101 - CHARACTERISTICS OF RELATED PHYSICAL APTITUDE TO THE HEALTH OF MILITARY FIREMEN IN THE AREA OF CARIRI FROM CEARÁ, BRAZIL

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INTRODUCTION

The physical aptitude related to the health contains constituent that, in appropriate degrees, they facilitate larger conditions for the execution of the most varied tasks linked to the work or leisure, mainly when these need a minimum of physical condition for they be accomplished satisfactorily. It is also related to smallest risks of development of diseases or chronic-degenerative conditions associated to low levels of habitual physical activity. The components of this physical aptitude include the aptitude heart breath, flexibility, muscle strength / resistance and corporal composition (NAHAS, 2001; BOLDORI, 2002).

The professions linked to the military career demand a minimum physical condition from its members, satisfactory for the acting of its specific functions, addressing them for the maintenance of good levels of physical aptitude and health, because in the execution of its occupation, they come across the most varied adversities, that empty space from tasks of energy worn-out bass to those that need larger physical efforts. The fireman is a professional linked to the military career that it can be subject to a waste level, mainly physical, high, due to the exhibition of intense work days, to the imminent danger, the readiness for the help in several atmospheres, among other, owing, therefore, to conserve good levels of physical aptitude for the acting according of such functions.

The Manual of Military Physical Training (report of campaign C20-20) used by the Brazilian Army for standard of the pertinent physical activities to the military ones, it exposes that whole linked to the capable military when considered forces for the active service is forced to the military physical training. It also emphasizes the obligation of physical tests when of the participation in military competitions, as pré-requirement for entrance or for patent ascension, and of the use of programs of physical activity as instrument of promotion of health (C20-20,2002 p1-1).

In the state of Ceará, but specifically in the area of Cariri, the researches regarding aspects related to the physical aptitude and military firemen's health are scarce, inaccessible or nonexistent, being done necessary, therefore, to investigate regarding this theme, with the goal to generate court points and to supply parameters in this population. In this sense, several subjects are evidenced, for example: which the levels of classification of the components related to the health? Are the presented levels compatible with demanded him to carry out physical tasks inside of the military atmosphere? Which the risks of health that the military ones are exposed? Being like this, he/she became I objectify general of this study to characterize and to generate parameters of physical aptitude related to the military firemen's health in the area of Cariri From Ceará.

METHODS and MATERIALS

This research elapses of a study of descriptive, traverse character, of field. The population was of military. The sample was constituted of 24 individuals of the masculine gender of 30 to 47 years, with average of 35,8+4,9 year-old age, military firemen of the city of Juazeiro of the North and Crato, in the area of Cariri, south of the state of Ceará, selected of form probabilístics, volunteer of a military universe of 52. The instruments for collections of data and you varied used in the study are described in the picture 01

TABLE - 01

VARIABLES AND PROTOCOL	UNIT OF MEASURE	CATEGORY	INSTRUMENT
Resistance **Aeróbics** (he/she Tests of to walk and to run 12 minutes)	Meters (m) and VO2 máx. (ml/kg/min)	To insert	Chronometer, cones
Flexibility - he/she tests of to sit down and to reach YMCA (Morrow Jr.; Jackson; Disch et al, 2003)	Centimeters (cm)	To insert	Ribbon anthropometric, adhesive ribbon
Located Muscular resistance-it tests of abdominal in 1 '; **flexion** and extension elbow in the soil (Pollock and Wilmore, 1993)	No.. of Repetitions	To insert	Chronometer, Mattress
Cutaneous folds	Millimeters (mm)	To insert	Adipômetro of the mark Sanny
Percentile of Fat (%G) Equation of Petroski (1995)	Percentile (%)	To insert	Statistical package Statiscal Package Goes Social Science (SPSS) version 13.00
Risk classification and court point	Excellent (I scratch out very low), good (I scratch out low), in the average (I scratch out effective), below the average (I scratch out moderate), bad (I scratch out loud), very bad (I scratch out very loud)	Nominal	Statistical package Statiscal Package Goes Social Science (SPSS) version 13.00

