# 171 - SPORTING INITIATION: POSITIVE FACTOR FOR THE SCHOOL INCOME

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**Introduction**

It is understood that the education in the world contemporary is considered as one estimated basic one to diminish discriminations of some factors, amongst them the social one, and, so that this occurs if it makes necessary that boardings intervine in education and have the pupil as central focus of the educative activities, with teaching initiatives that reach the integral formation, with this, it is developed and it perfected the capacities of the individual.

(PAES, 2002) is known that the sport since its origins passed for period of significant evolution, being thus, making a parallel with the pertaining to school sport it perceives that this evolution contributed in intense way for its dissemination in the social environment, consisting currently as true partner-cultural phenomenon observed in all the popular classrooms and layers.

In the construction of teach to be applied in the scope of formal education, Betti, 1991, tell that if it must take in consideration the search for the balance between two references: a methodology and the partner-educative one, or either, if not to limit only to the education of standardized and repetitive gestures technician that compose the sports modality to be taught (methodology), but also is important that during the education of the sport properly said it has the possibility to stimulate the cooperation, the practice and the participation, becoming the sport factor of integration of the pupils during the lesson.

One affirms that the pertaining to school sport is a complement of the pertaining to school activities, understood as important and strategically factor for the human development, as well as, in the formation of the citizenship, then, is possible that if it can make the interdisciplinary with others you discipline.

One perceives that the child needs development of the physical capacities as: speed, agility, force and resistance. Of this form, one becomes essential that the professor of Physical Education provides to the child activities that involve these components, this, in accordance with its age, allied to the other information.

It is noticed that the sport is important half to educate children and adolescents and for Paes (2001), in the school, it must be reviewed as content of the area of knowledge and its education must be considered of organized and planned form, thus, the sport training or sport initiation can have great influence on the pertaining to school income.

Therefore, it was objectified in this work to analyze the pertaining to school concepts of the participant pupils of the project "*Bola na Cesta"*, together with its performances in the motor and specific tests, and collates them with the information related to the concepts of the pupils of the same level that had not participated of the project. Still, to analyze if the procedures of information during the project they had influenced in the performance of the pertaining to school concepts of the pupils in others discipline.

**Materials and Methods**

One perceives that the research is a construction process and searches continuum for the knowledge. Ally to this, Echo (2006), tells that he has as main goals to generate new knowledge and/or to corroborate or to refute some preexisting knowledge, a learning in such a way of the individual that carries through it how much of the society in which this if develops.

Being thus, Thomas and Nelson (2002), affirm that the descriptive research is a status study, widely used in the education and on mannering science and its value he is based on the premise of that the problems can be decided and the practical ones improved by means of the comment, analysis and descriptions: complete objective and.

In this way, the research in accordance with Thomas and Nelson (2002), followed a standard, that can be considered as descriptive; and in accordance with Bastos et al (2000), was organized by deliberate election.

**Sample**

One knows that the sample represents the subgroup of pertaining elements the determined population, being that the collected information later is generalized for all population.

Being thus, the sample of this work consisted wilfully of 19 selected pupils (BASTOS et. al, 2000), regularly registered between 5$^{th}$ and 8$^{th}$ level, (basic education), enclosing the age band enters the 12 - 14 years, of the Escola Estadual Profº Hugo Miele (EEPHM), in the city of Presidente Prudente - SP, integrant of the project "*Bola na Cesta"*.

**Procedures**

The activities are become fulfilled in the EEPHM, with beginning in March 11 and ending in December 10, in the following days of the week: the second fairs of 17:30h 19:30h; the fourth and sixth fairs of 18:20h 19:30h.

Daily pay and after-tests had been applied involving physical capacities: Speed, resistance and agility, beyond specific tests for the basketball, Table 1.

Beyond, of the test of hurl, being this an experimental test, that consisted evaluated it to cover a distance of 09 (nine) meters, dribbling with the basketball ball, skirting a cone (obstacle) and to return to the initial point (totalizing 18 meters), marking the time expense to carry through the test.

