132 - THE IMPORTANCE Of THE PHYSICAL EVALUATION IN THE PERTAINING TO SCHOOL PHYSICAL EDUCATION

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INTRODUCTION

In the process teach-learning, related with physical activity and performance, the physical and functional evaluation has as objective, to measure and to evaluate the physical conditions of the individual, being adjusted it it the program of physical activity and to review the processes carried through during a period of time daily pay-established for the appraiser and/or professor. As Marins & Giannichi (2003), the objectives of a physical evaluation nor always clearly are understood, or either, nor always the evaluation are a final act of a judgment, therefore it is a process that can serve for some objectives, as for example: to diagnosis, to verify the progress of the individual, to classify, to select individuals, to keep standards of physical performance waited with the training, to motivate the individual and, finally, to serve as line of direction for the scientific research in Physical Education. The human being is extremely complex in its formation and only in some aspects, then, in some physical abilities and profiles, it the homogeneity of the group will be differentiated in relation. A detected time the potentialities and the difficulties of the evaluated one, the professor will have subsidies to select and to adjust a program of physical activity and coherent physical exercises, providing to the development of the performance and health of the customer, contributing in the improvement of the quality of life. Through measures and tests, metodologicamente trustworthy in the processes of measures and physical evaluation, it is that the importance appears of its use for the professional of Physical Education. In the pertaining to school physical education, rare we find a professor who carries through a physical evaluation in its pupils. As the research carried through for Pereira & Pacheco (2005), was verified the omission and the indifference of the physical evaluation in the pertaining to school scope for the proper professors of physical education. The present study it had as purpose to carry through a direct, objective and subjective evaluation physical, developed for a practicing public of pertaining to school physical education, with the final intention to stand out the importance of the avaliativo process in the improvement of the health and with the intention not to select and to take care of to the pertaining to school bureaucracy, and yes to elaborate adequate physical activities with the physical conditions and motor abilities presented by the pupils, together with some restrictions in agreement its image and detected morfofisiológica reality. OBJECTIVE The present study it had as objective to analyze the profile of the physical capacity of 297 adolescent students of average education, of both the sexos, with age varying between 13 and 16 years and residents in the Zone North of Rio De Janeiro, through carried through the physical and functional evaluation in two schools of the state net. Despite the majority of the adolescents practising only the pertaining to school physical education, it seems that, the majority of the professors, is not conscientious of the importance of the physical evaluation for this group, the present study demonstrates how much the disgnostic physical evaluation in the lapsing of a program of pertaining to school and not pertaining to school physical activity is excellent, in compliance with the physical conditions of evaluated its.

LITERATURE REVISION

Anamnese

As Pollock & Wilmore (1993), the form of anamnese must include a register of the personal and familiar description of illnesses, diseases and factors of risk, associates the medication and to the treatment that is submitted; the alimentary habits, historical of tobaccoism, alcoholism and alucinógenas drugs, as marijuana, cocaine, craque, ecstasy and others; standards of physical activity and levels of estresse and anxiety, factors this intervening in the health and quality of life of the individual. Moreover, any other pertinent psychological and organic problems or disabilities must be registered. The information gotten in anamnese can assist to previously identify the vulnerability of the individual to the problems of coronariano risk, amongst others, that consequently would be aggravated by the physical tests of effort and the participation of the physical activity desired or proposal. Through the data collected for anamnese, a high differential between and low risk to the health and psicofísico well-being can be diagnosised.

