166 - MOTOR PROFILE OF CHILDREN VISIOTORS OF RECREATION AREA LOCATED IN ZONE WEST OF THE CITY OF RIO DE JANEIRO

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INTRODUCTION

The human organism possesses an evolutive and maturative calendar, which initiates in the conception. Deep modifications in the human organism happen between the birth and the "matureness". In accordance with its age the children possess a determinate motor possibility, being able to be each time more varied, complex and complete (ROSA NETO, 2002).

The performance of the motor abilities involves a muscular organization that allows the person to reach the goal of the ability that is being played. Coordination can be appraised as being the standardization of the movements of the body and the members relatively to the standardization of the events and objects of the environment. It is understood as motor ability, an ability that demands voluntary movements of the body and/or members to reach the objective (MAGILL, 2000).

According to Gallahue and Ozmun (2001), in the first periods of training of development, the interaction between the human being and the environment occurs through movements, first through the stability, in second through the locomotion and in third through the manipulation, these being able to be evaluated through the static balance and dynamic, of the agility and the specific motricity, respectively.

The balance (stability) is essential for the performance of motor tasks and constitutes the primordial base of all differentiated action of the corporal segments. This can be defined as the "capacity to keep the postural balance while it is in static positions or moving itself." (TRITSCHLER, 2003).

According to Gusmão and Campos (1992), "the function of the balance congregates the set of the interventions that aim to assure the projection of the center of gravity of the body in the interior of the sustentation polygon, in static and dynamic conditions."

With effect, narrow relations between the alterations or the insufficiencies of the static balance and dynamic and states of anxiety or unreliability exist. The small child, before reaching the balance adopts positions, its body reacts in reflex manner to the stimulations of the environment that surrounding it. The balance is the state of a body when distinct forces that act on it compensate itself and are annulled mutually. Of the biological point of view, the possibility to keep one definitive posture, position and attitudes indicates the existence of balance (MALINA; BOUCHARD, 2002; CAMPOS; BRUM, 2004).

The ability to keep the equilibrium, as static as dynamically depends on the function of the mechanism in the semicircular canals; of the kinesthetic sensation in the muscles, tendons and joints; of the visual perception of the body in movement and the ability to co-ordinate these three sources of stimulation (MARINS; GIANNICHI, 1998).

The orthostatic position assumes that the organism assures the maintenance of the static and dynamic balance, being necessary for this proprioceptive, labirintic and visual information; during the movement the postural tonus must adjusted itself to compensate the transference of the corporal weight and to keep balance (GUYTON, 1993; MALINA; BOUCHARD, 2001).

The balance is, then, basic to the individual could be able of putting itself into motion in the environment; the person will not be capable to put into motion itself freely until the stability mechanisms (balance) are dominated (GALLAHUE; OZMUN, 2001). According to Cordeiro Filho (2004), the agility can be defined as capacity of the individual to change the direction of a movement in great speed.

In the same way that the 2 abilities previously cited possess an evolution sequence, the manipulative abilities also possess a sequence of development that not only depends on the growth, but also of the development (including neural and biological maturation) (GALLAHUE; OZMUN, 2001).

Another particularity amongst these abilities is that these can be developed before the daily pay-definitive chronological age, since that the child presents necessary maturations for such abilities (MALINA; BOUCHARD, 2002).

The coordination tests can be subdivided in tests of balance and not-balance of the coordination. The tests of balance of the coordination reflect the coordination of the movements to the posture and the walking; already the not-balance tests are used for evaluation of the motor control, including posture, mobility and control of superior extremity (SCHIMT, 1994; DEJONG, 1970 apud SHUMWAY-COOK, 2003).

The eye-movement coordination mentions the ability to follow and to make evaluations of interception of an object that finds itself in movement, constitutes the most frequent activity in the man, and can be subdivided in a phase of transport of the hand, followed of a phase of it grasps and manipulation. For the coordination amongst these activities, the participation of motor and sensorial nervous centers is necessary (for example, motor cortex precentral - basic in the control of the isolated movements of the hands and fingers).

