158 - BODY COMPOSITION AND LEVELS OF STRENGTH OF STUDENTS OF THE PREPARATORY NUCLEUS OF OFFICIALS OF THE RESERVE

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INTRODUCTION

The military career demands a minimum physical condition from your professionals, enough for the acting of specific military functions (Estado Maior do Exército, 2002), demanding a healthy body composition, as well as, levels of force appropriate.

The body composition is one of the factors more studied in the military occupation, because, frequently it is influenced by the alimentary ingesta and for the level of physical activity loosened by the apprentice, having been used as parameter for several segments of the physical activity, health and professional acting. In agreement with Petroski (1999) and Heyward & Stolarczyk (2000), the term body composition refers to the estimate of the body fat in the simple division of the body in fat mass and thin body mass. It fits to point out, that is of highest importance that is calculated correctly, because information associated to the body composition are fundamental in the orientation of the programs of control of the body weight (Guede, 1985), and they become more important although related to the health.

The amount of body fat has been used in the military training as an important parameter for normatizar the physical activity of the military (Estado Maior do Exército, 2002), and the appropriate levels of force are necessary for the development of tasks and maneuvers.

The muscular strength is defined as the capacity to exercise muscular tension against a resistance, involving mechanical and physiologic factors that determine some private movement. It is considered as an important component of the physical fitness related to the health, being able to so much to reflect the health condition as predicting the acting for certain sporting modalities. In agreement with Tubino (1985), the strength is the most important of the physical valências, because it is indispensable element in the accomplishment of any movement type.

Besides the need of a healthy body composition and levels of strength appropriate for the execution of the military tasks, the increase of risks should be attempted to the health associated to a great amount of body fat and low levels of strength.

In this perspective, the accomplishment of military activities should include characteristics and own physical qualities in the attainment of your objectives, taking in your consideration health condition. When tracing the individuals' specific profiles the maximization of the training results it can be propitiated, as well as, to obtain larger effectiveness in the missions be accomplished her.

Before that, the objective of the present study was to verify the student's body composition and the levels of strength of the Preparatory Nucleus of Officials of the Reserve (NPOR).

METHODOLOGICAL PROCEDURES

The study group was composed of 40 students of the Preparatory Nucleus of Officials of the Reserve (NPOR), of João Pessoa-PB city, with ages between 19 and 22 years, selected for us to begin the military career. The sample was intentional, tends the participation of 20 military of the 15th Battalion of Motorized Infantry (BIMTZ) and 20 military of the 16th Regiment of Automated Cavalry (RECMEC).

For the accomplishment of the study, it was obtained the commandant's of garrisons of NPOR authorization. After this procedure, the military signed the term of free and illustrious consent approved for ethics committee, which presented and it explained the objective of the research and the procedure of the same.

The appraised variables in the study were body composition, it strength manual and lumbar, Age, Body Mass and Stature. As collection instruments were used an adipometry it marks Sanny, portable stadiometry it marks Sanny precision 0,01cm; it Balances digital Filizola precision 100g; lumbar dinamometry and dinamometry manual press, both of the mark Jamar.

To evaluate the body composition 10 skinfolds they were collected (Doc): triceps (TR), subscapulary (IF), peitoral (PT), biceps (BC), axillary average (AXM), suprailíaca (ITSELF), supraspinal (SESP), abdominal (ABD), thigh (CX), medial of the leg (MP), and that procedure allowed to calculate the thin body mass, suitable body mass, need to put on weight, weigh loss need, body density (Sloan, 1967), Percentile of fat (Siri, 1962) and estimate of percentile of fat for somatório of skinfolds (TR+SI+ABD) (Pitanga, 2001). With the weight values and stature was also calculated the Body Mass Index (BMI) of the individuals in Kg/m^2.

The mensuração of the strength of the manual press was accomplished through a hydraulic dinamometry that allowed the individual adjustment (Lafayette Instrument Company, Indiana, USA). The measures were accomplished in the hands right and left with the subjects in the position ortostática, staying the extended arms and pronados without supporting the equipment in the body. The lumbar strength was also measured through an adjustable hydraulic dinamômetro in agreement with the individual's stature. Three attempts were collected, with interval of two minutes.

