90 - COMPARATIVE DEGREE OF THE LIFESTYLE OF THE ACADEMICS OF THE NOCTURNAL ONE OF PHYSICAL EDUCATION IN 2002/2006

DUTRA, J., BRASILINO, F.F. ; MORALES, P.J.C.
UNIVILLE
Joinville/SC/Brasil
dutraje@hotmail.com

Introduction

During the course of physical education it searched relation of the aspects that understands the study in the factors of quality of life and health as well as the importance to evaluate the different profiles oflifestyle of the academics go in 1st year of 2002 and is finishing on 2005 in the course of physical education of the UNIVILLE.

To long of the course of physical education them you enumerate information on the inherent aspects of the quality of life can be influential agents in the individual profiles of the academics. Between the diverse factors that have been studied in intervening recent years as possible for the mannering modification for a more active life they are the possessed knowledge and the attitude for one person (NAHAS, 1989).

It is perceived that throughout four years the academics tend, with the received information, to improve its pedagogical, didactic aspects, technician, of relationship with its inherent characteristic colleagues to the course, however nor always the information on health so are assimilated for its daily one. In fact, in the modern urban societies, the adequate levels of physical aptitude could only be kept when a fort I stimulate will be continuously present, or either, if person to perceive the benefits of this effort as an important value for its life (BARBANTI, 1990; NAHAS, 1989; NAHAS, 2003).

This study it aimed at to raise and to analyze information on the profile of the lifestyle of the go in group on 2002, nocturnal one comparing with its individual characteristics in the year of its conclusion of course. The relevance of this study if gives for the amount of gotten information that can be useful for the academic community, scientific and pedagogical, therefore they are given that they can generate contributions for a teaching reinforcement regarding health and quality of life.

One also becomes important, therefore it portrays part of the pertaining to school environment and mentions the public one to it that when leaving the university course it will go for the work market send important aspects on health, physical activity, nutrition, social behaveior and preventive behavior. The general objective of this study was to analyze the differences between the profiles of the lifestyle of the year of ingression in relation to the signoff year of the academics of the nocturnal course of physical education of the UNIVILLE.

Methods

For this study a bibliographical research was developed to be able to support the problem and its objectives, as well as a research of field with survey of referring information to the body composition and profile of the lifestyle of the academics (NAHAS, 1998), of the nocturnal course of physical education.

The population of this study was composed of academics of the course of physical education of the UNIVILLE and as sample had been, in the daily pay-test, chosen team's randomly 25 pupils (16 of masculine and nine feminine). For the after-test 25 pupils had been chosen again, however of intentional form, or either, the same ones that they had composed the sample in the daily pay-test, thus making with that the tests were carried through with the same individuals.

Salient that the gotten data as daily pay-test had been gotten during the work of conclusion of course in the in agreement graduation pertinent resolutions for the attainment of the permitted designation of in physical education (2002), already for the after-test, the data had been collected for the conclusion of the monograph of after-graduation in the year of (2005).

The used protocols to prove the considered objectives had been: percent body fat of Guedes (GUEDES, 1998), body mass indices (BMI - GUEDES, 1995) and Pentacle of comfort (NAHAS et all, 2003). The gotten data had been organized in a data base of daily pay and after test in the Excel spread sheet it will be Windows and analyzed by the descriptive statistics, for they had been in such a way used the measure of trend (mean) and dispersion (standard deviation).

Analysis of the Results

The results gotten through the collection of data with the studied individuals show that: The percent of fat (Table 01) of the group on 2002 was of: 12 (75%) individuals of the masculine sex had revealed below of average e 4 (25%) of them above of the average, already in the individuals of the feminine sex all 9 (100%) reveal above of the average, not presenting risks to the in agreement health (GUEDES, 1998), in relation to the group in 2005 meet: 7 (44%) individuals of the masculine sex are with risks associates to the bad nutrition, 1(6%) are in the average, 4 (25%) above of average e 1 (6%) with risks associated to the in agreement obesity (GUEDES, 1998). With relation to the feminine sex 3 (33%) they are associates to the bad nutrition, 1 (11%) in average e 5 (55%) above of the average.