Cineantropometria

According to Fernandes Filho (2001), the objective of the cineantropometria is to improve the understanding of the total functioning of the human body through measures of size, forms, ratio and corporal composition, relating them with the health, exercise and performance. Cineantropometria is the study of the size, forms, ratio, composition, maturation and total function of the human body (ROSS, 1978). Its history is long, the measures of stature and weight has been used per many centuries. Increasing sophistication lead the anthropometry and the biometria for a modern field. An important component of the cineantropometria is the concern in measuring a gamma of 0 variable of physical performance, as muscular force, power, RML and muscular flexibility. Modern techniques to survey the corporal composition are used in diverse fields. Still Fernandes Son (2001), research has compiled a wide relative knowledge to the triad of the corporal, health and performance, becoming the knowledge production, through innumerable research, studies and articles on the cited subject, rich composition and more consolidated, improving in such a way in the application as in the interpretation of the avaliativo process. As Carnival (2000), the objective of the cineantropometria is the measure human being, with sights to the motor performance, in a variety of perspectives. For such objectives, it is needed tests necessary, validated cientificamente and adjusted, to get a coherent analysis and to adjust the program of physical activity. Still Carnival (2000), defines some nomenclatures used in the cineantropometria, that are: the test: used instrument to survey a knowledge or ability of the evaluated one, generally of quantitative character; b-measure: technique that it supplies, through necessary and objective processes, of quantitative character, the qualities of that if it desires to survey; c evaluation: it is a process for which, using the objective or subjective measures, if it can state and compare criteria, judging the efficiency of the system of work used with the evaluated one; d analysis: it is the technique that allows to detect the reality where if finds the evaluated one, or the results of the developed work of an individual or a group. The antropométricas measures used in the Physical Education ` are classified in: Linear the Longitudinal heights and Transversal or diâmetros lengths b Circumferences or Perimeters c corporal Mass With the objective to get measured that they will serve in the development of some formulas, as for example: of the óssea mass, muscular, residual mass, mass of fat and lean mass.

Evaluation of the Physical Aptitude

It is necessary and basic, the accomplishment of a medical examination before the admission in programs of pertaining to school physical activities and the ones that objectify the performance, aiming at to detect some physical and

organic problem, that will be able to place in risk the life of the evaluated one. According to Pollock & Wilmore (1993), it recommends the accomplishment of a routine of physical and laboratoriais examinations as integrant part of a medical evaluation, that later, depending on the results, sends regards a complete evaluation of the physical aptitude, classifying the individual in accordance with the gotten results. The results of these two types of evaluation are used as parameters in the elaboration of physical activities and as information for future comparisons. As changeable intervening in the physical aptitude, in agreement in agreement the ACSM (2003), we can carry through tests that mensurem and evaluate the cárdio-respiratory resistance, the located muscular resistance, the muscular force and flexibility.

Evaluation of the Corporal Composition

According to Costa (2001), the measure of the thickness of the cutaneous folds can be used in absolute values or by equations of regression for the prediction of the corporal density or the percentage of corporal fat. These equations can be generalized, when developed from studies population with heterogeneous groups, or specific, proposals on the basis of studies of homogeneous groups. Sets of ten of equations of prediction of density or corporal fat from the measure of thickness of cutaneous folds are presented in literature (the compass of cutaneous folds is used, of trustworth mark the validated one). In Brazil, the ones that more are used are: (DURNING & WOMERSLEY (1974); FAUKNER (1968); GUEDES (1985); JACKSON & POLLOCK (1978); POLLOCK, SCHMIDT & JACKSON (1980)). Theoretically, the generalized equations can be used for all the types of individuals, however, the results are not so necessary how much it would be desired. To minimize the errors it is very important to determine the protocol that will be used, in accordance with the population that it was elaborated: men, women, children, aged, active athletes, individuals not athlete and others, at last, adjusting with the group that will be mensure. In this study, with a young population, the protocol of Pollock, Schmidt & Jackson was used (1980), 3DC. Through this indirect evaluation of the percentage of fat, for the stature, total corporal mass, circumferences of the côndilos biestilóide and bicondiliano, are that it resulted, for specific formulas, in the values of mass of fat, muscular mass, óssea mass, residual mass and lean mass.

