154 - PROFILE MORFOFUNCIONAL OF THE CANDIDATES TO METRO-RIO´S SECURITY AGENT

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Introduction:

Great companies have a vast picture of employees, where each one plays excellent role in its organization chart. The company needs qualified and trained professionals in each sector that they exert its function fully and that the productivity is positive. Currently, the companies have pointed out the importance to find professionals in the work market, competent and agile in the attainment of results for the organization. This demands technique and cares, therefore many of the problems faced for the companies could be prevented with a good selective process.

The Metro-Rio, inaugurated in March of 1979, is the responsible company for the transport of thousand of daily passengers in Rio de Janeiro city and has innumerable trained employees exerting specific functions, acting simultaneously in the attendance to the external customers, temporary users of the service, and interns, other employees, of the best possible form, objectifying the total quality. To the long one of these years, the Opportrans, company whom the right acquired to explore the service subway, during 20 years since 1998, come investing in the modernization and the recovery of ways, stations and trains, promoting great improvements in its system. The company also comes investing in the qualification, recycling and update of its professionals, with the objective to always offer the best service, with an excellency attendance.

The security agent is an employee who plays important role in this system. The occupant of this position answers for the execution of injunctions, corrective and repressive in the company dependences, therefore he works in the maintenance of the physical integrity of the individuals, employees or not, as well as the preservation of the installations and the company patrimony. The security agent of Metro-Rio, besides playing the above-mentioned functions, also acts as relation-public of the company, therefore he is the first employee to be boarded for a external customer, which displays its doubts or claims.

The function of security agent demands that the employee is with physical, motor and psychological aptitude, chemical preparation for possible eventualities, such as a fire principle in the installations, removal of the passengers of the compositions in the case of energy fall, conduction of the carrying people of special necessities, attendance first-aid, with effectiveness and rapidity in the displacements, without demonstrating anxiety or nervousness so that the passenger if feels insurance and informed good, preventing panic in emergency situations.

According to Law nº 6,149, of December, 2nd 1974, homologated for Brazilian President Ernesto Geisel, the security of the subway transport charges the legal entity who executes it. They include in the security of the subway transport the preservation of the entailed patrimony, the measures of nature administrative, police and educative technique, that aim at the regularity of the traffic, to the preservation and comfort of the users, to the prevention of accidents, the hygiene and the maintenance of the order in its installations. For the security of subway transport, the legal entity who executes it must keep proper and specialized body of agent of security with performance in the areas of the service, especially in the stations, lines and cars of transport. Moreover the body of agents of security of the subway will collaborate with the local Policy to keep the public order, to prevent or to restrain criminal crimes and contraventions in the areas of the service of subway transport.

According to Zkharov (1992, apud FERNANDES FILHO, 2003), "Any functional task that must be decided by the organism is become fullfilled thanks to the definitive intention of its elements" and the human organism has great amounts of capacity, a time that, in different conditions of interaction with the environment, discloses diverse capacities functional. So that the Metro-Rio security agents are employee capable to play its functions fully, a specific selective process for the function was created, demanding that the candidate the security agent has physical aptitudes necessary to participate of the process of training for the function. This training has the duration of ninety days and works in the improvement of the physical capacities aerobic conditioning, force and muscular resistance.

According to Pollock and Wilmore (1993), the level of physical conditioning with which the participants initiate a program determines its level of training and the progression speed. The values of improvement waited in one training program directly are related to the initial level of physical conditioning of its integrant ones. Evidences exist, therefore, that Metro-Rio selects for its program of training to the function of security agent, the individuals that more present developed physical qualities, objectifying improvements in these capacities in the ninety dedicated days to the program.

Objective:

This study it had for objective to verify the morph functional characteristics of the candidates to participate of the process of training for the function of agent of security of Metro-Rio, verifying capacity to carry through demanded physical exercises in the stages of this training, which qualifies the candidate for the functions of the position.