After the application of the stage of the after-tests, became fulfilled it consultation of the final averages of all the pupils of 5$^{th}$ to 8$^{th}$ level of school EEPHM, with the purpose to effect the comparison, fulfilling of this form one of the considered objectives.

To effect the comparison of the pertaining to school income of the pupils of the project "*Bola na Cesta"* with the too much pupils of the same school in each levels (5$^{th}$ 8$^{th}$), that they had not participated of the training, requested it the coordination of the EEPHM that was loaned the referring data the notes of each pupil, compelling us in this way, to grant the due allegiance of the same ones, that they are observed in tables 2, 3, 4, and 5.

**Literature Revision**

The speed in accordance with Barbanti (1979) is a characteristic to neuromuscular, that it is present in all the situations in the some sports, still, is the capacity to carry through a movement in the lesser space of time.

The test of speed, called test of race of 50 meters, in accordance with Matsudo (1987), the evaluated ones in the

distance covers of 50 meters in its maximum speed, writing down itself the time that was used to carry through it.

Already the resistance is the capacity to keep a drawn out effort, without diminishing the performance, allowing to continue with the organic work (BARBANTI, 1979), and for the test of resistance, Duarte apud Matsudo (1987), suggests the test of race of 1000 meters, where the sample must cover a distance of 1000 meters in the lesser possible time, marking the time expense between the beginning and the end.

The physical capacity: agility, for Weineck (2000) is the capacity to carry through movements of short duration and high intensity with direction changes or alteration in the height of the center of gravity of the body.

It has some tests that can measure the agility, but was opted in applying the test of "Shuttle Run", suggested for Stanziola and the Prado (2005).

The specific tests for the basketball had been in accordance with Knoux, apud Mathews (1980).

**Results and discussion**

During elapsing of the year activities of initiation of the basketball had been developed (GUARIZI, 2001), with emphasis in the expansion of the physical capacities, this, concomitant with the initiation of the modality, and for the evaluation, it became fulfilled daily pay and after-test in such a way, involving the physical capacities as the abilities, and the collected data are express in table 1, being able to perceive that it had improvement in the results of all the tests.

| Test | Speed 50 m | Resistance 1000m | Shuttle Run | Dribble speed | beat | Speed pass | Dribble and throw |
|---|---|---|---|---|---|---|---|
| Pré-tests | 9.65 | 6'50"85 | 11.22 | 11.88 | 18 | 20 | 18.77 |
| After tests | 9.16 | 5'54"16 | 10.72 | 10.56 | 21 | 31 | 13,55 |
| | Seconds | Minutes | Seconds | Seconds | Times | Times | Seconds |

**Table 1**: Average of the results of the daily pay and after-tests:GRUP

| GRUP | Portuguese | History | Geography | Science | Mathematic | P.E. | Art | English |
|---|---|---|---|---|---|---|---|---|
| 5th level | 5,5 | 6,2 | 5,4 | 6,2 | 6,5 | 7,5 | 5,8 | 5,3 |
| Pupils of the project | 6,0 | 8,0 | 6,5 | 6,5 | 9,5 | 9,0 | 6,5 | 8,0 |

**Table 2**: Final averages of the pupils (5ªs series) that they had not participated in comparison to that they had participated of the project "Bola na Cesta".

In table 2, it can be perceived that the average of the pupils of 5ªs series, that frequent the project are superior the average of the pupils of the room whom they do not frequent, this, in all discipline them.

