128 - CONSUMPTION OF RECURSOS ERGOGÊNICOS IN ACADEMY OF MUSCULAR ACTIVITY.

ODÉLIO JOAQUIM DA COSTA
CEULP-ULBRA, Palmas - TO.
odelio@ulbra-to.br

INTRODUCTION

The muscular activity academies had become an alternative for the urban population, that adheres to the practical one of physical exercises regularly with intention to get improvements in such a way in physical and psychological well-being.

In accordance with Hirschbruch and Carvalho (2002), the freqüentador public of an academy or "center of fitness" is a select public, economically active, worried about the aesthetic one and the quality of life, become sufficiently susceptible I appeal it the marketing the use of the alimentary supplements.

In the current days, for the adequacy of the nutricionais necessities necessary for a good performance in the physical exercise, some individuals use, the ergogênicos resources, also known popularly as alimentary supplements. According to Mcardle (1998), these supplements are commercialized, particularly as amino acids, in such a way separately how much in combination, believing that these products will go to speed up the natural production of anabólicos hormones testosterone, GH or insulina, produced of course for the organism, with the purpose to improve the size and the force of the muscles.

The use of bigger amounts of nutrients to potencializar the results of the training started to be divulged by the levantadores of weight, fisiculturistas and are gaining market for athlete, esportistas and freqüentadores of academies. Although the increase of the consumption of these substances, exists few studies in scientific literature that prove its benefits and some of these studies presents controversy between the specialists sufficiently. Another preoccupying factor in relation to the consumption of the supplements, is the lack of information and the use without accompaniment of a specialist in the subject.

OBJECTIVE

To identify in the population that practises musculação, if occur consumption of ergogênicos resources for the musculação practitioners, to relate the objective of the training with the consumption of the supplement, the supplements more used and the degree of satisfaction reached with the use of the same ones.

METHODOLOGY

The population of this research was composed by students, with the age among 18 and 60 years, that were registered and participating actively of the programs of training of an academy, located downtown of Palmas-TO.

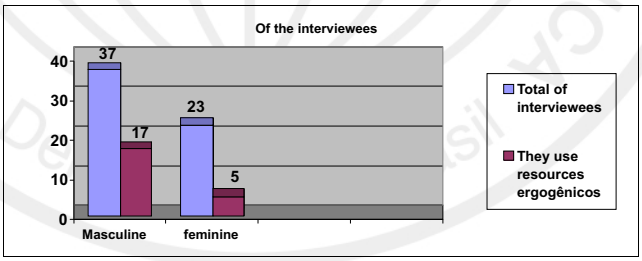
The instrument of the used research was a questionnaire, considered for Hisses (2000), the questionnaires had been applied individually to the interviewed ones together with a term of Free and Clarified assent, in which it was informed the questioned individual, total the secrecy of the information mentioned there. The questionnaires and the filled terms of assent were deposited in a folder, where they were only removed after the end of the collection of data.

The collected data had been analyzed statistical through percentage of reply, tabulated and interpreted of form to compose a picture (or panorama) descriptive of the participant consumers.

RESULTS AND DISCUSSION

The sample was constituted by 60 people, being 37 (62%) men and 23 (38%) women. Of these 60 people, 22 (37%) use resources nutritional ergogênicos, being 17 (77%) men and 5 (23%) women.

Graph 01. Distribution of the male number of subjects and feminine participants of the research and that use resources nutritional ergogênicos.



Observing the results presented in the graph 1, we verified that 77% of the men interviewees use some type of resource ergogênico, we can take into account the vision of Hirschbruch and Carvalho (2002), that stand out that about 30 to 40% of the visitors of academies they consume supplements, and, of these, approximately 15% consume more than a supplement and most is male.

Table 01. Distribution of the number and percentage second expected objective in the individuals' training that you use resources nutritional ergogênicos.