Methods:

The present study was descriptive in agreement Thomas and Nelson (2002, p. 280), type data-collecting. The sample was composed for 106 citizens of masculine sort, between 21 and 36 years, candidates to the position of Metro-Rio's security agent not practicing regular physical activity. All had been submitted to the obligator tests of the election process: Stature and corporal mass, Abdominal Force Test, Arms Force Test, Horizontal Impulse Test and 2400m Cooper Test. For the anthropometric evaluation index of corporal mass was used (IMC), reason of the corporal mass for the high stature to the square, Quetelet (1869). Evaluation to neuromuscular of the physical valences muscular force and muscular power, had been used the Abdominal Force Test and Arms Force Test, Pollock and Wilmore (1993) and the Horizontal Impulse Test, CELAFISCS (1987). For evaluation of the **cardiorrespiratória** aptitude the Test of Race of 2.400m was used, Cooper (1968). The following material was used: One balances mechanics of mark FILIZOLA®, with precision 100 gr. for gauging of the corporal mass; One scientific stadiometer SANNY® for gauging of the stature; Long cushions Ortobom® and digital chronometers TECHNOS®, for the Test of Abdominal Force and Arms Force Test. Carpet rubberized in the measures 4m of length for 2m of width, used as floor and metallic metric ribbon STARRETT®, for marking of the reached distance, in the Horizontal Impulse Test. Track of race of 400m and digital chronometer TECHNOS® for the 2400 m Cooper Test.

Results

The results gotten for the group of evaluated candidates are presented in tables below for better visualization of the data.

	Age	IMC	Arms Force	Abdominal Force	Horizontal Impulse (cm)	Cooper Test 2400m (min)
Mean	27	25,4 3	26,35	37,12	199,94	12'69"
SD	4,05	3,28	8,13	6,82	13,11	1'13"
Minimum	21	17,59	12,00	22,00	187,00	9'18"
Maximum	36	34,19	50,00	55,00	232,00	14'45"
Mode	23	22,86	30,00	40,00	187,00	14'00"

Table 1: Results of the tests.

IMC	Arms Force	Abdominal Force	Horizontal Impulse (cm)	Cooper Test 2400m (min)
Moderately Obese	Average	Good	Regular	Average

Table 2: Tests classification.

In tables above it was verified that, of a general form the group presented satisfactory indices for the initiation of the program of specific training for the function. The results gotten for the group suggest that the evaluated ones possess capacity to carry through exercises and physical activities during this training.

Conclusion: The performance of the evaluated group was satisfactory, since it did not participate of program of regular physical activity. The evaluated citizens had been considered apt to initiate the specific training for the function of security agent.

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PROFILE MORFOFUNCIONAL OF THE CANDIDATES TO METRO-RIO´S SECURITY AGENT

Abstract: Metro-Rio is responsible for the transport of thousand of daily passengers in Rio de Janeiro city and has innumerable trained employees exerting specific functions.The security agent is an employee who plays important role in this system, therefore works in the maintenance of the physical integrity of the individuals and in the preservation of the company installations. Security agent function demands that the employee is with physical aptitude, motor and psychological, preparation for possible eventualities, providing security to the users of the service. So that the security agents of Metro-Rio are able to play they functions fully, created a specific selective process for the function, demanding of the candidate has physical aptitudes necessary to participate of the training process for the funcion. This training process objective improvement the physical capacities aerobic conditioning, force and muscular resistence. **Objective:**This study had for objective verify the morphology characteristics of the individuals candidates to participate of the training process for the function security agent of Metro-Rio. **Methods**:The study was descriptive data-collecting, the sample was composed for 106 citizens, masculine sort, with ages between 21 and 36 years. Specific tests for anthropometric evaluation had been used (IMC), to neuromuscular evaluation was used The Abdominal Test, The Arms Force Test and The Horizontal Impulse Test and for cardiorrespiratory evaluation was used The 2400m Cooper Test. **Results**:The group presented index of corporal mass (IMC) moderately obese.The Abdominal Test and The Force Arms Test had gotten respectively good and average .The Test of Horizontal Impulse was presented to regulate and the 2400m Cooper Test got average classification.**Conclusion:**The evalueated group performance was satisfactory, since it did not participate of physical activity program. The evaluated citizens had been considered able to initiate the specific training for the function of security agent.

Key Words: Agent of security, morphofuncional, Metro-Rio.

PERFIL MORFOFUNCIONAL DE LOS CANDIDATOS AL AGENTE DE LA SEGURIDAD DE METRO-RIO

Extracto: Metro-Ri'o es responsable del transporte de mil de pasajeros diarios en la ciudad de Río de Janeiro y tiene empleados entrenados innumerables el ejercer del agente específico de la seguridad de functions.The es un empleado que desempeña papel importante en este sistema, por lo tanto trabaja en el mantenimiento de la integridad física de los individuos y en la preservación de las instalaciones de la compañía. La función del agente de la seguridad exige que el empleado esté con aptitud física, el motor y psicologico, preparación para las eventualidades posibles, proporcionando seguridad a los usuarios del servicio. De modo que funcionen los agentes de la seguridad de Metro-Ri'o puedan jugarlos completamente, creado un proceso selectivo específico para la función, el exigir del candidato tengan aptitudes físicas necesarias para participar del proceso del entrenamiento para el funcion. Esta mejora objetiva del proceso del entrenamiento el condicionamiento aerobio de las capacidades físicas, la fuerza y el resistence muscular. **El estudio de Objective**: This tenía para el objetivo verifica las características de la morfología de los candidatos de los individuos para participar del proceso del entrenamiento para el agente de la seguridad de la función de Metro-Ri'o. **El estudio de Methods**:The era