The same comparison was effected with other series, being able to be observed in tables 3, 4 and the 5, that averages of the pupils of the project Ball in the Basket, the average of the classroom is superior that does not participate of the project.

| GRUPO | Portuguese | History | Geography | Science | Mathematic | P.E. | Art | English |
|---|---|---|---|---|---|---|---|---|
| 6th level | 6,3 | 7,3 | 5,8 | 6,5 | 5,8 | 7,2 | 6,7 | 4,9 |
| Pupils of the project | 8,0 | 8,5 | 7,75 | 7,5 | 7,75 | 9,0 | 8,25 | 6,5 |

**Table 3**: Final averages of the pupils (6ªs series) that they had not participated in comparison to that they had participated of the project "Bola na Cesta".

| GRUPO | Portuguese | History | Geography | Science | Mathematic | P.E. | Art | English |
|---|---|---|---|---|---|---|---|---|
| 7th level | 4,7 | 5,5 | 6,0 | 6,0 | 5,8 | 6,5 | 6,0 | 6,2 |
| Pupils of the project | 6,7 | 6,5 | 6,5 | 7,5 | 7,5 | 7,0 | 7,0 | 7,0 |

**Table 4**: Final averages of the pupils (7ªs series) that they had not participated in comparison to that they had participated of the project "Bola na Cesta".

| GRUPO | Portuguese | History | Geography | Science | Mathematic | P.E. | Art | English |
|---|---|---|---|---|---|---|---|---|
| 8th level | 6,4 | 5,1 | 5,8 | 5,6 | 5,0 | 7,5 | 6,0 | 5,4 |
| Pupils of the project | 7,75 | 8,25 | 6,5 | 7,25 | 5,5 | 9,0 | 7,75 | 6,75 |

**Table 5**: Final averages of the pupils (8ªs series) that they had not participated in comparison to that they had participated of the project "Bola na Cesta".

**Conclusion**

The conclusions and recommendations of certain form in send them to the development of the procedures that had been carried through, covering the ways through the inquiry, of the accomplishment and execution of the research, at last, the conclusion seems to be the apex of the work to which if it objectified. At this moment one searched to trace considerations on what it was investigated and what was elaborated, considering itself, a different way to approach with the students the value of the study and concepts together that make them to study still more, what he was boarded some times during the lessons of the project.

After comparison of the data, could be concluded, that the training, in the case basketball, exerted important paper on the physical capacities and specific abilities, because, all the results of the after-tests present superior averages in relation to the daily pay-tests, confirming that the training when given of adjusted form, becomes in such a way basic for the development of the physical capacities as of the motor abilities of the practitioners.

With relation to the pertaining to school performance of the participants of the project, the results in show that the training had positive influence on the pertaining to school income of the girls, therefore to the group of pupils of the project Ball to them in the Basket got better concepts in others discipline of that the remain of the pupils of the same series.

Therefore, it can concludes that the sport training when applied of correct and sequential form, appreciating and valuing not only the sports practical, as well as, its pertaining to school performance related to the concepts in others you

discipline, you present of beneficial and recommendable form for children and adolescents, because not only prepares adult physically active, as also, develops its intellectuality, preparing them to be operating in the society.

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**SPORTING INITIATION: POSITIVE FACTOR FOR THE SCHOOL INCOME**

**ABSTRACT**

It is understood that the education in the contemporary world is considered as a fundamental presupposition to reduce discriminations of some factors, among them the social. For that it was done necessary that the procedures adopted in the teaching through the sport, she had educational concerns in way to reach the child's intellectual formation or of the adolescent. She meditates her that in physical education, especially in the school sport, it only is not enough to begin children in practice sporting, developing them in the motor aspect, but, to motivate them to participate indeed of the other disciplines existent in the school. Then, it was through the initiation to the basketball that grew the project entitled "*Bola na Cesta* ", that it is the initiation of the technical foundations of the basketball. It is understood that the practice of the sport activity, now, is of extreme importance for the health and the child's development. Thinking about that, it was aimed at in this work to investigate the initiation to the Basketball contributes for the participant students' of the research school income, in comparison with students of the same series that didn't participate. The project grew in partnership among the (EEPGHM) State School of First Degree Profº Hugo Miele and UNESP - From São Paulo State University, through the Department of Physical education and financial aid of PROEX - Pró Rectory of Academical Extension. The research followed the descriptive design (THOMAS and NELSON, 2002). The sample was constituted by 19 school female in the age group among 12 to 14 years, enrolled among 5ªs to the 8ªs series of EEPHM in the city of Pres. Prudente, São Paulo State. The students' final averages were consulted from 5ªs to the 8ªs series and she occurred comparison among the students that were submitted the initiation to the Basketball with the ones that didn't participate in the same. After the comparison and analysis, it was ended that the activities of sporting initiation, besides beneficial to the health, also, she became effective in the school use.