For the treatment of the data it was used descriptive statistics, average, standard deviation, minimum and maximum values of the studied variables. For so much, the was used Statistical Package for the Social Sciences (SPSS 10.0).

PRESENTATION AND DISCUSSION OF RESULTS

The presentation of the results will be made through tables for a better understanding, distributing the variables in an orderly way with it analyzes statistics. The relative values the variables age, body mass, stature and IMC are presented in the table 01.

Table 01. Descriptive statistics of average, standard deviation, minimum and maximum value of the variables age, body mass, stature and IMC.

	ID (years)	MC (kg)	EST (cm)	BMI
Average	19,22±0,91	69,70±8,75	175,61±4,76	22,37±2,82
Mínimum	19,00	56,60	163,00	15,50
Máximum	22,00	94,60	184,40	27,88

Age = (ID), Body Mass = (MC), Stature = (EST), Body Mass Index = (BMI).

The analysis of the table 01 allows to observe a homogeneous group in relationship the variables age and stature, through a standard deviation of +0,91 and +4,76, respectively, fact this that doesn't repeat with the variable body mass that presents a quite significant standard deviation (+8,75).

Although the average of found IMC has been of 22,37kg/m2, it was obtained in this sample minimum values of 15,50kg/m2 and maxima of 27,88 kg/m2, and that picture in agreement with the World Organization of the Health and with Guedes & Guedes (1998), it indicates levels of normal classification, for the average of the group, low weight for the minimum value and degree 1 of obesity for the maximum value. The excess of body fat is harmful to the health, for the military needs it is practically unviable, to have high levels of percentile of fat, that they don't assist to the normal conditions of health, or that limit the physical acting. However, a percentile one very low of body fat it also represents risks to the health, since the body needs a certain amount of fat for the maintenance of the normal physiologic functions.

These discoveries corroborate with Souza's study (1998), that found for a sample of military values of 175,80 centímentros for the stature; 69,90 kg for the body mass and 22,52 kg/m2 for IMC.

The Table 02 presents the medium values of the skinfolds, the value of the total somatório of the folds and the value of the somatório of the folds of the triceps, supra-ilíaca and abdominal.

Table 02. Descriptive statistics of average, standard deviation, minimum and maximum value of the variables skinfolds.

	Doc TR	Doc SE	Doc PT	Doc BC	Doc AXM	Doc SI	Doc SESP	Doc ABD	Doc CX	Doc MP	Soma Doc	Soma Doc TR+SI+ABD
Average	8,96 ±4,02	13,42 ±5,38	10,27 ±5,39	4,40 ±1,86	9,46 ±4,53	12,40 ±6,58	9,42 ±4,59	17,13 ±7,37	14,44 ±4,78	9,81 ±4,21	110,12 ±43,23	38,49 ±17,97
Mínimum	2,50	7,40	3,10	1,80	3,90	4,10	3,10	6,00	4,10	3,30	45,00	12,6
Máximum	20,70	26,30	24,00	9,90	21,20	30,40	20,00	33,90	24,90	20,00	207,80	85

Skinfolds= (DOC), tríceps = (TR), subescapular = (SE), peitoral = (PT), bíceps = (BC), axilar média = (AXM), suprailíaca = (SI), supraespinhal = (SESP), abdominal = (ABD), coxa = (CX), medial da perna = (MP).

It can be observed that, in those you varied, that the group is quite heterogeneous, characterized by a high deviation pattern in all the skinfolds, presenting maximum values that are unviable for military, because they reveal I accumulate of fat above the limits, justifying some results of IMC, in which some subjects are with body overweight. He/she/you fits to point out, that the maximum values of the folds SI, SESP and ABD indicate a concentration of body fat in the abdominal area what a risk it is considered for the health. In agreement with Lerário et al. (2002), the abdominal location of the fat is shown associated to metabolic disturbances and I scratch out cardiovascular.

The somatório of the folds cutaneous triciptal, suprailíaca and abdominal in agreement with Pitanga (2001), it presented a percentile of fat of approximately 14,77 on average; value that is considered normal for the same author.