OBJECTIVE	THEY USE RESOURCES ERGOGÊNICOS
Hypertrophy	13 (35%)
Thin	11 (30%)
Definition	07 (19%)
Physical conditioning	03 (8%)
Salute	03 (8%)

In agreement with the Table 01 the great search for supplements with the objective of increase of muscular (hipertrofia) mass reflects the desire of this population to obtain this result, because it was the reason more mentioned for the practice of the trainings.

Pereira (1999); Hirschbruch and Carvalho (2002),, they already emphasized that win and muscular definition is some of the people's main objectives that seek the academies.

However, in research done by Pereira; Lajolo; Hirschbruch (2003), athletes consumed supplements with the objective of increasing the athletic performance, what doesn't always depend on the increase of muscular mass.

Table 02. Distribution of the number and percentage of the resources nutritional ergogênicos used by the participants of the research, emphasizing that some interviewees use more than a resource nutritional ergogênico.

Recurso ergogênico nutricional	Nº.	%.
Amino acids of ramified chain (Bcaas)	8	21%
Carbohydrate	9	23%
Creatina	2	5%
Hipercalórico	1	3%
Protein	*12*	*30%*
Fats burners	4	10%
Other	3	8%

The resources ergogênicos more used by the participants of the research where most makes (30%) the use of substances with the predominant composition in proteins, tends, soon afterwards, rich substances in carboidratos (23%) and products with predominance in amino acids (21%).

We emphasized Hirschbruch and Carvalho (2002), that verify that the nutritional supplements more used by the visitors of academies, they are the products with predominant composition in amino acids and proteins (60,7%), following for predominance products in carboidratos (25%), mixed (that can contain macro and personal computer nutrients in proportional amounts) products and without identified (10,7%) composition and last, products the base of vitamins and / or miner.

Given similar appears in Pereira (1999) study, in which the supplements more consumed are the amino acids or others composed protéicos (39%), vitamins or complex vitamin (15%), carboidratos (11%) and creatina (10%).

Araújo and Soares (1999), they verified that the products more consumed were the products the base of vitamins and minerals (53%), soon after the products they came with predominance of proteins and amino acids (23%), mixed (20%) products and finally the products with predominant composition of carboidratos (4%).

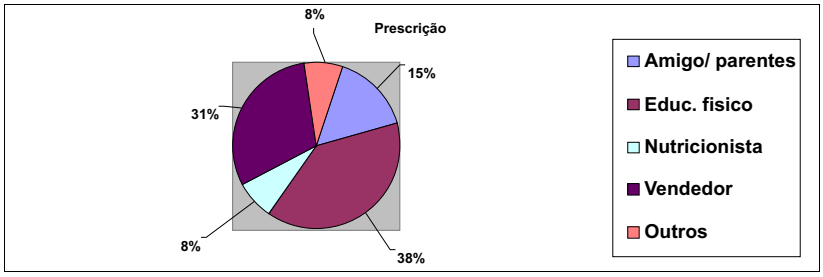
It is verified in our sample the consumption of rich foods in proteins and also of nutritional supplements to the base of proteins and amino acids, as well as of carboidratos, many individuals believe that balanced diets need suplementação protéica and many end up consuming diets with excessive amounts of proteins.

In relation to the schedule, destined to the training, duration of the training and weekly frequency to the individuals' academy that you use resources nutritional ergogênicos, observing the table 3, we saw that the great majority of the interviewees raisin more than one hour in the academy, equally in the study of Santos and Santos (2002), that shows that 70% of the activities in the academy last two hours.

In relation to the weekly frequency the academy, the largest percentage was so much of five times in the week (50%) for the ones that use as for the ones that they don't use resources nutritional ergogênicos, following for six times a week.

In the study of Tahara et al. (2003), about the adherence and maintenance of the practices of exercises in academies, the weekly frequency the academy more answered was of four weekly (33,33%) times, while the second value was of five times a week (26,67%).

Graph 02 - Distribution of the prescription type in relation to the acquisition of the resources nutritional ergogênicos.



Analyzing the results obtained in relation to the prescription for the use of the resource ergogênico, where (38%) it received the physical educator's orientation, (31%) of the salesperson of the product, (15%) of the friends and / or relatives and it was just (8%) guided by a nutritionist.