KEY WORDS: sporting initiation, school income, child and adolescent.

**INITIATION DE SPORT: FACTEUR POSITIF POUR LE REVENU SCOLAIRE**

**RÉSUMÉ**

Il est compris que l'éducation dans le monde contemporain est considérée comme une présupposition fondamentale pour réduire des discriminations de quelques facteurs, parmi eux le social. Pour cela il a été fait nécessaire que les procédures ont adopté dans l'enseignement à travers le sport, elle avait des inquiétudes pédagogiques dans chemin d'atteindre la formation intellectuelle de l'enfant ou de l'adolescent. Elle médite elle que surtout dans le sport scolaire, ce n'est pas seulement assez pour commencer des enfants dans entraînement porter dans éducation physique, en les développant dans l'aspect du moteur, mais, les motiver pour participer en effet des autres disciplines existant à l'école. Alors, c'était à travers l'initiation au basket-ball qui a cultivé le projet a intitulé na “Bola Cesta ", que c'est l'initiation des fondations techniques du basket-ball. Il est compris que l'entraînement de l'activité du sport, maintenant, est d'importance extrême pour la santé et le développement de l'enfant. Penser au sujet de cela, il a été eu l'intention à dans ce travail d'enquêter sur l'initiation au Basket-ball contribue pour les étudiants du participant de la recherche revenu scolaire, en comparaison d'étudiants de la même série qui n'a pas participé. Le projet a grandi dans association parmi le (EEPGHM) École d'état de premier Degré Profº Hugo Miele et UNESP - De São Paulo État Université, à travers le Département d'éducation Physique et aide financière de PROEX - Rectorat du Pró d'Extension Academical. Les recherches ont suivi le dessin descriptif (THOMAS et NELSON, 2002). L'échantillon a été constitué par 19 femme d'école dans la tranche d'âge parmi 12 à 14 années, enrôlées parmi 5ªs aux 8ªs séries d'EEPHM dans la ville de Pres. Prudente, São Paulo State. Les moyennes définitives des étudiants ont été consultées de 5ªs aux 8ªs séries et elle a eu lieu la comparaison parmi les étudiants qui ont été soumis l'initiation au Basket-ball avec ceux à qui n'ont pas participé le même. Après la comparaison et analyse, il a été terminé que les activités d'initiation de sport, excepté salutaire à la santé, aussi, elle est devenue efficace dans l'usage scolaire.

MOTS-CLEF: initiation de sport, revenu scolaire, enfant et adolescent.

