56 - VOLLEYBALL, SPORTS INITIATION. AND ITS BENEFITS IN THE PRODUC – SPORTS INITIATION

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INTRODUCTION

This article aims to discuss sports initiation, which is increasingly present in the lives of people, especially children and adolescents, thus stimulating the improvement of the sport. According to Almeida (2005) and Nevis (2008), since the 1970 there are bibliographies on various sports initiation. Already Ramos and Neves (2008) state that the term sports initiation is known worldwide as a chronological process in the course of which a subject makes contact with new experiences ruled over a physical-sport activity. While that is the way that children and adolescents use not only to learn particular sport, but also for fun.

In this scenario, looking for a sports initiation that includes all human complexity, Santana (2005) understands the term as the period when the child starts regular and oriented practice one or more sports, where the immediate goal would be to continue his development holistically, not resulting in regular competitions. However, unlike the sports initiation, Kunz (1994) presents early specialization is an activity where the child is placed in a long-term training with the goal of increased revenue for participating in sports competitions.

From the guidance of teachers, practitioners hold your focus on improving your sports performance in the physical, psychomotor and affective. It is worth mentioning the importance of motivation not only teachers, but especially parents, because monitoring can be the basis for young people to engage with greater vigor and satisfaction within their choice.

In addition to helping children and adolescents to socialize with each other, the sport can have a strong potential away from drugs and educating the emotions. To better discuss this context, we can say that it is a kind of violence, because it can manifest itself in many ways, in this case, being described as violent sports that legally would harm the legal interests as a result of the practice of a sport.

In this perspective, Tubino (1992) notes saying that the sport through its peculiarities and the ease that has to engage and provoke allows often a misuse of its possibilities of content, paradoxically, with its purposes, but its practice is still seen as one of the best ways of human coexistence. This explains that the social effects that occur negatively in the sport are phenomena malicious uses of sports. On a whole, we cannot associate violence or the influence that sport has on most people, considering that through sport, participants have greater contact with defeats and victories, and to have greater awareness of such results. According to Dunning (1990), today the sport is much more peaceful than in times past.

Inside being punctuated about sports initiation is marked in the text the importance of accountability for children and adolescents with studies, their family, friends and personal duties. These items are discussed along with a project that was developed by the University of Rio Grande in partnership with the city of Duque de Caxias. This project was called PRODUC – Sports Initiation, which aim to develop physical skills, cognitive, affective, social and moral youth between seven and fifteen years of both sexes in various sports.

The different sports used PRODUC aimed at improving the development of activities among children and adolescents. However, the modality chosen for this study was the construction volleyball, their gestures, their particularities and their development process individually and collectively. Thus, the article discusses the proposal screen incentive volleyball practice for children and adolescents from seven to fifteen years, seeking to highlight the importance of sports and its development in the midst of society.

This study starts from the hypothesis that the volleyball reduces rates of violence, it is a stimulus within the sports issues of initiation and a team sport without bodily contact between opponents, where it takes a team effort and one depends on the other for they can achieve victory.

It is believed that through the activities of volleyball practice of sports initiation generates fun in the midst of a community that can be checked or not by violence. In this sense, it is presented as benefits psychomotor performance, socialization, cognitive, which is responsible for examining the game, beyond issues of active life, leaving aside the lifestyle, provided by the video game, computer and other technologies.

METHODOLOGY

This study used the research design Dimensions Novikoff (2010), a search process is not linear, but dialectical. Regarding Dimension Technique, our research is qualitative in nature (CRESWEL, 2010) type literature, documentary and descriptive. The literature consists in the study of the theories of Silva (2001), Nunes and colleagues (2013); Filgueira (2007) Filho (2010) and Almeida (2003), who in his studies showed similar goals within various topics on the concept of sports initiation. Everything depends on the sport in which children and adolescents are inserted. Such authors seek to inform the benefits of sports, both physically and socially, and to investigate the importance of parents in the initiation of the children in sports.