The writing represents a usual motor activity that requires the controlled activity of muscles and joints of an upper limb associated to the eye-hand coordination. The writing constitutes, thus, an organization of co-ordinated movements to reproduce forms and models (ROSA NETO, 2002). The eye-hand coordination constructs itself with gradual manner in accordance with the motor evolution of the child and the learning.

OBJECTIVES

From the displayed above, this study had as target to verify the profile of the motor abilities of children between 03 and 14 years visitors of area of recreation located in zone west of the city of Rio De Janeiro.

METHODOLOGY

The present study was classified as descriptive in agreement with Thomas and Nelson (2002, p. 280), of the data-collecting type. The sample was composed for 122 children of both genders, being 58 of feminine gender and 64 of the masculine gender. The children had been submitted to the tests if they had wanted to participate spontaneously.

For the evaluation of the performance of the motor abilities the extracted specific tests of the Test of Motor Proficiency of Bruininks-Oseretsky (1974) in the reduced form had been used, of this form had been used subtest 1 (speed of race and agility), subtest 2 (static and dynamic balance), subtest 7 (visual and motor control) and subtest 8 (speed and dexterity of the upper limb).

For the application of the tests the following material was used: 01 wooden block (4,5 cm x 4,5 cm x 9,5 cm); 01 tape of canvas of 30 meters marks Chesterman-Sheffield®; 01 tape of steel of 3 meters marks Stanley®; 01 digital chronometer marks Timex®; 01 wooden bar of balance - 3,000.0 cm x 10,0 cm x 2,2 cm; 03 hidrocor penxses for retroprojetor Pilot® mark; fiches with mold for drawings and movements of motor coordination; e, 02 Ken® packs of playing cards (01 with verse in blue color and 01 in the red color).

RESULTS

The results are presented in tables below for better visualization of the data.

Feminine Gender					
	Age	**Coordination**	**Agility**	**Static Balance**	**Dynamical Balance**
Mean	9,31	13,62	14,10	5,93	3,81
SD	2,43	9,34	2,02	0,80	0,54
Minimum	3,00	1,00	10,20	3,00	2,00
Maximum	13,00	30,00	19,49	9,75	4,00
Mode	8,00	5,00	14,09	6,00	4,00

Table 1: Descriptive Statisticalof Feminine Gender.

Feminine Gender					
Age	**N**	**Coordination**	**Agility**	**Static Balance**	**Dynamical Balance**
3 years-old	03	3,67± 3,06	19,38± 0,18	3,50± 0,71	2,67± 0,58
5 e 6yearsold	03	1,67± 1,15	17,13± 0,58	5,00± 1,73	2,67± 1,15
7 yearsold	03	16,00± 9,85	14,50± 0,79	6,00± 0,00	4,00± 0,00
8 yearsold	13	19,54± 9,07	14,26± 1,53	6,00± 0,00	3,77± 0,60
9 yearsold	07	13,43± 10,00	14,05± 1,57	6,54± 1,42	4,00± 0,00
10 yearsold	09	16,11± 7,88	13,51± 1,16	6,00± 0,00	4,00± 0,00
11 yearsold	07	9,86± 7,17	12,79± 1,57	6,00± 0,00	4,00± 0,00
12 yearsold	10	13,70± 9,87	12,85± 1,39	6,00± 0,00	4,00± 0,00
13 yearsold	03	9,00 ± 6,00	13,82 ± 0,73	6,00 ± 0,00	4,00 ± 0,00

Table 2: Descriptive Statistical of Feminine Gender, stratified for age group

Masculine Gender					
	Age	**Coordination**	**Agility**	**Static Balance**	**Dynamical Balance**
Media	9,64	12,38	13,26	5,47	3,72
SD	2,60	9,89	1,66	1,74	0,83
Mínimo	4,00	1,00	9,80	0,00	0,00
Máximo	14,00	34,00	17,07	9,80	4,00
Moda	11,00	4,00	15,53	6,00	4,00

Table 3: Descriptive Statistical of Masculine Gender.