Index of Corporal Mass IMC

The index of corporal mass (IMC) determines the relation of the total corporal mass in kilogramas for the stature of the individual, whose objective is to detect and to classify the individual in the prevalence of overweight and obesidade. Although its use is questionable, this index constitutes an interesting alternative in the mensuração of great population groups, data the low operational cost and the easiness in its attainment, the IMC is used, mainly, with statistical ends to verify the index of obesidade of one determined population (COAST, 2001) and widely recognized for its ability to predict risk of coronarianas illnesses (HEYWARD, 1996).

Postural evaluation

This evaluation has as objective to detect possible posturais unevennesses as: escolioses, cifoses, postural making uneven, posturais vices, posturais attitudes originated by diverse psico-emotional problems, traumas, illnesses, diseases and some disequilibrium of the muscular force and flexibility. As Tribastoni (2001), the position is a somatório of mannering habits and neurofisiológicos, the posturais vices are considered a corporal desalinhamento aesthetic that modify the statics and the dynamics of the body. It is used as disgnostic form, a subjective evaluation (generally carried through the "eye nú"), or more complex, for computerized fotometria, this of raised cost, generally used in laboratories. The postural evaluation is extremely excellent in the intervention of all and any program of physical and/or porting activities, and when not carried through, it can maximize the postural problem that, consequently, will be able to cause serious diseases even though or decurrent illnesses mioarticulares chronic-degenerative of inadequate the physical activity. Soon, it is basic to insert the postural evaluation in programs of physical evaluation.

Methodology

The methodology applied for the collection of data do present study, was pelos validated and adjusted protocols, as picture 01 and 02.

Picture 01- stage 01

METHOD	OBJECTIVE
PERSONAL DATA	personal Identification
ANAMNESE	To collect information on the personal and familiar description in relation to the health and the habits of vidaDetectar on problems of some fisiomorfológica and psychological clutter.

Picture 01- stage 02

METHOD	OBJECTIVE	MATERIAL
CINEANTROPOMETRIA	Mensure the perimetria, the stature and the total corporal mass	metallic trena, SANNY - Balança mark and estadiômetro-FILIZOLA
POLLOCK, SCHMIDT & JACKSON (3 DC)-1980) IMC (OMS)	Mensure the 3 cutaneous folds, to get the percentage of fat, and the Index of Corporal Mass as overweight parameter	Compass of Cutaneous Folds marks SANNY
ANÁLISE POSTURAL KENDALL & KENDALL	To diagnosis shunting lines subjectively posturais	Simetógrafo- SANNY
FLEXIBILIDADE TEST OF WELLS (Canadian Association of Sports Sciences, 1987:38)	Subjectively to evaluate the level of flexibility of the musculaturas posterior of lumbar thigh and	Bank of Wells- SANNY
RML POLLOCK & WILMORE (1978)	**To verify the levels of muscular resistance of superior members and abdome**	Colchonete de espuma

Results

Table 1: Physical capacity

AGE / SEX	MASCULINE (N=118)	FEMININE (N=179)
STATURE	1,66±0,071	1,60±0,069
MASS(Kg)	69,40±3,16	71,70±5,60
AGE	15,30	14,23
%G	23,15±2,70	29,70±3,90
IMC	25,23±3,61	28,20±2,89
ABDOMINAIS	36,60±3,84	23,12±4,65
FLEXÃO S/SOLO	18,4±2,10	10,05±2.97
FLEXIBILITY	21,15±2,91	30,78±3,47

Table 2:Doenças, Diseases and Clutters - Anamnese

Cardiopathy	Hipertensão	Diabetes	Mioarticular	Others
08	03	15	26	41

Table 3: Postural evaluation

J.Valgos	J.Varos	Escoliose	Hiperlordose Lombar	Cifose Toráxica	Asymmetry Shoulders	Asymmetry of Hips
48	37	125	78	63	79	47