The body composition is presented in the table 03, fragmented in thin body mass, thin body mass suitable, fattening need and weigh loss need, percentile of fat and weight of stored fat.

Table 03. Descriptive statistics of average, standard deviation, minimum and maximum value of the variables, thin body mass, thin body mass suitable, need to put on weight and weigh loss need, body density, percentile of fat and weight of stored fat.

	MCM (kg)	MCMI (kg)	NE- e NE+ (kg)	DC (mg/dl)	%G	PGA (kg)
Average	59,06±5,64	69,48±6,64	-0,86±4,44	1,06±0,01	13,50±5,35	9,71±4,72
Mínimum	50,04	58,87	-6,22	1,04	5,79	3,32
Máximum	74,02	87,08	10,58	1,09	25,69	21,63

Thin Body mass = (MCM), Thin Body Mass Suitable = (MCMI), Need to Put on weight = (NE -) and Need of Weigh loss = (NE+), Body Density = (DC), Percentile of Body Fat = (%G), Weight of stored fat

If we compare the values MCM with MC, we noticed that, on average, 85% of the body weight refer the thin body mass, what is a good one indicative, because it is of fundamental importance for the health to maintain her/it in desirable levels, once it is not composed by all the body fabrics fatty, including the bones, the muscles, the organs and the conjunctive fabric (Wilmore & Costill, 2001). however, to be considered the value of MCMI is noticed that the subject of the study are on average 10,42 kg below the weight, fact that also contemplated in NE -. Although the values have presented a weight relatively below the ideal, the percentile of fat of the appraised ones is inside of the zone considered normal (Pitanga, 2001).

The relative results to the body composition came similar to the found in the study accomplished by Souza (1998) with students of NPOR Santa Maria-RS, in which were found values of MCM 62,65 (Average); 51,79 (Minimum) and 73,40 (Maximum), appearing for a tendency of the body composition in that population group.

The relative values to the descriptive statistics of the strength of manual and lumbar press are presented in the table 04.

Table 04. Descriptive statistics of average, standard deviation, minimum and maximum value of the variables, strength lumbar static in kg, it strength static manual right and it strength static manual left in kg.

	FL T1	FL T2	FL T3	Média FL	FMD T1	FMD T2	FMD T3	Média FEMD	FME T1	FME T2	FME T3	Média FEME
Average	137,6 ±15,7	134,0 ±17,6	128,3 ±19,2	133,33 ±16,90	43,42 ±7,06	41,62 ±7,13	40,20 ±6,31	41,75 ±6,42	41,37 ±6,47	38,07 ±6,90	37,02 ±6,63	38,82 ±6,43
Mínimum	110,0	99,00	98,00	103,00	24,00	20,00	23,00	23,67	28,00	24,00	23,00	25,33
Máximum	170,0	170,0	172,0	170,67	57,00	54,00	53,00	54,00	57,00	57,00	53,00	55,67

Lumbar Static strength = (BILE), it strength Right Estática Manual = (FEMD), it strength Left Estática Manual = (FEME) and Attempt = (T).

Through the analysis of the table 04, it is noticed a prevalence of the strength in larger degree in the first attempt in relation to the three components of strength, and the same decreases in relation to the number of medidas.Outro noticed fact it is that measured them of larger strength manual they are in the right that reveals a prevalence of strength of this hand.

In the protocol of Corbin, brought by Pitanga (2001), the military ones would be classified as weak in relation to strength of manual press in the right and very weak hand in the left hand, result contrary to the presented by Santos & Filho (2004), that found good levels of strength in similar study accomplished with military officials. That fact can be justified for the fact of the same ones they have already gone by the military training.

CONCLUSION

It can be ended these the levels of body composition (BMI) are normal, however with isolated cases of low weight and obesity degree I, being likewise for the variable %G, weight of stored fat, cases these that deserve special attention in programs of military training.

The levels of manual strength of superior members are differed, being the dominant right hand in the strength. In relation to these levels the need of a special tenção exists once the results are considered below the healthy zone, what is characterized unviable for the military career.

It is suggested that other studies are accomplished with larger groups, as well as evaluating the effect of the training proposed here in NPOR in the variables studied.