Table 01 - Relative values percentile of fat

	Risk *		Below of the average		Above average		Risk **	
	2002	2005	2002	2005	2002	2005	2002	
Men		7 - 44%	12 - 75%	1 - 6%	4 - 25%	4 - 25%		1 - 6%
Women		3 - 33%		1 - 11%	9 - 100%	5 - 55%		

*Risk = with clutters associates to the bad nutrition
**Risk = with clutters associates to the obesity.

On the body mass indices (Table 02) total, in 2002 the individuals in a general way had presented themselves in the following way, 14 (88%) it masculine sex are classified as normal 1 (6%) moderately obese e 1 (6%) severely obese in acordance with (GUEDES, 1998). In the feminine sex, 8 (89%) they are considered normal e 1 (11%) did not supply the pertinent information. Already the group in 2005 presented a small alteration in the masculine picture where 14 (88%) if she kept normal e 2 (12%) if they had shown moderately obesity, in this index she had a positive alteration of 6%.

Table 02 - Relative values to the BMI

	Normaly		Moderately obesity		Severely obesity	
	2002	2005	2002	2005	2002	2005
Men	14 - 88%	14 - 88%	1 - 6%	2 - 12%	1 - 6%	
Women	8 - 89%*	9 - 100%				

In relation to the corporal weight the 2002 group presented a favorable average of 67,61 kg, thus making that the same ones didn't in the factors of risks to the health and obesity; in the aspect of the stature the average was in 1,72 m, making with that the same ones if found inside of the desirable standards, without that the same ones did not intervene with the aspects related to the health. However in the group in 2005, despite the stature remaining itself steady, it had one I accumulate of corporal fat of 1,532 kg the increase of 2,27% in relation to the previous weight.

In the questionnaire of inquiry of the "Profile of the Individual Lifestyle " the individuals had had inquiry questions as: nutrition, physical activity, preventive behavior, social relationship, and control of the stress (Figures. 01 and 02), the gotten results had been the following ones: In the gotten results we find that in the first component the masculine group if kept steady answering to the times in items related to the nutrition; in as the component one it was in almost always and if it kept equal; in the third component also he remained stabilized with the answers always and almost always; in the component room the group varied presenting a reduction in the related item the leisure of always for almost always, and if it kept stabilized in it I finish component in almost always and always.

The feminine group no had appeared alterations already first related component the nutrition, no item greasy food and candy where the reply almost always existed passed to some times; in the component one, alterations in items related to the physical activity had also appeared reducing of almost always for the times; two other alterations had appeared, one in the item social relationship of almost always for the times and another one in the item has controlled of stress of almost always for the times.

It was perceived that the feminine group presented more representative variations of the one than the masculine group however these variations had taken the feminine group to a profile of the more negative lifestyle of the one than the previous one.

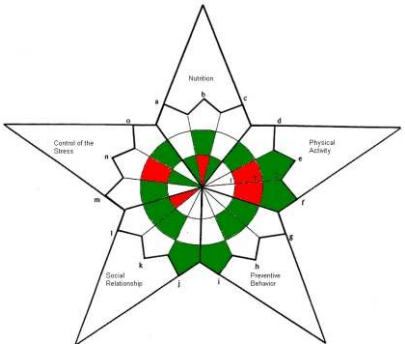


Figure 01 - Masculine Pentáculo

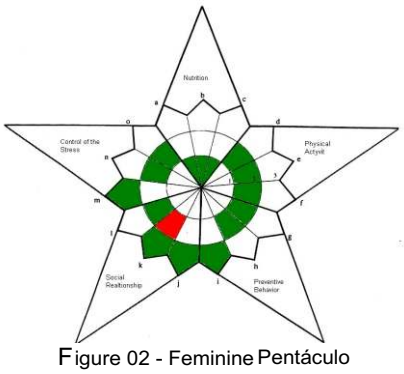


Figure 02 - Feminine Pentáculo

Conclusion

The results demonstrate that the academics same having past great part of its academic formation searching concepts and information on the aspects of a profile of lifestyle, health and welfare, had not demonstrated a great improvement.

The masculine group presented some alterations, if presenting steady in the first component answering to the times in item related to the nutrition, in as the component one it was remained equal, in third it also remained equal, no longer component room the group varied presenting a reduction in the item related to the leisure of always for almost always in its answers, and in it I finish component remained equal.