As procedure for the collection a meeting was accomplished with the command of the troop the firemen's of the cities of Juazeiro of the North body and Crato, both municipal districts of the state of Ceará, and the members of the respective unit, informing of the objectives of the research and signature of the Term of Free and Illustrious Consent (TCLE) according to the National Council of the Health Law 196/96 (BRAZIL, 2001) for the voluntary participation of the research. Immediately after, they were made referring recommendations to the regular procedures of the collection. On this occasion, the subjects were guided with relationship to the uniform, to the place, schedule and patterns of execution of the evaluation anthropometric and ergométric.

For the evaluation of the corporal composition the measures of folds cutaneous, axillary average were collected (AX), supply-ilíaca (ITSELF), thigh (CX) and calf medial (PM), equations the estimate of body density showed at first for Petroski (1995): body Density =1,1954713-0,07513507*LOG10(AX+SI+CX+PM)-0,00041072*(age in years) and the percentile of fat through it formulates it of Siri (1961):% fat=[(4.95/DENSIDADE C.) - 4.50] X 100, for conversion of values of corporal density in percentile of fat. Logos after, the individuals were submitted to the physical tests, following the order for physical tests recommended by ACSM (2003), which are: aptitude heart breath- to Walk and to Run in twelve minutes (FERNANDES FILHO,2003), equations the VO2 maximum

through the formula VO2máx (ml/kg/min) = (distance (m) - 504,9)/44,73 for conversion of the it distances traveled in meters in esteemed values of the maximum quantity of oxygen (VO2 maximum); Flexibility - to sit down and to reach YMCA (MORROW JR.; JACKSON; DISCH et al, 2003); located muscular Resistance - flexion and elbow extension in the soil (POLLOCK is WILLMORE, 1993) and abdominal in one minute.

After the collection a database was made in statistical package Statiscal Package it Goes Social Science (SPSS) version 13.00 for descriptive statistics of measures of it measured, I deviate pattern, maximum values, minima and percentile of frequency. The calculation of the percentile of fat gave him by means of equations that derived the scores for classification and points of courts. The distribution took place in tables.

RESULTS AND DISCUSSION

The work accomplished by the firemen presents characteristics of physical effort in a lot of situations of its daily laboral. Such demands, however they are not targets in just a type of physical valency and yes it elapses of the need of recruitment of a group of these. In like this being, he/she makes himself necessary an isolated analysis of each component and, later on, general evaluation of the involved sample.

The coming results of the applied descriptive statistical treatment the variables% fat, test of to walk and to run 12 minutes, to sit down and to reach, flexion and elbow extension, to sit down and to lie (abdominal) they are presented in the table 01. It is noticed that the maximum values and minimum indicate risks to the health in component %G, because the points of courts for men are around 15% (Guedes; Guedes, 1998, Katch; Mc Ardle, 1996, Petroski, 2003) and in this study he/she met 32,8%, what represents the excess of %G in a group that carries out very effective physical functions. With relationship to the physical tests was observed that the minimum values presented scores of zero repetition, what doesn't justify the function military assets. Sousa, Tower, Gomes et al (2005), analyzing the effects of the military training in an institution in Paraíba, Brazil on the width to articulate (flexibility) by means of the flextest he/she found classified averages of 20,70+ 3,93 of big with differences between before and after-test, demonstrating that the training of the army can cause impact on these levels.

TABLE - 01: DESCRIPTIVE STATISTICS OF THE VARIABLES% FAT, TEST OF to WALK AND to RUN 12 MINUTES (TCC), VO² MÁX(ml/kg/min, to SIT DOWN AND ALCANÇAR(SA), FLEXION is EXTENSION OF ELBOW (FEC), ABDOMINAL IN 1 MINUTE (ABD) (N=24)

	%G	TCC	VO² máx (ml/kg/min)	HEALTHY	FEC	ABD
Average and DP	23,92±4,30	2031,16±474,94	34,69 ± 10,31	33,81±10,24	22,13±11,57	20,21±11,03
Minimum	14,8	1140,00	14,20	17,00	0,00	0,00
Maximum	32,8	2750,00	50,19	59,00	49,00	36,00

In an analysis for classification and risk of the body composition was verified that in relation to the percentile of fat, 66,7% of those analyzed met in a classification strip considered below the average, bad and very bad, 25,0% in the average, and 8,4% between excellent and good as having demonstrated in the table no.. 02.