At first, we tried to show what sports initiation and understand its importance in the development of human beings. Thus, in the literature there are authors like Celani (2001) and Arena (2000) corroborate opinions on age appropriate sports initiation, relevance to the practice of sports has on the child, encouraging teachers and family, and the influence of sport with regard to violence.

Then, we present a case study on the PRODUC – Sports Initiation while facing volleyball. Stands out the application with the child's progressive method according to the age of each student, respecting their particularities, because children and young people should not be charged as an adult in a sport, as these may affect attitudes inherent motor development, cognitive and affective (WEINECK, 2005).

The methodology PRODUC – Sports Initiation aims sports training based on cognitive, affective, technical, physical and social, accompanied with a tactical and ethical learning modalities performed.

RESULTS AND DISCUSSION

Through literature review, it is possible to obtain results about reading authors who undertake research that underlie

the subject under study in order to explain theoretically the research. Therefore, we developed a framework for the context, can guide the steps to take the survey, thus obtaining better results and understandings.

Chart 1. Guiding studies on the subject

ITEMS	CONTENT				
Author and Article	Francisco M. Silva; Larissa Fernandes; Flórida O. Celani. Sport for children and young people - a study on the ages of initiation. (2001).	Bruna Gomes Nunes Felipe da Silva Triani Paulo Sérgio Pimentel de Oliveira Cristina Novikoff. Produc - Initiation sports: A way to cope with the violence? (2013).	Fabrício M. Filgueira Gisele M. Schwartz. Fans familiar: the complexity of interrelations in sports initiation to football. (2007).	Ademir Queiroz de Figueiredo Filho; Luciano Meireles de Pontes. Morphological and nutritional From children and young athletes registered in the fèderation paraibana volleyball. (2010).	Tania Abreu de Almeida1; Eliane Abreu Soares. Dietary and anthropometric profile of adolescent athletes volleyball. (2003)
Methodology	Bibliographical and field research.	The qualitative research (CRESWEL, 2010) has a strategy cas e study with exploratory and descriptive purposes.	Qualitative research is suitable for this purpose, in view of its characteristics and penetrating power at the heart of social phenomena, as Richardson notes.	A quantitative descriptive	Field research with food frequency questionnaire. Quantitative and qualitative methods.
Data and analyzes	This article seeks to demonstrate the high importance of sport, alongside the sharp increase in competition in a highly specialized sports context, determines the need for early participation and requires greater attention in the preparation of young sportsmen.	The analysis of the project follows the line of Bardin (2011). The French technique has no ready model, but that is constructed through a back-and-forth continued and must be reinvented each time as (ibid.). Thus, / a Analysis is guided in the grounds of the concept of violence and levels of operation of a project linked to a government that should be guided by legislation.	The study was based on two complementary stages, the first one referring to a literature search on the thematic focus and the second on an exploratory, using as instrument for data collection a questionnaire mixed.	Data were collected through instruments related to anthropometric and nutritional assessment that was analyzed in a questionnaire so that responses were obtained objective multiple choice type. Nutritional assessment used a questionnaire-type "food history".	Was used for statistical analysis the nonparametric test for normality, the sign, for the evaluation of nutrients studied.
Results	The data revealed that for the collective modalities that 74% of coaches recommended as the ideal age range of 9 - 12, while in individual sports, the prevalence was between 5 -10 years, with 58% of indications. There was also a marked divergence between the ages coaches pointed as ideals and those that, indeed, the process is going, real ages.	Starting the first step to confront the concept of violence within the project PRODUC- Initiation spor ts, did not observe any term or theoretical basis that could indicate concern about this phenomenon so evident in the city. Regarding the analysis of the project, the items were found: Corporate Presentation; Management and operationalization; Rationale; P urpose; Product; description, including the citation About Assessment Sheets, Customer Expectations, and Success Factor; Technical Team.	The results are respectively in the form of joint responses related to the factors mentioned above relationship that th e athlete has had and with parents, how it was created, the memories, the events, the events that marked his life, all this will influence the athlete and their mode of action, the start of physical activity to the training and competition (The crowd can b e a factor in the charges and demands, but apparently, according to data obtained by the instruments applied, the student-athletes feel motivated by this form of social pressure in the sport.	The results showed a difference in mean anthropometric variables between the category paraibana studied 36 athletes and selecting juvenile Brazilian evaluated in another study of the same nature.	The anthropometric results showed that athletes had an average of 64,35 ± 6,12 kg body weight; 1,74 ± 0,06 m in height and 2 0.51 ± 2,43% body fat. Dietary assessment showed caloric intake, and hypoglycemic-protein, and inadequate intake of calcium, folate and vitamin E. Besides being in a period of intense development, these athletes have high energy expenditure for the trainin g to which they are subjected.