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BODY COMPOSITION AND LEVELS OF STRENGTH OF STUDENTS OF THE PREPARATORY NUCLEUS OF OFFICIALS OF THE RESERVE

Abstract

The military career demands a minimum physical condition from your professionals, enough for the acting of specific military functions, demanding a healthy body composition, as well as, levels of strength appropriate. Therefore, the objective of that study was to verify the body composition and the levels of students' of the Preparatory Nucleus of Officials of the Reserve (NPOR) strength of João Pessoa-PB. The sample was composed by 40 students of the NPOR, with ages between 19 and 22 years, of the which it was collected data of the variables manual and lumbar strength, Body Mass, Stature and 10 different skinfolds. The Body

Mass Index (BMI) was calculated, Thin Body Mass, Suitable Body Mass, Need to Put on weight, Need of Weigh loss, Body Density and Percentile of Fat. For the treatment of the data was used descriptive statistics (SPSS 10.0). As principal results we found: the average of the individuals' BMI was considered normal (22,37kg/m2), the percentile of fat obtained through the somátório of skinfolds it also presented normal results (14,77%); 85% of the body weightl refer to the thin body mass, however if we consider the value of Thin Body Mass Suitable, we noticed that the subject of the study are on average 10,42 kg below the weight, fact that also contemplated in the need of putting on weight; prevalence of the strength exists in larger degree in the first attempt, and the same decreases in relation to the number of measures, a measured them of larger strength manual they are in the right that reveals a prevalence of strength of this hand, however, the military ones would be classified as weak in relation to strength of manual press in the right and very weak in the left hand. It can be concluded that the body composition of the military appraised is normal, already in relation to the levels of strength the need of a special attention once the results are considered below the healthy zone. **Key words:** Military, Body Composition, Leves of strength.

COMPOSITION CORPORELLE ET NIVEAUX DE FORCE D'ÉTUDIANTS DU NOYAU PREPARATOIRE D'AGENTS DE LA RESERVE

Résumé

La carrière militaire exige de leurs professionnels une condition physique minime, suffisante pour la performance de fonctions militaires spécifiques, exigeant une composition corporelle saine, ainsi que, niveaux de force appropriés. Donc, l'objectif de cette étude a été vérifier la composition corporelle et les niveaux de force d'élèves du Noyau Préparatoire d'Agents de la Réserve (NPOR) de João Pessoa-PB. L'échantillon s'est composé de 40 élèves de (NPOR), avec des âges entre 19 et 22 ans, desquels s'est rassemblé donnés des variables force manuelle et lombaire, Masse Corporelle, Stature et 10 pli cutanés distincts. Il s'est calculé l'Indice de Masse Corporelle(IMC), la Masse Corporelle Maigre, la Masse Corporelle Indiquée, la Nécessité D'deengraisser, la Nécessité d'Amaigrissement, la Densité Corporelle et De pourcentage de Graisse. Pour le traitement des données a été utilisée statistique descriptive (SPSS 10.0). Comme principaux résultats nous trouvons : la moyenne de l'IMC dês personnes a été considérée normal (22,37kg/m2), le pourcentage de graisse obtenu à travers la somátório de pli cutanés a aussi présenté des résultats normaux (14.77%) ; 85% du poids coporal se rapporte à la masse corporelle maigre, néanmoins se considérer la valeur de Masse Corporelle Maigre Indiquée, percevons que les sujets de l'étude sont dans moyenne 10.42 kg au-dessous du poids, costume celui-là aussi reflété dans la nécessité d'engraisser ; existe prédominance de la force dans plus grand degré dans la première tentative, étant que la même décroît concernant le nombre de mesures, les moyennes de plus grande force manuelle sont dans la droite ce qui révèle une prédominance de force de cette main, néanmoins, les militaires seraient classés comme faibles concernant force de tenue manuelle dans la main droite et très faibles dans la main gauche.