Already for the feminine group the proportionate answers had presented alterations in the first component, in the item related to greasy foods and candies, whose answers were had almost always passed to the times, in as component alterations in the item related to the physical activity had also appeared, reducing of almost always for the times and two other alterations had appeared, one in the item social relationship and another one in the control of stress of almost always for the times.

The feminine group presented variations more representatives than the masculine group what it provided to a reduction in the general profile of the lifestyle during these four years. At observe these data if can make a reflection on the importance of the content given with the relation of absorption of the academics. On the relative conditions to the percentage of corporal fat in the generality, 13 citizens if had shown above of average and 12 below. Together to the percentage of corporal fat, the body mass indices was raised and 22 citizens are in normal classification and two with on weight (moderately obese and another one severely obese).

One however gives credit with that a go in academic in the course of physical education, she is not a born athlete, nor would need to be it, satisfactory levels of corporal composition and quality of life would more become it appropriate with the relation body and mind. One also understands that after formed already entering the work market the academic it must be a tool of related communication the standards of lifestyle.

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Rua João Pessoa, 694 ap-204 / Edf. Tambaú , Bairro América / Cep: 89204.440 - Joinville/SC
e-mail: dutraje@hotmail.com
Tel:0xx47:9911.4817 - Cmcl: 0xx47:3027-7436

COMPARATIVE DEGREE OF THE STYLE DE VIDA OF THE ACADEMICS OF THE NOCTURNAL ONE OF PHYSICAL EDUCATION IN 2002/2006

Abstract: The aspects of quality of life are influential agents in the individual profiles of the academics where if it becomes necessary to evidence a relation between the learning and the effective and conceptual professional exercise. This study it had as objective generality to verify the differences between the profile of the style of life of the year of signoff ingression and of the academics of the nocturnal course of the UNIVILLE. The used methods had broken of a bibliographical revision and a research of field with the pupils of the course of physical education/2002-2005. On 2002, 25 individuals had been selected (16 of masculine and nine feminine one) of 135 of the nocturnal group, the same ones had been selected for the after-test. Statistical used average and shunting line standard. The collected data had been: subcutaneous folds, stature, corporal weight, BMI, and Profile of the style of life (Nahas et al, 2000). With the gotten result the masculine group presented alterations in only one of the components of the profile of the life style, already the feminine group presented alterations in three of the components and in all the three presented a reduction of almost always for the times. On the relative conditions to the percent body fat in the generality, 13 citizens if had shown above of average and 12 below. Next to the percentage of corporal fat, already the Body Mass Indices of 22 citizens is in normal classification and two with on weight (moderately obese and another one severely obese). The results had demonstrated that the academics, exactly receiving pertinent information to an improvement from the life style, tend not to day-by-day make use of these information for its.
Key words: Profile of the style of life, Health and quality of life, Academics.

DEGRÉ COMPARATIF DU MODÈLE DE LA VIE OF LES UNIVERSITAIRES DE LES NOCTURNES D'ÉDUCATION PHYSIQUE DANS 2002/2006

Résumée: Les aspects de la qualité de la vie sont les agents influents dans les différents profils des universitaires où s'il devient nécessaire de démontrer une relation entre l'étude et effectif et conceptuel l'exercice professionnel. Cette étude qu'elle a eue en tant que généralité objective pour vérifier les différences entre le profil du modèle de la vie de l'année de l'ingression d'approbation et des universitaires du cours nocturne de l'UNIVILLE. Les méthodes utilisées s'étaient cassées d'une révision bibliographique et d'une recherche de champ avec les pupilles du cours de l'éducation Física/2002-2005. Dans 2002, 25 individus avait été (16 de masculin le sexe et neuf un féminins) de 135 choisi du groupe nocturne, le même avait été choisi pour l'après-essai. Ligne moyenne et manoeuvrante utilisée par estatisticamente norme. Les données rassemblées avaient été: plis cutanés, stature, poids corporel, IMC, et profil du modèle de la vie (Nahas et autres, 2000). Avec le résultat obtenu le groupe masculin a présenté des changements dans seulement un des composants du profil du style de vie, déjà le groupe féminin présenté des changements dans trois des composants et dans tous les trois a présenté une réduction presque de toujours pendant les temps. Sur les conditions relatives au pourcentage de la graisse corporelle dans la généralité, 13 citoyens si eu montré ci-dessus de la moyenne et 12 ci-dessous. À côté du pourcentage de la graisse corporelle, déjà l'index de Mass corporel de 22 citoyens est dans la classification normale et deux avec sur le poids (modérément obeso et encore un sévèrement obeso). Les résultats avaient démontré que les universitaires, recevant exactement l'information convenable à une amélioration du style de vie, tendent pas au jour par jour se servent ces de l'information pour le son.
Mots-clés : Profil du modèle de la vie, De la santé et de la qualité de la vie, Universitaires.