By making the articles studied the correlation with the development of the theme, we can say that he favors the analysis and contribution as psychomotor development, anthropometric and social among children and adolescents.

According to the authors Smith and Florida (2001) in his article entitled "Sport for children and youth: a study of the ages of initiation" sought to identify the ages at which children in the city of João Pessoa, are being initiated in the activity sports, relating them to the recommendations of the literature. Used the quantitative methodology, seeking to reveal which ages the ideal trainers recommend for certain sports, the study found that there would be an ideal age for sports initiation, but there are trends and averages different ages for the initiation process.

In another study, Verardi and Marco (2008) to argue about sports initiation investigated the influence of parents, teachers and technicians, investigated what influences parental influences in the initiation of the practice of children and

adolescents in football, parents seeking answers about who should train their children. In the study, showed that the relationship between parents and children when the sports initiation, not always develops appropriately and positively to the engagement of the child. The data corroborate Machado (2001), which is necessary to explain to parents that the sport gives children and adolescents experiences that help to interact with these stages of life, healthy way, providing comprehensive development of the same, thus corroborating with the benefits previously discussed here.

Arena and Böhme (2000) to discuss the Program Initiation and sports specialization in greater São Paulo, sought to identify and analyze the forms of initiation and sport specialization, adopted by clubs and municipal sports in the region of Greater São Paulo, individual sports and collective, resulting entities to promote training in specific age groups below the recommended methods in the literature surveyed.

In general, and after the discussion of the above studies, it is clear that the project is PRODUC suited to being presented with the literature regarding age of initiation, the bodily and cognitive aspect shows up in accordance with the development, corroborating that the aforementioned authors in the frame, and there is the analysis of violence, even being inserted volleyball as a variant for a sport without physical contact and few levels of violence, it was not possible to obtain direct evidence that there is any influence about violence.

Regarding violence, Motta (2005) argues that it tarnished the luster of the competitions. However, one has to admit that from the moment that puts an appropriate form of explanation for the child that violence is not the best option to resolve any type of issue, you may serve with some influence to soften some conflict that may arise.

According to Martin-Baró (2003), violence is a phenomenon of multiple forms of expression, but it has some peculiarities, which should guide any study that proposes to bare it, and this way we can say even the encouragement of parents applied incorrectly, can cause future psychological problem for children and adolescents.

Seeking to soften the due scenario, we tried to emphasize the importance of the teacher during the sporting and social development of children and adolescents, in this sense, and Zambarin Brondani (2011) point out that the physical education teacher is crucial in shaping the spirit of competition with children. The authors sought to address the importance ago while preparing their students to participate in any game and categorically that they are spontaneous, always respectful at all times both in victory as in defeat, being categorical when addressing the two realities within the sport.

The previous ideas corroborate what was observed in PRODUC – Sports Initiation, it presents strengths as the choice of sporting activity in its inception phase. In it the proposed Project presents customer expectation (children and adolescents), he is that "learning a sport, is achieved, giving them the occupation on the counter-part of the school, with the joy of practicing a sport increasingly improving". Note the interest of keeping the target audience in activity spaces "out" somewhere risk. To this we can deduce how strong point of the project.

However, in Nunes and colleagues (2013), is exposed to a discussion of the theoretical basis of violence is not present in any anchorage in PRODUC – Sports Initiation. No verbatim, but denotes the struggle to overcome violence structured when it proposes to carry out a project boldly entering risk areas, to meet children and adolescents from different parts of the city.