Mots clés: Militaires, Composition corporelle, Niveaux de force

COMPOSICIÓN CORPÓREA Y NÍVELES DE FUERZA DE ALUMNOS DEL NÚCLEO PREPARATÓRIO DE OFICIALES DE LA RESERVA

Resumen

La carrera militar exige una condición física mínima de sus profesionales, suficiente para la acción de funciones específicas del ejército, exigiendo una composición corpórea saludable, así como, nivel de fuerza adecuada. Por consiguiente, el objetivo de ese estudio fué verificar la composición corpórea y los niveles de fuerza de estudiantes del Núcleo Preparatorio de Oficiales de la Reserva (NPOR) de João Pessoa-PB. La muestra fué compuesta por 40 estudiantes del NPOR, con edades entre 19 y 22 años, se he coletado datos das variables fuerza lumbar, Masa Corpórea, Estatura y 10 pliegues cutáneos diferentes. Fué calculado el Índice de Masa Corpórea (IMC), Masa Corpórea Delgada, Masa Corpórea Indicada, Necesidad de engordar, Necesidad de perder peso, Densidad Corporal y Percentil de Grasa. Para el tratamiento de los datos se usó estadística descriptiva (SPSS 10.0). Como resultados principales nosotros encontramos: el promedio del IMC de los individuos fue considerado normal (22,37kg/m2), el percentil de grasa obtuvo a través del somátório de pliegues cutáneos también presentó resultados normales (14,77%); 85% del peso corporal se refieren a la masa corpórea delgada, sin embargo si consideramos el valor de Masa Corpórea Delgada Indicada, notamos que los sujetos del estudio estan en el promedio 10,42 kg debajo del peso, el hecho que también contempló en la necesidad engordar; el predominio de la fuerza existe en mayor grado en el primer esfuerzo, sendo que las mismas reducen al número de medidas, lás médias de fuerza manual son más grandes en la mano derecha, revelando un predominio de fuerza de esta mano, sin embargo, los militares fueram clasificados respecto a como débil la fuerza de preensão manual en la mano derecha y muy débil en la mano izquierda. Puede concluirse que la composición corpórea del militar es normal, ya respecto a los niveles de fuerza existe la necesidad de un tenção especial, una vez que los resultados son considerados debajo de la zona saludable.

Palabras llaves: Militares, Composición Corpórea, Níveles de Fuerza.

COMPOSIÇÃO CORPORAL E NÍVEIS DE FORÇA DE ALUNOS DO NÚCLEO PREPARATÓRIO DE OFICIAIS DA RESERVA

Resumo

A carreira militar exige de seus profissionais uma condição física mínima, suficiente para o desempenho de funções militares específicas, exigindo uma composição corporal saudável, bem como, níveis de força adequados. Portanto, o objetivo desse estudo foi verificar a composição corporal e os níveis de força de alunos do Núcleo Preparatório de Oficiais da Reserva (NPOR) de João Pessoa-PB. A amostra foi composta por 40 alunos do NPOR, com idades entre 19 e 22 anos, dos quais coletou-se dados das variáveis força manual e lombar, Massa Corporal, Estatura e 10 dobras cutâneas distintas. Calculou-se o Índice de Massa Corporal (IMC), Massa Corporal Magra, Massa Corporal Indicada, Necessidade de Engordar, Necessidade de Emagrecimento, Densidade Corporal e Percentual de Gordura. Para o tratamento dos dados foi utilizada estatística descritiva (SPSS 10.0). Como principais resultados encontramos: a média do IMC dos indivíduos foi considerada normal (22,37kg/m^2), o percentual de gordura obtido através do somatório de dobras cutâneas também apresentou resultados normais (14,77%); 85% do peso corporal refere-se à massa corporal magra, no entanto se considerarmos o valor de Massa Corporal Magra Indicada, percebemos que os sujeitos do estudo estão em média 10,42 kg abaixo do peso, fato esse também refletido na necessidade de engordar; existe predomínio da força em maior grau na primeira tentativa, sendo que a mesma decresce em relação ao número de medidas, as medias de maior força manual estão na direita o que revela um predomínio de força desta mão, no entanto, os militares estariam classificados como fracos em relação a força de preensão manual na mão direita e muito fracos na mão esquerda. Pode-se concluir que a composição corporal dos militares avaliados está normal, já em relação aos níveis de força existe a necessidade de uma atenção especial uma vez que os resultados estão considerados abaixo da zona saudável.

Palavras chaves: Militares, Composição Corporal, Níveis de Força.