GRADO COMPARATIVO DEL ESTILO DE VIDA DEL ACADÉMICO DEL NOCTURNAL DE EDUCACIÓN FÍSICA EN 2002/2006

Resume: Están agentes los aspectos de la calidad de la vida influyentes en los perfiles individuales del académico donde si llega a ser necesario evidenciar una relación entre aprender y eficaz y conceptual el ejercicio profesional. Este estudio que tenía como generalidad objetiva para verificar las diferencias entre el perfil del estilo de la vida del año del ingression de aprobación y del académico del curso nocturnal del UNIVILLE. Los métodos usados se habían roto de una revisión bibliográfica y de una investigación del campo con las pupilas del curso de la educación física/2002-2005. En 2002, 25 individuos había estado (16 de el sexo masculino y nueve femeninos) de 135 seleccionado del grupo nocturnal, los mismos había sido seleccionado para la después-prueba. En la estadística fueran utilizados el promedio y la línea de desvío estándar. Los datos recogidos habían sido: dobleces cutáneos, estatura, peso corporal, IMC, y perfil del estilo de la vida (Nahas et al, 2000). Con el resultado conseguido el grupo masculino presentó alteraciones en solamente una de los componentes del perfil del estilo de vida, ya el grupo femenino presentado alteraciones en tres de los componentes y en todos los tres presentó una reducción de casi siempre por los tiempos. En las condiciones relativas al porcentaje de la grasa corporal en la generalidad, 13 ciudadanos si está tenido demostrado arriba de promedio y 12 abajo. Al lado del porcentaje de la grasa corporal, el índice de masa corporal de 22 ciudadanos está ya en la clasificación normal y dos con en el peso (moderado obeso y otro un seriamente obeso). Los resultados habían demostrado que el académico, recibiendo exactamente la información pertinente a una mejora del estilo de vida, tiende no al día por día hace uso este la información para su.
Palabras Clave: Perfil del estilo de la vida, De la salud y de la calidad de la vida, Académico.

COMPARATIVO DO ESTILO DE VIDA DOS ACADÊMICOS DO NOTURNO DE EDUCAÇÃO FÍSICA EM 2002/2006

Resumo: Os aspectos de qualidade de vida são agentes influentes nos perfis individuais dos acadêmicos onde se torna necessário evidenciar uma relação entre o aprendizado e o exercício profissional efetivo e conceitual. Este estudo teve como objetivo geral verificar as diferenças entre o perfil do estilo de vida do ano de ingresso e de término dos acadêmicos do curso noturno da UNIVILLE. Os métodos utilizados partiram de uma revisão bibliográfica e uma pesquisa de campo com os alunos do curso de educação física/2002-2005. Em 2002 foram selecionados 25 indivíduos (16 do sexo masculino e nove feminino) de 135 da turma noturna, os mesmos foram selecionados para o pós-teste. Estatisticamente utilizou-se média e desvio padrão. Os dados coletados foram: dobras cutâneas, estatura, peso corporal, IMC, e Perfil do estilo de vida (Nahas et al, 2000). Com o resultado obtido o grupo masculino apresentou alterações em apenas um dos componentes do perfil do estilo de vida, já o grupo feminino apresentou alterações em três dos componentes e em todos os três apresentou uma redução de quase sempre para às vezes. Sobre as condições relativas ao percentual de gordura corporal no geral, 13 sujeitos se mostraram acima da média e 12 abaixo. Junto ao percentual de gordura corporal, já o Índice de massa corporal de 22 sujeitos estão na classificação normal e dois com sobre peso (um moderadamente obeso e outro severamente obeso). Os resultados demonstraram que os acadêmicos, mesmo recebendo informações pertinentes a uma melhora do estilo de vida, tendem a não fazer uso dessas informações para o seu dia-a-dia.
Palavras-chave: Perfil do estilo de vida, Saúde e qualidade de vida, Acadêmicos.