Pereira (1999) study, emphasizes that most of the users (31%) takes suplementação for instructors' indication, teachers or trainers, (15%) for friends' indication, (15%) for own will, (11%) for nutritionists' prescription, (10%) for medical prescription and little more of (4%) for salespersons' of stores of supplements indication.

In another study accomplished by Pereira, Lajolo and Hirschbruch (2003), the used source of recommendation of supplements was the one of instructors and teachers (31,1% of the indication sources), following by friends (15,6%), solemnity-indication (15,6%), nutritionist (11,1%) and doctor (10,0%). However, it is important to notice that in some cases teachers and instructors are salespersons of these supplements and they don't receive appropriate scientific formation to have enough knowledge on the effects of the same ones.

It is evident that in the great majority the use of nutritional supplements is indiscriminate, and that the prescription for a qualified professional in nutrition is very small.

According to Applegate (1996), apud Pereira and Hirschbruch (2002), athletes and sportsmen entrust piously in the nutritional information that they receive from trainers, teachers, friends and specialized magazines in physical conditioning. This way the sporting nutrition should be diffused among the teachers, technicians, trainers, doctors, physiotherapists and too much members multidisciplinar of the academy.

We can notice that the physical education professionals' great majority prescribes nutritional supplements to their students / customers, an erroneous action, because the same should be made by a qualified professional in nutrition.

Analyzing the level of the individuals satisfaction, it is clear the improvement expectation in the performance of the training that the users deposit in those substances and the satisfaction level with the use of the resources ergogênico where 59% feeling satisfied, 27% very satisfied and only 14% little satisfied, this fact can be for a hypothetical effect placebo or for the Real nutritional effect of the used resource.

When analyzing the data between the expected objectives and the choice of the resource ergogênico it is observed that, the individuals that consume substances with predominance in carboidratos, amino acids (Bcaas), proteins, creatina and compensatory (Hipercalórico) foods have with main objective the hipertrofia, proceeded by definition muscular and physical conditioning.

CONCLUSION

Where we consisted that about 37% of the 60 interviewees they use some type of resource ergogênico, being 22 (37%) male and 5 (23%) of the sex, 35% use as the hipertrofia objective, 30% use proteins, 38% received orientation for the consumption of alimentary supplements for the from the physical educator or trainers 59% didn't have nutritional orientation for the consumption of the substances.

The indication of supplements or resources ergogênicos is an important tool that can aid in the athletic acting in specific situations and to supply deficient dietary plans in certain nutritious. However, is not justified the indiscriminate use of supplements for the population, in general lay, once used in a wrong way and in excess, they can cause several damages to the health and the organism of who it consumes them.

It is of fundamental importance to alert and to create critical conscience of the real need of that strategy type on the part of the athletes and followers to the practice of physical exercises, mainly in academies, that insist on the consumption, same not having need, because they are still few the scientific studies that really prove the effectiveness of the use of those substances.

So that the suplementação can be consumed without any risk to the consumer, it is necessary, besides a rigorous quality control in the production, a nutritional attendance, doctor and / or of a physical trainer in the athletes' case, so that together they can choose the most appropriate suplementação, and to analyze through clinical exams if she is really necessary.

Like this, larger explanations regarding their effects in the health are necessary to avoid a problem of public health, since the consumption of that product type is expressive. Besides, programs of alimentary education together with explanations on the effects of the healthy use of supplements necessary for an appropriate ingestion of nutrients, guaranteeing the health and preventing diseases.

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108 Sul, Alameda 10, Lote 33
Zip Code 77020104, Palmas, TO, Brasil
Phone.: +55(63)3225-3381/ +55 (63) 8402-5814
E-mail: odelio@ulbra-to.br ou delioneuro@hotmail.com

CONSUMPTION OF RECURSOS ERGOGÊNICOS IN ACADEMY OF MUSCULAR ACTIVITY.