TABLE -02: PERCENTILE OF RELATIVE AND ACCUMULATED FREQUENCY OF THE CLASSIFICATION OF THE PERCENTILE OF FAT (N=24)

CLASSIFICATION	FREQUENCY	% VALID	% ACCUMULATED
EXCELLENT	1	4,2	4,2
GOOD	1	4,2	8,3
IN THE AVERAGE	6	25,0	33,3
ow THE AVERAGE (I SCRATCH OUT MODERATE)	6	25,0	58,3
BAD (I SCRATCH OUT LOUD)	9	37,5	95,8
Y BAD (I SCRATCH OUT VERY LOUD)	1	4,2	100,0
SUM	24	100,0	

The classification values above, referring to the percentile of fat of the sample in agreement with the court point idealized by Pollock and Willmore (1993), they differ of the results obtained by Boldori (2002) in almost the double in the study for now accomplished (62,5% X 32,58%) for the sum of the negative parameters and almost for the half in the sum of the classifications positive referencials in (33,4% X 67,42%). Comparatively to the study of Anez (2003) the situation stays presenting values of I confront of 62,5% versus 31,6%. These results indicate the need of an immediate intervention in what it concerns to the orientation on practice to regulate of physical activity, adoption of more active lifestyle, as well as on aspects to nutritive, obesity and other harmful consequences to the health due to the accumulation and distribution of the excess of corporal fat.

In what it concerns to the abdominal test the medium values of this study (20,21 rep) they also come comparatively below to the study of Boldori (2002) that presented a medium index of 40,66 repetitions. The detailly of the indexes of the study for now accomplished he/she meets in the table 03.

TABLE -03: PERCENTILE OF RELATIVE AND ACCUMULATED FREQUËNCY OF THE CLASSIFICATION OF THE TEST OF ABDOMINAL OF one MINUTE (N=24)

CLASSIFICATION	FREQUENCY	% VALID	% ACCUMULATED
WEAK	13	54,2	54,2
Below THE AVERAGE	1	4,2	58,3
AVERAGE	4	16,7	75,0
Above THE AVERAGE	5	20,8	95,8
EXCELLENT	1	4,2	100,0
SUM	**24**	**100,0**	

In the flexion test and elbow extension in the soil the present study introduces more positive than found acting averages them in the study of Anez (2003) in the excellent classificatory strips (25% X 18,4%) and below the average (8,3% X 12,7%) and decreasing in the acting in the medium classification (16,7% X 28%) and similar in the strip above the average (33,3% X 35,8%). Such results suggest that the located muscular resistance of upper members and scapular waist meet being prioritized during the accomplishment of physical activities by this people group. The detailly of this variable in the study for now discussed he/she meets in the table 04.

TABLE - 04: PERCENTILE OF RELATIVE AND ACCUMULATED FREQUËNCY OF THE CLASSIFICATION OF THE TEST OF FLEXION IT IS EXTENSION OF ELBOW IN THE SOIL (N=24)

CLASSIFICATION	FREQUENCY	% VALID	% ACCUMULATED
WEAK	4	16,7	16,7
Below THE AVERAGE	2	8,3	25,0
AVERAGE	4	16,7	41,7
Above THE AVERAGE	8	33,3	75,0
EXCELLENT	6	25,0	100,0
SUM	**24**	**100,0**	