FINAL CONSIDERATIONS

This study intended to show what benefits the sport provides in physical growth, personal, intellectual and social development of children, their influence on children and adolescents in a continuous and active practice, their demands and their outcomes. Besides investigating teaching methodologies, cognitive and motor development along the PRODUC - Initiation through Sports Volleyball, which can positively interfere with the sport and its correlation with violence.

The study showed the importance that exists between the influence of parents and teachers at the time of initiation sport. As you can see, the change is within the current society (MACHADO; PRESOTO, 2001), it is perceived that parents encourage their children to play sports, but with emphasis on competition.

In the study, it is identifiable that sport can assist in reducing violence, but cannot extinguish, and it's no good just having a hint as to whether or not chosen sport less violent to others, for the development by the socializing begins among his family and friends through interpersonal relationships.

Finally, this study demonstrates the importance of the practice of sports initiation, focusing on its benefits and minimizes the violence and cognitive, motor, social and emotional child and adolescent in their daily lives. Being the PRODUC – Sports Initiation, a project to encourage the sport, shows that there are still seeking the inclusion of children and adolescents in the midst of physical activity and the filling of vacant time before or after school hours, to minimize access illicit practices or violent which the social environment offers.

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VOLLEYBALL, SPORTS INITIATION. AND ITS BENEFITS IN THE PRODUC – SPORTS INITIATION

ABSTRACT

This paper aims to show that initiation of sport is a way to stimulate and improve the sport, with proper guidance of teachers, so that practitioners hold your focus on improving your sports performance, and noted the importance of parental involvement along children and adolescents. Given that a project was developed by the University of Rio Grande in partnership with the city of Duque de Caxias, called PRODUC - Initiation Sports, who have in order to develop physical skills, cognitive, affective, social and moral young people between seven and fifteen years of both sexes. However, the method we have chosen for construction of the present study is the volleyball assuming that this sport reduces the rate of violence, to be collective and without body contact with the opponent. The aim was to bring a discussion about sports initiation within the PRODUC - Initiation Sports, with emphasis on volleyball. The methodology chosen for the study was a qualitative, of bibliographical. The results imply that the discussion PRODUC is suited to being presented with the literature regarding age of initiation, body and cognitive aspect. But while volleyball is a sport without direct physical contact, it was not possible to obtain direct data if there is any influence on violence. Research has shown that through sports initiation, with emphasis on volleyball, is possible through the practice help reduce violence and promote the development of cognitive, motor, social and emotional child and adolescent.

KEYWORDS: Initiation sports. Volleyball. Violence.

VOLLEYBALL, INITIATION SPORT ET SES BIENFAITS AU SEIN DE I' PRODUC – INITIATION SPORT

RÉSUMÉ

Cet article vise à montrer que l'initiation du sport est un moyen de stimuler et d'améliorer le sport, avec un bon encadrement des enseignants, afin que les praticiens tiennent votre attention sur l'amélioration de vos performances sportives, et souligné l'importance de la participation des parents ainsi les enfants et les adolescents. Étant donné que le projet a été développé par l'Université de Rio Grande en partenariat avec la ville de Duque de Caxias, appelé PRODUC - Initiation sportive, qui n'ont en vue de développer les aptitudes physiques, cognitives, affectives, sociales et morales des jeunes entre sept et quinze ans de deux sexes. Cependant, la méthode que nous avons choisie pour la construction de la présente étude est le volley-ball en supposant que ce sport permet de réduire le taux de violence, d'être collective et sans contact corporel avec l'adversaire. L'objectif était d'amener une discussion sur l'initiation sportive au sein de la PRODUC - Initiation sportive, en mettant l'accent sur volley-ball. La méthodologie retenue pour l'étude était qualitative , des bibliographique. Les résultats impliquent que la discussion produc est adapté pour être présenté avec la littérature concernant l'âge de l'initiation, le corps et l' aspect cognitif. Mais tout de volley-ball est un sport sans contact physique direct, il n'a pas été possible d'obtenir des données directes s'il ya une influence sur la violence. La recherche a montré que, grâce à l'initiation sportive, en mettant l'accent sur volleyball, est possible grâce à la pratique de réduire la violence et promouvoir le développement du cognitif, moteur, social et affectif de l'enfant et de l'adolescent.