**INICIACIÓN DEPORTIVA: FACTOR POSITIVO PARA EL RENDIMIENTO ESCOLAR**
**RESUMEN**

Se comprende que la educación en el mundo contemporáneo es considerada como un presupuesto fundamental para diminuir discriminaciones de algunos factores, entre ellos el social. Para esto se hizo necesario que los procedimientos adotados en el ensino a través del deporte, tuviesen preocupaciones educativas de manera que alcanzase la formación intelectual del niño o del adolescente. Se medita que en la educación física, especialmente en el deporte de la escuela, no basta solamente iniciar los chicos en la practica deportiva, desarrollándolos en el aspecto motor, pero sí, para estimularlos a participar con eficácia también de las otras disciplinas que existen en la escuela. Entonces, fue con la iniciación al baloncesto que se desarrollo el proyecto intitulado "bola na cesta", que es la iniciación de los fundamentos técnicos del baloncesto. Se entiende que la práctica de la actividad deportiva, es actualmente de importancia extrema para la salud y el desarrollo del niño. Pensando en esto, era objetividad en este trabajo investigar si la iniciación al baloncesto contribuye para el rendimiento escolar de las alumnas participantes de la investigación, en comparación con alumnas de la misma serie que no participaban. El proyecto fue desarrollado en sociedad firmada entre (EEPGHM) la escuela pública del primer grado Profº Hugo Miele y el UNESP - Universidad del estado de São Paulo, con el departamento de la Educación Física y de la ayuda financiera del PROEX - favorable Reitoria de la extensión de la universidad. La investigación siguió el diseño descriptivo (THOMAS y NELSON, 2002). La muestra fue constituida por 19 que pertenecían a la escuela del sexo feminino con la edad que incorpora los 12 14 años, registrados entre 5ªs a las series 8ªs del EEPHM en la ciudad de Pres. Prudente - SP. Los promedios finales de las alumnas de 5ªs a las series 8ªs habían sido consultadas y la comparación efectuada entre las alumnas que habían sido sometidas la iniciación al baloncesto con las que no habían participado del mismo. Después de la comparación y del análisis, fue concluso que las actividades de la iniciación deportiva, además de beneficioso a la salud, también, llegaron a ser eficientes en el aprovechamiento escolar.

PALABRAS-CLAVE: iniciación deportiva, rendimiento escolar, niño y adolescente.

**INICIAÇÃO ESPORTIVA: FATOR POSITIVO PARA O RENDIMENTO ESCOLAR**
**RESUMO**

Compreende-se que a educação no mundo contemporâneo é considerada como um pressuposto fundamental para diminuir discriminações de alguns fatores, dentre eles o social. Para isso, se fez necessário que os procedimentos adotados no ensino através do desporto, tivessem preocupações educativas de modo que atingisse a formação intelectual da criança ou do adolescente. Medita-se que em educação física, especialmente no desporto escolar, não basta somente iniciar crianças na prática esportiva, desenvolvendo-as no aspecto motor, mas sim, incentivá-las a participar efetivamente das outras disciplinas existente na escola. Então, foi através da iniciação ao basquetebol que se desenvolveu o projeto intitulado "Bola na Cesta", que é a iniciação dos fundamentos técnicos do basquetebol. Compreende-se que a prática da atividade desportiva, atualmente, é de extrema importância para a saúde e desenvolvimento da criança. Pensando nisso, objetivou-se neste trabalho investigar se a iniciação ao Basquetebol contribui para o rendimento escolar das alunas participantes da pesquisa, em comparação com alunas das mesmas séries que não participaram. O projeto desenvolveu-se em parceria firmada entre a (EEPGHM) Escola Estadual de Primeiro Grau Profº Hugo Miele e a UNESP - Universidade Estadual Paulista, através do Departamento de Educação Física e auxílio financeiro da PROEX - Pró Reitoria de Extensão Universitária. A pesquisa seguiu o design descritivo (THOMAS e NELSON, 2002). A amostra foi constituída por 19 escolares do sexo feminino na faixa etária entre 12 a 14 anos, matriculadas entre 5ªs às 8ªs séries da EEPHM na cidade de Pres. Prudente - SP. Consultaram-se as médias finais das alunas de 5ªs às 8ªs séries e efetuou-se comparação entre as alunas que foram submetidas à iniciação ao Basquetebol com as que não participaram da mesma. Após a comparação e análise, concluiu-se que as atividades de iniciação esportiva, além de benéfica à saúde, também, tornou-se eficaz no aproveitamento escolar.

PALAVRAS-CHAVE: iniciação esportiva, rendimento escolar, criança e adolescente.
Apoio:
**PROEX** - Pró-Reitoria de Extensão Universitária.
**FUNDUNESP** - Fundação para o Desenvolvimento da UNESP.