Conclusion

In accordance with the gotten results, can be concluded that the type of the used evaluation is inside of the scientific parameters praised by ACSM(2003). The group of evaluated individuals, demonstrated, as the results, indices above of the average of %G, and IMC inside of normality, indices below of the average of the muscular of superior members and abdominal resistance and of the flexibility of lumbar, common the posterior musculatura of thighs and to the sedentary individuals. The postural evaluation presented high indices of varied structural disequilibria, and also it was detected, for anamnese, some illnesses and diseases. Soon, through these results, we conclude that in all and any avaliativo method, it must be followed the adequate and trustworth protocols to be mensurados and evaluated, obviously for a professional appraiser of good academic formation, trained and brought up to date in that it concerns the evolutions of the decurrent avaliativos methods of the scientific research, we conclude also, that the lapsing of the physical activity and of the physical exercises, they could only adequately be elaborated, when carried through, initially, together with a medical examination and the physical and functional evaluation. The proposal final of the present study was to demonstrate and to alert to the professionals of pertaining to school physical education, the importance of the accomplishment of a physical evaluation of disgnostic character, in the beginning of each semester, objectifying the lapsing of physical activities and exercises adjusted in the pertaining to school scope, respecting the biological individuality of each individual and keeping the proposal pedagogical, the health of its pupils.

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THE IMPORTANCE Of THE PHYSICAL EVALUATION IN THE PERTAINING TO SCHOOL PHYSICAL EDUCATION

Abstract

The present study it had as objective to stand out the importance of the physical evaluation in the pertaining to school physical education, despite the pertaining to school physical activities being of playful and educational character, the physical effort exists, that can be harmful when some student to present some morfofisiológic clutter. The main parameters of an evaluation had been analyzed how much its importance in diagnose of a group of students of average education. Through the application of anamnese, measured antropométricas, postural evaluation, physical tests and of the mensure of the corporal composition; it is that if it can diagnosis this sample, being able to restrict some exercises and/or physical activities, in accordance with the limitations physical and physiological of each individual, respecting the biological individuality and applying the best strategy to reach the improvement of the health and, consequently the improvement of the quality of life through the pertaining to school physical education. The used sample was of 297 adolescent students, of average education, in two schools of the state net in Rio De Janeiro. The used methodology was the elaboration of a physical and functional evaluation, consisting of one anamnese, measured antropométricas, subjective postural evaluation and some physical tests. In it analyzes of the results, it can be observed that the sample presented innumerable problems of health and postural. Soon, an awareness of the importance of the physical evaluation in diagnose of its pupils fits to the professionals of Physical Education, better to elaborate the adequate and promotional pertaining to school activities physical of the health.

Key Words: health, physical evaluation and physical activity

Resume

La présente étude qu'elle a eue comme l'objectif à tenir hors de l'importance de l'évaluation physique dans concerner l'éducation physique d'école, en dépit de concerner des activités physiques d'école étant du caractère espiègle et éducatif, l'effort physique existe, qui peut être nocif quand un certain étudiant pour présenter de l'image de fond de morfofisiológica. Les paramètres principaux d'une évaluation avaient été analysés combien son importance diagnostiquent dedans d'un groupe d'étudiants de l'éducation moyenne. Par l'application des antropométricas anamnese et mesurés, de

l'évaluation posturale, des essais physiques et du mensure de composition corporelle ; c'est que s'il peut diagnostic cet échantillon, pouvant limiter quelques exercices et/ou activités physiques, selon les limitations physiques et physiologiques de chacun individuel, respectant l'individualité biologique et s'appliquant la meilleure stratégie à l'extension l'amélioration de la santé et, par conséquent l'amélioration de la qualité de la vie par

concerner l'éducation physique d'école. L'échantillon utilisé était de 297 étudiants adolescents, d'éducation moyenne, dans deux écoles du filet d'état dans Rio de Janeiro. La méthodologie utilisée était l'élaboration d'un physique et l'évaluation fonctionnelle, se composant d'un anamnese, a mesuré des antropométricas, l'évaluation posturale subjective et quelques essais physiques. Dans elle analyse des résultats, il peut observer que l'échantillon ont présenté des problèmes innombrables de santé et le postural. Bientôt, une conscience d'importance de l'évaluation physique diagnostiquent dedans de ses ajustements de pupilles aux professionnels de l'éducation physique, meilleurs d'élaborer concerner proportionné et promotionnel l'examen médical d'activités d'école de la santé.