The referring data to the test of to sit down and to reach, that it measures the flexibility of the inferior portion of the number column and the extensibility of the thigh's after muscles, they presented a percentile of 62,5% for the somatória of the very weak, weak classifications and below the average. For the whol of the other classifications (average, above the average, good and excellent) it presented a percentile index of 37,6% as demonstrated in the table 05. Similar results were found by Anez (2003) that analyzed the military policemen's of Santa Catarina state flexibility and he/she found that most (53,1%) it didn't reach the approaches for health. He/she Whistles (1997) it verified that low levels of this capacity and incidence of lumbar pains are associated the cases of removal of the military policemen's work in the city of Florianópolis. The flexibility is an important component of the physical aptitude related to the health, because it is present in the development of the activities of the work, besides the smallest risk of pains to be associated, muscle lesions and you articulate, particularly in the lumbar area (NAHAS, 2002).

TABLE - 05: PERCENTILE OF RELATIVE AND ACCUMULATED FREQUËNCY OF THE CLASSIFICATION OF THE TEST OF to SIT DOWN AND to REACH (N=24)

CLASSIFICATION	FREQUENCY	% VALID	% ACCUMULATED
VERY WEAK	2	8,3	8,3
WEAK	7	29,2	37,5
Below THE AVERAGE	6	25,0	62,5
AVERAGE	3	12,5	75,0
Above THE AVERAGE	1	4,2	79,2
GOOD	4	16,7	95,8
EXCELLENT	1	4,2	100,0
SUM	24	100,0	

Appropriate levels of aptitude heart breath are necessary the health, physical conditioning, and acting of activities with characteristics of low intensity and long duration. In relation to the evaluation of this component analyzed by the distance traveled in the test of walking to run in twelve minutes (COOPER,1968), 58,3% of the sample met in the classification levels as being very weak, weak and reasonable, 25,0% good and 16,7% excellent. Those classificatory levels, demonstrated in the table 06, contrast with the levels found by Anez (2003), in study on the military policemen's of Santa Catarina state capacity heart breath, where most of those analyzed (98,6%), they assisted to the approaches established for the health.

TABLE - 06: PERCENTILE OF RELATIVE AND ACCUMULATED FREQUËNCY OF RESISTÊNCE AERÓBIA'S CLASSIFICATION (N=24)

CLASSIFICATION	FREQUENCY	% I WORTH	% ACCUMULATED
VERY WEAK	8	33,3	33,3
WEAK	3	12,5	45,8
REASONABLE	3	12,5	58,3
GOOD	6	25,0	83,3
EXCELLENT	4	16,7	100,0
SUM	24	100,0	

In the analysis of the capacity heart breath through the maximum consumption of oxygen, it was verified that the average of this variable in the studied group met below the strip recommended by the literature, as I study us of Lemon and Hermiston (1977), Davis et al. (1982), Shephard (1987), Saupe et al. (1992) that suggest a VO2 necessary for the efficient acting of the missions accomplished by the firemen as being superior to 39 ml/kg/min or 3 l/min. In this case he/she suggests himself to an intervention through the application of a physical training to elevate the levels of this physical quality in the studied population.

The study for now accomplished it presents consent with studies accomplished on the policemen's physical aptitude and military firemen of Santa Catarina State, of both sexes, that identify low aptitude levels (approximately 54%) and high obesity index (approximately 23%) (ANTON, 1984; OLD, 1994; ROSE, 1997; he/she WHISTLES, 1997A; he/she WHISTLES, 1997B; BALDESSARI, 1997; BOLDORI, 1999).

CONCLUSIONS

The study with base in the sample allowed to conclude that the military firemen of the area of Cariri From Ceará came with low levels of physical aptitude considering the components of resistance aeróbic, flexibility and located muscular resistance, as well as exhibition to the risks related to the health through the excess of corporal fat, what can come to cause a lacuna in the execution of the mission, in presence of situations that involve so much helped him as the rescuer.