ABSTRACT

INTRODUCTION The resources nutritional ergogênicos are a new tendency, that you/they came in substitution to the mechanisms pharmacological anabólicos. For the adaptation of the nutritional needs with the physical training, some individuals use, the Resources ergogênicos or "popularly" alimentary supplements. OBJECTIVE to Identify if it happens an indiscriminate consumption of resources ergogênicos for muscular activity apprentices in an academy of the city of Palmas-To. METHODOLOGY the sample was composed by 60 people, between 18 and 60 years, being 37 men and 23 women. The instrument of the research used was a questionnaire, proposed by Silva (2000), where it allows to investigate the following variables: the person's profile that uses the ergogênicos, the relationship among the objective of the training and the consumption of supplements, duration and schedule of the trainings, resources ergogênicos more used in the academies and the satisfaction degree reached with the use of the resources ergogênicos. DISCUSSION We verified that happens a consumption without control of resources ergogênicos for muscular activity apprentices, where we consisted that about 37% of the 60 interviewees they use some type of resource ergogênico, being 22 (37%) male and 5 (23%) of the sex, 35% use as the hypertrophy objective, 30% use proteins, 38% received orientation for the consumption of alimentary supplements for the from the physical educator or trainers 59% didn't have nutritional orientation for the consumption of the substances. CONCLUSION toward that the supplement can be consumed without any risk to the consumer, is necessary, besides a rigorous quality control in the production, a nutritional attendance, doctor and / or of a physical trainer in the athletes' case, so that together they can choose the most appropriate supplement, and to analyze through clinical exams if she is really necessary.

KEY WORDS: Consumption, muscular activity, alimentary supplements

CONSOMMATION DE RECURSOS ERGOGÊNICOS DANS ACADÉMIE D'ACTIVITÉ MUSCLÉE.
RESUMÉ

INTRODUCTION Les ressources les ergogênicos alimentaires sont une nouvelle tendance, ils sont entrés dans la substitution à l'anabólicos des mécanismes pharmacologique. Pour l'adaptation des besoins alimentaires avec l'éducation physique, certains individus utilisent, l'ergogênicos des Ressources ou "communément" suppléments alimentaires. Objectifs Identifier s'il se passe une consommation aveugle d'ergogênicos des ressources pour activité musclée met en apprentissage dans une académie de la ville de Palmas-To. MÉTHODOLOGIE que l'échantillon a été composé par 60 personnes, entre 18 et 60 années, qui est 37 hommes et 23 femmes. L'instrument de la recherche utilisé était un questionnaire, a proposé par Silva (2000), où il autorise à enquêter sur les variables suivantes: le profil de la personne qui utilise l'ergogênicos, le rapport parmi l'objectif de la formation et la consommation de suppléments, durée et programme des formations, ergogênicos des ressources plus utilisé dans les académies et le degré de la satisfaction atteints avec l'usage de l'ergogênicos des ressources. DISCUSSION: Nous avons vérifié cela se passe une consommation sans contrôle d'ergogênicos des ressources pour les apprentis de l'activité musclés où nous avons consisté approximativement cela 37% des 60 interviewés ils utilisent quelque type d'ergogênico de la ressource, en étant 22 (37%) virils et 5 (23%) du sexe, 35% utilisent comme l'objectif de l'hipertrofia, 30% utilisent des protéines, 38% orientation reçue pour la consommation de suppléments alimentaires pour le de l'éducateur physique ou les entraîneurs 59% n'avaient pas orientation alimentaire pour la consommation des substances. CONCLUSION les suplementação peuvent être consommés sans risque au consommateur, est nécessaire, excepté un contrôle de la qualité rigoureux dans la production, une assistance alimentaire, docteur et / ou d'un entraîneur physique dans le cas des athlètes, afin qu'ensemble ils puissent choisir le suplementação le plus approprié, et analyser à travers examens cliniques si elle est vraiment nécessaire.