Mots clés : santé, évaluation physique et activité physique

Extracto

El actual estudio que tenía como existe el objetivo a estar parado fuera de la importancia de la evaluación física en pertenecer a la educación física de la escuela, a pesar de pertenecer a las actividades físicas de la escuela que están de carácter juguetón y educativo, el esfuerzo físico, que puede ser dañoso cuando algún estudiante presentar un cierto alboroto del morfofisiológica. Los parámetros principales de una evaluación habían sido analizados cuánto su importancia adentro diagnostica de un grupo de estudiantes de la educación media. Con el uso de antropométricas anamnese, medidos, de la evaluación postural, de pruebas físicas y del mensure de la composición corporal; es que si puede diagnosis esta muestra, pudiendo restringir algunos ejercicios y/o actividades físicas, de acuerdo con las limitaciones físicas y fisiológicas de cada uno individual, respetando la individualidad biológica y aplicando la mejor estrategia al alcance la mejora de la salud y, por lo tanto la mejora de la calidad de la vida con pertenecer a la educación física de la escuela. La muestra usada estaba de 297 estudiantes adolescentes, de educación media, en dos escuelas de la red del estado en Río De Janeiro. La metodología usada era la elaboración de un físico y la evaluación funcional, consistiendo en uno anamnese, midió antropométricas, la evaluación postural subjetiva y algunas pruebas físicas. En ella analiza de los resultados, puede ser observado que la muestra presentaron problemas innumerables de la salud y el postural. Pronto, un conocimiento de la importancia de la evaluación física adentro diagnostica de sus ajustes de las pupilas a los profesionales de la educación física, mejores elaborar el pertenecer adecuado y promocional a la comprobación de las actividades de la escuela de la salud.

Palabras claves: salud, evaluación física y actividad física

A IMPORTÂNCIA DA AVALIAÇÃO FÍSICA NA EDUCAÇÃO FÍSICA ESCOLAR

Resumo

O presente estudo teve como objetivo ressaltar a importância da avaliação física na educação física escolar, apesar das atividades físicas escolares serem de caráter lúdico e educacional, existe o esforço físico, que podem ser prejudiciais quando algum estudante apresentar alguma desordem morfofisiológica. Os principais parâmetros de uma avaliação foram analisados quanto a sua importância na diagnose de um grupo de estudantes do ensino médio. Através da aplicação da anamnese, medidas antropométricas, avaliação postural, testes físicos e das mensurações da composição corporal; é que se pode diagnosticar esta amostra, podendo restringir alguns exercícios e/ou atividades físicas, de acordo com as limitações física e fisiológica de cada indivíduo, respeitando a individualidade biológica e aplicando a melhor estratégia para atingir a melhora da saúde e, conseqüentemente a melhora da qualidade de vida através da educação física escolar. A amostra utilizada foi de 297 estudantes adolescentes, do ensino médio, em duas escolas da rede estadual no Rio de Janeiro. A metodologia utilizada foi a elaboração de uma avaliação física e funcional, constando de uma anamnese, medidas antropométricas, avaliação postural subjetiva e alguns testes físicos. Na analise dos resultados, pode-se observar que a amostra apresentou inúmeros problemas de saúde e postural. Logo, cabe aos profissionais de Educação Física uma conscientização da importância da avaliação física na diagnose de seus alunos, para melhor elaborar as atividades físicas escolares adequadas e promotoras da saúde.

Palavras Chaves: saúde, avaliação física e atividade física.