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PROGRAMA DE PÓS-GRADUAÇÃO STRICTO SENSU EM CIÊNCIAS DA MOTRICIDADE HUMANA - PROCIMH-UCB/RJ - BRASIL
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CHARACTERISTICS OF RELATED PHYSICAL APTITUDE TO THE HEALTH OF MILITARY FIREMEN IN THE AREA OF CARIRI FROM CEARÁ, BRAZIL

Abstract: The professions linked to the military career demand a minimum physical condition from its members, satisfactory for the acting of its specific functions, addressing them for a maintenance of good levels of physical aptitude related to the health, because in the execution of its occupation, they come across the most varied adversities, that empty space from tasks of energy worn-out bass to those that need larger physical efforts. I objectify: to characterize and to generate parameters of physical aptitude related to the military firemen's health the Methodology elapses of a descriptive, traverse study, with 24 individuals of the masculine gender of 30 to 47 years, with average of age of 35,8+4,9dp, military firemen in the cities of Juazeiro of the North and Crato, that rendered the tests of percentile of fat (%G), for cutaneous folds; to walk and to run 12 minutes; to sit down and to reach; flexion and elbow extension and to sit down and to lie (abdominal) Results: he/she met averages and DP of: %G 23,92+ 4,30; of to WALK AND to RUN 12 MIN. 2031,16+ 474,94 m; VO² MAX. 34,69+10,31 ml/kg/min; to SIT DOWN AND to REACH 33,81+10,24 cm; FLEXION is EXTENSION OF ELBOW (max. rep.) 22,13+ 11,57 rep; ABDOMINAL IN one MINUTE 20,21+11,03 rep. Conclusion: The military firemen of the area of Cariri From Ceará came with low levels of physical aptitude considering the components of force, resistance aerobics, flexibility and located muscular resistance, as well as exhibition to the risks related to the health, what can come to cause a lacuna in the execution of the mission, in presence of situations that involve so much helped him as the rescuer.

Key Words: military firemen, physical aptitude, physical tests.

CARACTÉRISTIQUES D'APTITUDE PHYSIQUE APPARENTÉE À LA SANTÉ DE POMPIERS MILITAIRES DANS LA RÉGION DE CARIRI DE CEARÁ, BRÉSIL

Resume: Les occupations liés à la carrier militaire exigent de ces integrants une condition physique minime, satisfaisante pour le development des functions spécifiques, afin qu'ils puisse avoir bons niveaux de capacité physique pour la santé, parce que, on voit une varieté d'adversités, dès les activités de bas dépense énergétique jusqu'à celles qu'ont besoin de grand effort physique. **Objective**: caractériser et gérer paremètres d'aptitude physique lié à la santé des pompiers militaires **La Méthodologie** decours d'un étude descriptible, transversal, avec 24 personnes du genre masculin entre 30 à 47 ans, avec l'age moyen de 35,8± 4,9dp, pompiers militaires dans les villes de Crato et Juazeiro do Norte, qu'ont fait les tests de pourcentage de graisse (%G), marcher et courrir en 12 minutes; s'asseoir et éteindre, flexion et éxtensiton du coude et s'assoeir et se coucher (abdominal**). Resultats**: les moyennes et DP de %G 23,92 ± 4,30 trouvées; marcher et courrir en 12 minutes. 2031,16 ± 474,94 m s'asseoir et éteindre 33,81±10,24cm; flexion et extension du coude(máx. Rep) 22,13 ± 11,57rep**; Abdominal dans un minute** 20,21 ± 11,03 rep. **Conclusion**: Les pompiers militaires de la région du Cariri montrés bas niveaux d'aptitude physique en considerant les components de force, resistence aérobique, flexibilité et resistance musculaire locale, comment aussi ils montrent exposition aux risques liés à la santé, que peuvent occasioner une lacune dans l'accomplissement de la mission, en presence de situations qu'impliquent la personne aidé et celle que fait le secours.

