarticulares in the series of adaptation of the students beginners and exercises multiarticulares in students that practice sport, in the vision of the professional of Physical Education. The methodology was of descriptive stamp with typology EQUAL-Q simple, with 51 professionals of different towns, filling questionnaire with division of EQUAL-Q 1 and 2. The result for analysis are in graphics where presents the answers of the professionals of Physical Education, that show a vision more personalized about exercises multiarticulares than in agreement with literatures. Concluded the utilization of the exercises multiarticulares of innapropriate way and that there is need of awareness for the use of the mesmos.

KEYWORDS: monoarticular, multiarticular, adaptation.

RÉSUMÉ

L'objectif du cadeau que j'étudie était évalue l'association entre l'usage d'exercices multiarticulares dans le feuilleton d'adaptation des novices d'étudiants et exerce multiarticulares dans les étudiants qui pratique le sport, dans la vision du professionnel d'Education Physique. La méthodologie était de timbre descriptif avec EGAL-Q de typologie simple, avec 51 gens de métier de villes différentes, remplissant le questionnaire avec la division d'EGAL-Q 1 et 2. Le résultat pour l'analyse est dans les graphiques où présente les réponses des gens de métier d'Education Physique, cela montre une vision plus personnalisé des exercices multiarticulares que d'accord avec les littératures. Conclu l'utilisation des exercices multiarticulares de façon d'innapropriate et cela il y a le besoin de conscience pour l'usage du mesmos.

MOTS-CLES: monoarticular, multiarticular, l'adaptation.

RESUMEN

El objetivo del presente que estudio fue evalúa la asociación entre el uso de multiarticulares de ejercicios en la serie de la adaptación de los principiantes de estudiantes y ejercita multiarticulares en estudiantes que practican el deporte, en la visión del profesional de la Educación Física. La metodología fue de sello descriptivo con la tipología IGUALA-Q sencilla, con 51 profesionales de pueblos diferentes, llenando cuestionario con la división de IGUAL-Q 1 y 2. El resultado para el análisis está en la gráfica donde presenta las respuestas de los profesionales de la Educación Física, eso muestra una visión más personalizada acerca de multiarticulares de ejercicios que de acuerdo con literaturas. Concluida la utilización del multiarticulares de ejercicios de la manera de innapropriate y eso hay la necesidad del conocimiento para el uso del mesmos.

PALABRAS-CLAVE: monoarticular, multiarticular, la adaptación.

EXERCÍCIOS MONOARTICULAR E MULTIARTICULAR PARA A MUSCULAÇÃO E O DESPORTO PRETENDENDO UMA COMPREENSÃO HOMOGÊNEA ENTRE OS PROFISSIONAIS DE EDUCAÇÃO FÍSICA

RESUMO

O objetivo do presente estudo foi avaliar a associação entre o uso de exercícios multiarticulares nas séries de adaptação dos alunos iniciantes e exercícios multiarticulares em alunos que praticam desporto, na visão do profissional de Educação Física. A metodologia foi de cunho descritivo com tipologia PAR-Q simples, com 51 profissionais de diferentes municípios, preenchendo questionário com divisão de PAR-Q 1 e 2. O resultado para análise estão em gráficos onde apresenta as respostas dos profissionais de Educação Física, que mostram uma visão mais personalizada sobre exercícios multiarticulares do que em acordo com literaturas. Concluiu-se a utilização dos exercícios multiarticulares de maneira indevida e que há necessidade de conscientização para o uso dos mesmos.

PALAVRAS-CHAVE: monoarticular, multiarticular, adaptação.