53 - THE PHENOMENON OF THE PRECOCIOUS SPECIALIZATION OF SWIMMING IN MANAUS

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INTRODUTION

Swimming is the activity most looked for children and teenagers, between the diverse organized forms of sportive practical, for being the most completely activity to physical and motor development of the practitioners. This kind of practical begins generally at four or five years, being children directed for sportive programs early, although several studies shows that children are not prepared to positive assimilation of high training load. In addition, the traditional competitive training systems, too similar to high performance sport, are not the most indicated on sport for children and teenagers. Gaya and Torres (2004) certify the necessity of investigate the pedagogic model intervention that can to assure an elevated sportive income without put in questioning the development and the basic values of health - physical, psychological and social - of our children and teens.

The high performance sport to kids must be constituted in an ample space of of formation and education. Although it constitutes a selective practical under the sportive ability outlook, we can't deny the potentiality in give several opportunities for cognitive development, behavioral, social and ethic of the practitioners.

Ruiz (1997) affirms that specialization means to concentrate contents early and directed works in search of high performance in an sportive specialty. Both sportive training theory outlook and pedagogic reasons, the author warns of risk that the specialization give to limit and to impair the creation of an ample motor base of practitioners.

This study aims to diagnose the presence of early specialization phenomenon on teaching in swimming schools in Manaus, through analyze of teaching strategies used on swimming initiations process, by teachers and Manaus city's clubs.

METODOLOGY

This search is characterized as explorer kind. The universe of swimming schools in Manaus city is, actually, twelve clubs tied to Amazon Aquatic Sports Federation (FADA).

The population is represented by fifteen experts that actually work on clubs. The sample is composed by 40% (twenty trainers) of this professional universe (n=20).

In virtue of an absence of specific instrument for the purpose of this study, we created an inquiry in the same form of provisory questionnaire, from a literature revision pertinent to subject with closed questions that was submitted to a panel of experts to obtain its validation. After adjustments necessary the instruments was tested in a sample similar to that defined in this study for been definitively validated in pilot study conditions.

APRESENTATION AND DISCUSSION OF MAIN OUTCOMES

Programatic contents of teaching plans.

In table 1, we can evidence the swimming training on least categories in Manaus is constituted predominantly by aerobic resistance work, recreative activities and educative technique elements that are presents in teaching plans of all categories. As other physical valences, as like anaerobic resistance, strength training, flexibility, power, velocity and others, appear with most frequently in older age category.

	MINI	MIRIM	PETIZ
Aerobic res.	50%	60%	70%
Anaerobic res.	15%	25%	40%
Strengh		5%	10%
Power			5%
Flexibility	35%	50%	70%
Velocity	35%	60%	75%
Arms and legs mov	45%	65%	80%
Exits and turn off	40%	70%	85%
Ritm	20%	30%	60%
Prove strategy	10%	20%	35%
Psycologic	10%	35%	40%
Recreative activ.	65%	70%	70%
Technique/Educative	55%	60%	70%

Table 01- Frequency of trainers who approach this programmatic contents of teaching swimming plans.

Specifically on mini category, the predominance of trainers frequency who use contents as aerobic resistance (50%) and anaerobic resistance (15%), already demonstrate a training with high degree of contents specialization. Maglischo (1999) affirms that swimming practical in this band of age must been constituted, predominantly, by contents as exercises with arms movements, legs movements, techniques and educative. The outcomes found here demonstrate a discord with the author's thought and suggest an elevated degree of specialized work on swimming teaching. According as the same author, the emphasis on training would be diversion and the domain of swim mechanical. With great frequency, we verify the contents related to recreative activities (65%), techniques exercises and educative (55%), exercises of arms and legs movements (45%), exits and turn off (40%), this, yes, been contents that find accord on literature.

On child category this bias continues, because occurs a predominance of aerobic resistance contents (60%) and anaerobic resistance (25%). The contents with most predominance of frequency in this category are: exits and turn off (70%), in addition to recreatives activities (70%). Arms and legs movements totalize 65%, techniques and educative and velocity (60%). Maglischo (1999) designates that the training in this band of age will be the same that anterior, but there will be an increase on length measurement and a greater training structuration.

Referring to petit category, the frequency of trainers who use aerobic resistance are 70% , and anaerobic resistance are 40%. In addition, the greater frequencies are to the practical of exits and turn off, with 85%, arms and legs movements with 80%, the velocity work with 75%, techniques, educative and recreative activities totalizing each one 70%.

Characterization of swimming Training

Referring to organization form of the training section, the table 02 show how it is systemized. We can watch a time out of water between five to twenty minutes, a time inside water around thirty to ninety minutes, constituting a total time between forty five to a hundred forty five minutes. About the maximum volume for section, we verify a measurement of 400 to 8000, having a week volume of 1200 to 21000 meters. In relation to daily frequency of training, we watch a petit on child category of one section for day.

At correlated the data obtained in our study with the training structure of Ribeiro (2005), we can evidence the presence of child category in our federal state, inexistent in competitions inside our country. The data of this category points to a minimum frequency and maximum volume for section of 400 to 1200 meters; weekly volume of 1200 to 4800 meter; and 3 to 5 training for week. The maximum data of frequency demonstrate a work of early specialization through volume and weekly frequency of training.