MOTS-CLÉS: Sport initiation. Volleyball. Violence.

VOLEIBOL, DEPORTES Y INICIACIÓN EN LOS BENEFICIOS PRODUC – DEPORTES Y INICIACIÓN

RESUMEN

Este trabajo tiene como objetivo mostrar que la iniciación del deporte es una forma de estimular y mejorar el deporte, con la debida orientación de los profesores, por lo que los profesionales tienen su enfoque en la mejora de su rendimiento deportivo, y señaló la importancia de la participación de los padres a lo largo de niños y adolescentes. Teniendo en cuenta que un proyecto ha sido desarrollado por la Universidad de Rio Grande, en colaboración con la ciudad de Duque de Caxias, llamado PRODUC - Inicio Deportes, que tiene el fin de desarrollar las habilidades físicas, cognitivas, jóvenes afectivos, sociales y morales entre siete y quince años de ambos sexos. Sin embargo, el método que hemos elegido para la construcción del presente estudio es el voleibol el supuesto de que este deporte se reduce la tasa de violencia, de ser colectiva y sin contacto físico con el oponente. El objetivo era llevar una discusión acerca de la iniciación deportiva en el PRODUC - iniciación deportiva, con énfasis en el voleibol. La metodología elegida para el estudio fue un cualitativa, de bibliográfica. Los resultados implican que la discusión PRODUC es adecuado para ser presentado con la literatura en relación con la edad de inicio, el cuerpo y aspecto cognitivo. Pero mientras que el voleibol es un deporte sin contacto físico directo, no fue posible obtener datos directos si hay alguna influencia sobre la violencia. Las investigaciones han demostrado que a través de la iniciación deportiva, con énfasis en el voleibol, es posible a través de la práctica de ayudar a reducir la violencia y promover el desarrollo de las capacidades cognitivas, motoras, social y emocional del niño y del adolescente.

PALABRAS-CLAVE: Iniciación deportiva. Voleibol. Violencia.

VOLEIBOL, INICIAÇÃO DESPORTIVA E SEUS BENEFÍCIOS DENTRO DO PRODUC-INICIAÇÃO DESPORTIVA

RESUMO

Este artigo buscou mostrar que a iniciação desportiva é uma forma de estimular e aperfeiçoar a prática do esporte, com a devida orientação dos professores, para que os praticantes detenham seu foco em melhorar seu desempenho esportivo, além de assinalar a importância da participação dos pais junto às crianças e adolescentes. Tendo em vista que foi desenvolvido um projeto pela Universidade do Grande Rio em convênio com a Prefeitura de Duque de Caxias, denominado PRODUC - Iniciação Desportiva, que têm com objetivo, desenvolver aptidões físicas, cognitivas, afetivas, sociais e morais em jovens entre sete e quinze anos de ambos os sexos. Todavia, a modalidade que elegemos para construção do presente estudo é o voleibol partindo da hipótese que este desporto reduz o índice de violência, por ser coletivo e sem contato corporal com o adversário. O objetivo da pesquisa foi trazer uma discussão quanto a iniciação esportiva dentro do PRODUC – Iniciação Desportiva, com ênfase no voleibol. A metodologia eleita para o estudo foi do tipo qualitativo, de cunho bibliográfico. Os resultados implicam na discussão de que o PRODUC está adequado ao que está sendo apresentado junto às literatura quanto à idade de iniciação, aspecto corporal e cognitivo. Porém, embora o voleibol seja um esporte sem contato físico direto, não foi possível obter dados diretos se há ou não influência quanto à violência. A pesquisa demonstrou que através da iniciação desportiva, com ênfase no voleibol, é possível através da prática contribuir para minimizar a violência e promover o desenvolvimento cognitivo, motor social e afetivo da criança e do adolescente.

PALAVRAS-CHAVE: Iniciação desportiva. Voleibol. Violência.