Mots clés: pompier militaires, aptitude physique, l'épreuve physique

LAS CARACTERÍSTICAS DE APTITUD FÍSICA RELACIONADA A LA SALUD DE BOMBEROS MILITARES EN EL ÁREA DE CARIRI DE CEARÁ, BRASIL

El lo abstracto: Las profesiones se unieron a la demanda de la carrera militar una condición física mínima de sus miembros, satisfactorio para la acción de sus funciones específicas, dirigiéndoselos para un mantenimiento de niveles buenos de aptitud física relacionaron a la salud, porque en la ejecución de su ocupación, ellos se encuentran con las adversidad más variadas que el espacio vacío de las tareas de energía el bajo estropeado a esos esa necesidad los esfuerzos físicos más grandes. YO EL OBJECTIFY: caracterizar y generar parámetros de aptitud física relacionaron a la salud de los bomberos militares la Metodología pasa de un descriptivo, transversal estudie, con 24 individuos del género masculino de 30 a 47 años, con el promedio de edad de 35,8+4,9dp, los bomberos en las ciudades de Juazeiro del Norte y Crato que dieron las pruebas de percentil de grasa (%G), para los pliegues cutáneos; caminar y ejecutar 12 minutos; sentarse y alcanzar; la flexión y extensión del codo y sentarse y quedar (abdominal) los Resultados: los he/she se encontraron promedios y DP de: %G 23,92+ 4,30; de CAMINAR Y EJECUTAR 12 MIN. 2031,16+ 474,94 m; EL MÁXIMO DE VO². 34,69+10,31 ml/kg/min; SENTARSE Y ALCANZAR 33,81+10,24 centímetro; La FLEXIÓN es EXTENSIÓN DE CODO (el máximo) 22,13+ 11,57 representante; ABDOMINAL EN un MINUTO 20,21+11,03 representante. La conclusión: Los bomberos militares vinieron con los niveles bajos de aptitud física considerado los componentes de fuerza, los aerobic de resistencia, la flexibilidad y localizó la resistencia muscular, así como la exhibición a los riesgos relacionados a la salud, lo que puede venir a causar una laguna en la ejecución de la misión, en la presencia de situaciones que involucran tanto lo ayudó como el rescatador.

Las Palabras de la llave: los bomberos militares, la aptitud física, las pruebas físicas.

CARACTERÍSTICAS DE APTIDÃO FÍSICA RELACIONADA À SAÚDE DE BOMBEIROS MILITARES NA REGIÃO DO CARIRI CEARENSE, BRASIL

Resumo: As profissões ligadas à carreira militar exigem de seus integrantes uma condição física mínima, satisfatória para o desempenho de suas funções específicas, direcionando-os para uma manutenção de bons níveis de aptidão física relacionada à saúde, pois no cumprimento do seu oficio, deparam-se com as mais variadas adversidades, que vão desde tarefas de baixo gasto energético até aquelas que necessitem de maiores esforços físicos. **Objetivo:** caracterizar e gerar parâmetros de aptidão física relacionada à saúde de bombeiros militares **A Metodologia** decorre de um estudo descritivo, transversal, com 24 indivíduos do gênero masculino de 30 a 47 anos, com média de idade de 35,8±4,9 anos, bombeiros militares nas cidades de Juazeiro do Norte e Crato, que prestaram os testes de percentual de gordura (%G), por dobras cutâneas; caminhar e correr 12 minutos; sentar e alcançar; flexão e extensão de cotovelo e sentar e deitar (abdominal) **Resultados:** encontrou-se médias e DP de: %g 23,92±4,30%; de caminhar e correr 12 min. 2031,16± 474,94 m; VO_2 máx. 34,69±10,31 ml/kg/min; sentar e alcançar 33,81±10,24 cm; flexão e extensão de cotovelo (máx. rep.) 22,13± 11,57 rep; abdominal em um minuto 20,21±11,03 rep. **Conclusão:** Os bombeiros militares da região do Cariri Cearense apresentaram-se com baixos níveis de aptidão física considerando os componentes de força, resistência aeróbia, flexibilidade e resistência muscular localizada, bem como exposição aos riscos relacionados à saúde, o que pode vir a ocasionar uma lacuna no cumprimento da missão, em presença de situações que envolvam tanto o socorrido quanto o socorrista.

Palavras Chave: bombeiros militares, aptidão física, testes físicos.