On child category, we watch the time inside water maximum of 90 minutes.

	MINI	MIRIM	PETIZ
T. out of water (min)	5 a 20	5 a 20	5 a 20
T. inside water (min)	30 a 55	44 a 90	50 a 90
T. training total (min)	45 a 60	50 a 100	60 a 145
Volume for section (m)	400 a 1200	600 a 2000	800 a 4000
Weekly Volume (m)	1200 a 4800	2400 a 9000	3000 a 21000
Daily training	1	1	1
Weekly training	3 a 5	3 a 5	4 a 6

Table 02- Training organization.

In relation to utilization of materials on swimming training in Manaus, we verify a greater use of plates and palmer in every category by the most trainers. Referring to mini, child and petit categories, we can watch a utilization of palmer and duck foot by half of trainers, in addition to little, but significantly, frequency of extensor. For Maglischo (1999) the swimming in this band of age must be constituted by use of plates and float, which assist to teaching of swim. In addition, the use of extensor, and other objects before the correct time, or either, the beginning of puberty to boys and girls, will cause frequently pain, in result of repetitions, and assist in lesions (been the shoulder the most known).

	MINI	MIRIM	PETIZ
Extensor	5%	10%	10%
Palmer	50%	60%	70%
Plate	50%	60%	80%
Duck foot	10%	20%	45%
Float	35%	45%	80%
Others	20%	25%	45%

Table 03 - Percent of trainers who use material on swimming training.

FINAL CONSIDERATIONS

Restricted to conceptual context, to the sample, to the methodology used on this study, and having in considerations the results showed, we can affirm that on mini category we found already a pedagogic square which points to an early specialization work, because the children are being initiated on swim practical through inadequate contents to purpose of this band of age, whose training must be realized in recreative form, with looks to an acquisition of an ample motor base, being some way, a beginning with intention of training and competing, using the training models of high level.

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ABSTRACT

The objective of this research is investigate the phenomenon of the precocious specialization in the education of swimming in Manaus. This study works with a sample of 20 professionals. An instrument with a similar sample to that one used in the research, having as areas: the characterization of the interviewed trainer; characterization of the training in the clubs of swimming in Manaus; programmatic contents on the swimming education plans; models of competitions in the clubs of swimming in the city of Manaus. The results and the main conclusions points to a picture where it is possible to verify a pedagogical picture that points to a work of precocious specialization in the education of swimming.

Key Words: Specialization; Precocious; Swimming.

LE PHÉNOMÈNE DE LA SPÉCIALISATION PRÉCOCE DE LA NATATION DE MANAUS

RÉSUMÉ

L'objectif de cette étude était fouiller le phénomène de la spécialisation précoce de l'enseignement de la natation dans la ville de Manaus. L'échantillon était composé pour 20 entraîneures. On a fait un questionnaire, lequel comprenait: caracteriser l'échantillon; l'entreînement dans les clubs de natation ; les contenus de l'enseignement de la natation. La recherche était fait pour l'analyse descriptif. Les résultats indiquent la spécialisation précoce de les enfants principalement pour le contenu proposé à cette âge, tant an volume, intensité, que la qualité de l'entreînement.

Mots-clé: spécialisation ; précoce ; natation

EL FENÓMENO DE LA ESPECIALIZACIÓN PRECOZ DE NATACIÓN EM MANAUS

RESUMEN

Este estudio tiene como objetivo investigar el fenómeno de la especialización precoz em la enseñanza de natación em la ciudad de Manaus. La muestra fue compuesta por 20 entrenadores. Se aplico um custionario, teniendo como áreas: la caracterización de la muestra; la caracterización de los entrenamientos em los clubs de natación; los programas de los planes de enseñanza de natación. El tratamiento de datos obtenidos se dió através de análisis descriptiva (promadio, desvia padrón, frecuencia y percentage). Los principales resultados apuntam para um cuadro que privilegia la especialización precoz de los nadadores iniciantes através, principalmente, de los contenidos poco apropiados para los propósitos pedagógicos a esta franja de edad, tanto em terminos de volumen, intensidad e calidad del entrenamiento.

Palabras - Llave: Especialización; Precoz; Natación.

O FENÔMENO DA ESPECIALIZAÇÃO PRECOCE DA NATAÇÃO EM MANAUS

RESUMO

Este estudo tem como objetivo investigar o fenômeno da especialização precoce no ensino da natação na cidade de Manaus. A amostra foi composta por 20 treinadores. Foi aplicado um inquérito sob a forma de questionário, tendo como áreas: a caracterização da amostra; a caracterização dos treinos nos clubes de natação; os conteúdos programáticos dos planos de ensino da natação. O tratamento dispensado aos dados obtidos deu-se através de análise descritiva (média, desvio padrão, freqüência e percentagem). Os principais resultados apontam para um quadro que privilegia a especialização precoce dos iniciantes através principalmente, da inadequação dos conteúdos aos propósitos pedagógicos desta faixa etária, tanto em termos de volume, intensidade e a qualidade do treino.

Palavras-chave: Especialização; Precoce; Natação.