Gênero Masculino					
Idade	**N**	**Coordenação**	**Agilidade**	**Eq. Estático**	**Eq. Dinâmico**
4 e 5 years-old	06	3,67± 3,39	14,75± 0,77	4,30± 3,13	2,33± 1,86
6 yearsold	04	4,25± 4,72	14,60± 1,35	3,00± 2,58	3,00± 1,15
7 yearsold	04	5,00± 2,71	14,48± 1,50	3,75± 2,63	3,75± 0,50
8 yearsold	06	7,00± 6,00	14,20± 1,90	6,53± 1,31	4,00± 0,00
9 yearsold	08	14,50± 10,99	13,21± 2,29	5,25± 2,12	3,75± 0,71
10 yearsold	07	15,14± 9,30	13,63± 1,06	6,00± 0,00	4,00± 0,00
11 yearsold	14	16,14± 10,30	12,77± 1,06	6,00± 0,00	3,93± 0,27
12 yearsold	06	15,00± 9,47	12,62± 1,32	6,00± 0,00	4,00± 0,00
13 yearsold	06	20,67± 11,93	11,59± 0,70	6,00± 0,00	4,00± 0,00
14 years-old	03	9,67± 5,51	11,19± 1,27	6,00± 0,00	4,00± 0,00

Table 2: Descriptive Statistical of Masculine Gender, stratified for age group

In tables above can be verified that, in general form the group of the girls had presented better punctuations in all the tests carried through in relation to the group of the boys.

With relation to the motor coordination there is an ample variation in both the genders being that the best punctuations are observed to the 07 years-old in the group of the girls and to the 13 years-old in the group of the boys. With relation to the agility, it in such a way has a gradual decline in both groups, with exception to the 13 years-old in the girls, where it was observed a fast increase in the average in relation to the age of 12 years-old. Relative to the balance tests a gradual increase in the punctuations is verified tending to the stabilization for return of the 9-10 years-old.

CONCLUSIONS

The performances in the tests of this evaluated group show instability in the variation in the punctuations gotten with relation to the coordination in the group of the girls, a decrease in the agility until 14 years-old where the values return to be equivalent with the group from 9-10 years-old leading to the stability in relation to the balance (static and dynamic).

With relation to the group of the boys reduction of the agility occurs, increase of the coordination, except the 14 years-old, and gradual increase tending to the stability in the static and dynamic balance.

It is recommended the accomplishment of more studies, mainly with groups of the feminine gender of diverse age groups, which had, essentially to the instability observed in the question of motor coordination, that does not reflect the stories of existing literature on the subject. These studies must be carried through taking in consideration the involved endocrine factors in the neuromotor maturation, which exert great influence in the individuals of the feminine gender.

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MOTOR PROFILE OF CHILDREN VISIOTORS OF RECREATION AREA LOCATED IN ZONE WEST OF THE CITY OF RIO DE JANEIRO

ABSTRACT:

The performance of the motor abilities involves a muscular organization that the person allows to reach the goal of the ability that is being played. In the first periods of training of development, the interaction between the human being and the way occurs through movements, first through the stability, in second through the locomotion and in third through the manipulation, these being able to be evaluated through the static balance and dynamic, of the agility and the specific motricidade, respectively (GALLAHUE; OZMUN, 2001). Objective: To verify the profile of the motor abilities of visitors' children of area of leisure located in zone west of the city of Rio de Janeiro. Methodology: The study it was descriptive type data-collecting, the sample was composed for 122 children being 58 of feminine gender and 64 of the masculine gender. For the evaluation extracted specific tests of the Test of Motor Proficiency of Bruininks-Oseretsky had been used (1974). Results: It was verified that the girls had presented better punctuations in all the carried through tests of that the boys. With relation (1) to the motor coordination it has an ample variation in both the sorts being that the best punctuations are observed to the 07 years-old in the group of the girls and to the 13 years-old in the one of the boys; (2) to the agility, it in such a way has a gradual decline in the group of the girls how much in the boys, with exception to the 13 years-old in the girls, where if it observes a fast increase in the average in relation to the 12 years-old; e, (3) balance, verified a gradual increase in the punctuations tending to the stabilization for return of the 9-10 years. Conclusions: The performances in the tests of this evaluated group show instability in the one in the punctuations gotten with relation to the coordination in the girls, a decrease in the agility until os14 years-old. With relation to the boys reduction of the agility occurs, increase of the coordination, except the 14 years, and gradual increase tending to the stability in the balance.