CONSUMO DE RECURSOS ERGOGÊNICOS EN ACADEMIA DE LA MUSCULAR ACTIVIDAD
RESUMEN

La introducción los recursos ergogênicos nutritivos son una nueva tendencia, que usted / ellos vinieron en la sustitución a los mecanismos anabólicos farmacológicos. Para la adaptación de las necesidad nutritivas con el entretamiento físico, el some que las personas individuales usan, los ergogênicos de recursos o suplementos "Popularmente" alimentarys. los objetivos de identificar si ocurre un consumo indiscriminado de recursos ergogênicos para aprendices de actividad musculosos en una academia de las ciudad de Palmas-To. la metodología por la que la muestra fue compuesta que 60 poblaba, entre 18 y 60 años, siendo 37 hombres y 23 mujeres. El instrumento de la investigación usada era un cuestionario, propuesto por Silva (2000), a dónde lo permite investigar the following variables: el perfil de la persona que usa los ergogênicos, la relación entre el objetivo del entrenamiento y el consumo de suplementos, duración y programa de los trainings, ergogênicos de recursos que mayor cantidad usó en las academias y la satisfacción el grado alcanzado con el uso de los ergogênicos de recursos. La discusión verificamos que eso ocurriera un consumo sin el control nosotros constar que sobre 37 % de los 60 entrevistados usan un poco de tipo de ergogênico de recurso, siendo 22 (37 %) macho y 5 (23 %) de los sexos, 35 % usan como el hipertrofia objetivo proteinas de uso de ergogênicos de recursos para aprendices de actividad 30 % musculosos, dónde, para los que 38 % recibieron la orientación para el consumo de suplementos de alimentary el del educador físico o los entrenadores 59 % no tenían orientación nutritiva para el consumo de las sustancias. La conclusión que pará que el suplementação puede ser tomaba sin cualquier riesgo al consumidor, es inevitable, además de un control de calidad riguroso en la producción, una asistencia nutritiva, doctor y / o de un entrenador físico en la caja de los atletas, so that juntos pueden escoger el suplementação más apropiado, y para analizar a través de los exámenes clínicos si es muy necesaria.

PALABRAS-LLAVE: Consumo, suplemento de alimentary, muscular actividad

CONSUMO DE RECURSOS ERGOGÊNICOS EM ACADEMIA DE MUSCULAÇÃO.
RESUMO

INTRODUÇÃO Os recursos ergogênicos nutricionais são uma nova tendência, que vieram em substituição aos mecanismos anabólicos farmacológicos. Para a adequação das necessidades nutricionais com o treinamento físico, alguns indivíduos utilizam, os Recursos ergogênicos ou “popularmente” suplementos alimentares. Objetivos Identificar se ocorre um consumo indiscriminado de recursos ergogênicos por praticantes de musculação em uma academia da cidade de Palmas-To. METODOLOGIA A amostra foi composta por 60 pessoas, entre 18 e 60 anos, sendo 37 homens e 23 mulheres. O instrumento da pesquisa utilizado foi um questionário, proposto por Silva (2000), onde permite investigar as seguintes variáveis: perfil da pessoa que utiliza os ergogênicos, a relação entre o objetivo do treinamento e o consumo de suplementos, duração e horário dos treinos, recursos ergogênicos mais utilizados nas academias e o grau de satisfação alcançado com a utilização dos recursos ergogênicos. DISCUSSÃO: Verificamos que ocorre um consumo sem controle de recursos ergogênicos por praticantes de musculação, onde constamos que cerca de 37% dos 60 entrevistados usam algum tipo de recurso ergogênico, sendo 22 (37%) do sexo masculino e 5 (23%) do sexo, 35% usam como o objetivo de hipertrofia, 30% usam proteínas, 38% receberam orientação para o consumo de suplementos alimentares pelo do educador físico ou treinadores 59% não tiveram orientação nutricional para o consumo das substâncias. CONCLUSÃO Para que a suplementação possa ser consumida sem risco algum ao consumidor, é necessário, além de um rigoroso controle de qualidade na produção, um acompanhamento nutricional, médico e/ ou de um treinador físico no caso de atletas, para que juntos possam escolher a suplementação mais adequada, e analisar através de exames clínicos se ela realmente é necessária.

PALAVRAS CHAVE: Consumo, suplemento alimentar, academia de musculação.