KEYWORDS: Motor profile. Children. Bruininks-Oseretsky.

PROFIL DE MOTEUR DES ENFANTS VISIOTORS DE LA RÉGION DE RÉCRÉATION SITUÉS DANS LA ZONE À L'OUEST DE LA VILLE DE RIO DE JANEIRO

RESUME:

L'exécution des capacités de moteur implique une organisation musculaire à la laquelle la personne permet d'atteindre le but des capacités qui sont jouées. Dans les premières périodes de la formation du développement, l'interaction entre l'être d'humain et la manière se produit par des mouvements, d'abord par la stabilité, dans la deuxième par la locomotion et dans le tiers par la manipulation, ceux-ci qui peuvent être évalué par l'équilibre statique et dynamique, de l'agilité et du motricidade spécifique, respectivement (GALLAHUE ; OZMUN, 2001). Objectif : Pour vérifier le profil des capacités de moteur des enfants des visiteurs du secteur des loisirs situé dans la zone à l'ouest de la ville de Rio de Janeiro. Méthodologie : L'étude c'était type descriptif rassemblement des données, l'échantillon s'est composé pour 122 enfants étant 58 du genre féminin et 64

du genre masculin. Pour l'évaluation des essais spécifiques extraits de l'essai de la compétence de moteur de Bruininks-Oseretsky avaient été employés (1974). Résultats : On l'a vérifié que les filles avaient présenté de meilleures ponctuations dans tout le réalisées des essais de cela les garçons. Avec la relation (1) à la coordination de moteur il a une variation suffisante dans les les deux les sortes étant qu'on observe les meilleures ponctuations aux 07 années dans le groupe des filles et aux 13 années dans celle des garçons ; (2) à l'agilité, il d'une telle manière a un déclin progressif dans le groupe des filles combien dans les garçons, à l'exception aux 13 années dans les filles, où si elle observe une augmentation rapide à la moyenne par rapport aux 12 années ; e, (3) équilibre, a vérifié une augmentation progressive des ponctuations tendant à la stabilisation pour le retour des 9-10 années. Conclusions : Les exécutions dans les essais de ce groupe évalué montrent l'instabilité dans celle dans les ponctuations obtenues en ce qui concerne la coordination dans les filles, une diminution de l'agilité jusqu'aux années os14. En ce qui concerne les garçons la réduction de l'agilité se produit, augmentation de la coordination, excepté les 14 années, et l'augmentation progressive tendant à la stabilité de l'équilibre.

MOTS-CLES: Profil de moteur. Enfants. Bruininks-Oseretsky.

PERFIL DEL MOTOR DE LOS NIÑOS FRECUENTADORES DEL ÁREA DE LA RECONSTRUCCIÓN SITUADOS EN ZONA AL OESTE DE LA CIUDAD DE RÍO DE JANEIRO

RESUMEN:

El funcionamiento de las capacidades del motor implica una organización muscular que la persona permita que alcance la meta de la capacidad se está jugando que. En los primeros períodos del entrenamiento del desarrollo, la interacción entre el del ser humano y la manera ocurre a través de los movimientos, primero con la estabilidad, en segundos con la locomoción y en tercero con la manipulación, éstos que pueden ser evaluado a través del equilibrio estático y dinámico, de la agilidad y del motricidad específico, respectivamente (GALLAHUE; OZMUN, 2001). Objetivo: Para verificar el perfil de las capacidades del motor de los niños de los visitantes del área del ocio situada en zona al oeste de la ciudad de Río de Janeiro. Metodología: El estudio era tipo descriptivo reunión de datos, la muestra fue compuesta para 122 niños que eran 58 del género femenino y 64 del género masculino. Para la evaluación las pruebas específicas extraídas de la prueba de la habilidad del motor de Bruininks-Oseretsky habían sido utilizadas (1974). Resultados: Fue verificado que las muchachas habían presentado puntuaciones mejores en todo el llevadas a través de pruebas de eso los muchachos. Con la relación (1) a la coordinación del motor tiene una variación amplia en ambas las clases que son que las mejores puntuaciones están observadas a los 07 años en el grupo de las muchachas y a los 13 años en el que esta' de los muchachos; (2) a la agilidad, de tal manera tiene una declinación gradual en el grupo de las muchachas cuánto en los muchachos, con la excepción a los 13 años en las muchachas, donde si observa un aumento rápido en el promedio en lo referente a los 12 años; e, (3) balance, verificó un aumento gradual en las puntuaciones que tendían a la estabilización para la vuelta de los 9-10 años. Conclusiones: Los funcionamientos en las pruebas de este grupo evaluado demuestran inestabilidad en la que esta' en las puntuaciones conseguidas en relación a la coordinación en las muchachas, una disminución de la agilidad hasta los años os14. En relación a muchachos la reducción de la agilidad ocurre, aumento de la coordinación, excepto los 14 años, y el aumento gradual que tiende a la estabilidad en el equilibrio.

PALABRAS CLAVES: Perfil del motor. Niños. Bruininks-Oseretsky.

PERFIL MOTOR DE CRIANÇAS FREQÜENTADORAS DE ÁREA DE LAZER LOCALIZADA EM ZONA OESTE DO MUNICÍPIO DO RIO DE JANEIRO

RESUMO:

O desempenho das habilidades motoras envolve uma organização muscular que permite a pessoa atingir a meta da habilidade que está sendo desempenhada. Nos primeiros estágios de desenvolvimento, a interação entre o ser humano e o meio ocorre através de movimentos, primeiramente através da estabilidade, em segundo através da locomoção e em terceiro através da manipulação, estas podendo ser avaliadas através do equilíbrio estático e dinâmico, da agilidade e da motricidade específica, respectivamente (GALLAHUE; OZMUN, 2001). Objetivo: Verificar o perfil das habilidades motoras de crianças freqüentadoras de área de lazer localizada em zona oeste do município do Rio de Janeiro. Metodologia: O estudo foi descritivo tipo levantamento de dados, a amostra foi composta por 122 crianças sendo 58 do gênero feminino e 64 do masculino. Para a avaliação foram utilizados testes específicos extraídos do Teste de Proficiência Motora de Bruininks-Oseretsky (1974). Resultados: Verificou-se que as meninas apresentaram melhores pontuações em todos os testes realizados do que os meninos. Com relação (1) à coordenação motora há uma ampla variação em ambos os gêneros sendo que as melhores pontuações são observadas aos 07 anos no grupo das meninas e aos 13 anos no dos meninos; (2) à agilidade, há um declínio gradativo tanto no grupo das meninas quanto nos meninos, com exceção aos 13 anos nas meninas, onde se observa um ligeiro aumento na média em relação aos 12 anos; e, (3) equilíbrio, verificou-se um aumento gradativo nas pontuações tendendo à estabilização por volta dos 9-10 anos. Conclusões: As performances nos testes deste grupo avaliado mostram instabilidade na nas pontuações obtidas com relação à coordenação nas meninas, um decréscimo na agilidade até os14 anos, onde retornam aos valores relativos ao grupo de 9-10 anos e aumento gradativo levando à estabilidade em relação ao equilíbrio. Com relação aos meninos ocorre diminuição da agilidade, aumento da coordenação, exceto aos 14 anos, e gradativo aumento tendendo à estabilidade no equilíbrio. Recomendamos a realização de maiores estudos levando-se em consideração fatores endócrinos envolvidos na maturação neuromotora, os quais exercem influência nas meninas.

PALAVRAS-CHAVES: Perfil motor. Crianças. Bruininks-Oseretsky.