reunión de datos descriptiva, la muestra fue compuesto para 106 ciudadanos, clase masculina, con edades entre 21 y 36 años. Las pruebas específicas para la evaluación antropométrica habían sido utilizadas (IMC), a la evaluación neuromuscular fueron utilizadas la prueba abdominal, la prueba de la fuerza de los brazos y la prueba horizontal del impulso y para la evaluación cardiorrespiratory fue utilizada la prueba del fabricante de vinos de los 2400m. **El actual índice de Results**:The grupo de la prueba abdominal corporal de la masa (IMC) moderado obese.The y de la prueba de los brazos de la fuerza había conseguido respectivamente bueno y la prueba media del The del impulso horizontal fue presentada para regular y el fabricante de vinos classification. Conclusion: The medio conseguido prueba de los 2400m evalueated a grupo que el funcionamiento era satisfactorio, puesto que no participó de programa físico de la actividad. Habían considerado a los ciudadanos evaluados capaces de iniciar el entrenamiento específico para la función del agente de la seguridad.

Palabras- claves: Agente de la seguridad, morphofuncional, Metro-Ri'o.

PROFIL MORFOFUNCIONAL DES CANDIDATS À L'AGENT DE LA SÉCURITÉ DE METRO-RIO

Abrégé : Métro-Rio est responsable du transport de millier de passagers quotidiens dans la ville de Rio de Janeiro et a les employés qualifiés innombrables exercer l'agent spécifique de sécurité de functions.The est un employé qui joue le rôle important dans ce système, travaille donc dans l'entretien de l'intégrité physique des individus et dans la conservation des installations de compagnie. La fonction d'agent de sécurité exige que l'employé est avec l'aptitude physique, le moteur et psychologique, préparation pour des éventualités possibles, fournissant la sécurité aux utilisateurs du service. De sorte que les agents de sécurité de Métro-Rio puissent les jouer fonctionne entièrement, créé un processus sélectif spécifique pour la fonction, exiger du candidat ait des aptitudes physiques nécessaires pour participer du processus de formation pour le funcion. Cette amélioration objective de processus de formation le traitement aérobie de capacités physiques, la force et le resistence musculaire. **L'étude d'Objective**:This a eu pour l'objectif vérifient les caractéristiques de morphologie des candidats d'individus pour participer du processus de formation pour l'agent de sécurité de fonction de Métro-Rio. **L'étude de Methods**:The était rassemblement des données descriptif, l'échantillon s'est composée pour 106 citoyens, sorte masculine, avec des âges entre 21 et 36 ans. Des essais spécifiques pour l'évaluation anthropométrique avaient été employés (IMC), à l'évaluation neuromusculaire ont été employés l'essai abdominal, l'essai de force de bras et l'essai horizontal d'impulsion et pour l'évaluation cardiorrespiratory a été employé l'essai de tonnelier de 2400m. **Results**: L'index présenté par groupe de abdominal corporel de la masse (IMC) modérément obese.The et de l'essai de bras de force était devenu respectivement bon et l'essai moyen de The de l'impulsion horizontale a été présenté pour régler et le tonnelier classification.**Conclusion**:The moyen obtenu par essai de 2400m evalueated le groupe que l'exécution était satisfaisante, puisqu'elle n'a pas participé du programme physique d'activité. Les citoyens évalués avaient été considérés capables lancer la formation spécifique pour la fonction de l'agent de sécurité.

Mots clés : Agent de sécurité, morphofuncional, Métro-Rio

PERFIL MORFOFUNCIONAL DOS CANDIDATOS A AGENTE DE SEGURANÇA DO METRO-RIO

Resumo:

O Metro-Rio é responsável pelo transporte de milhares de passageiros diários no município do Rio de Janeiro e possui inúmeros funcionários treinados exercendo funções específicas.O agente de segurança é um funcionário que desempenha importante papel neste sistema, pois trabalha na manutenção da integridade física dos indivíduos e na preservação das instalações da empresa.A função de agente de segurança exige que o funcionário esteja com aptidão física,motora e psicológica, preparado para possíveis eventualidades, proporcionando segurança aos usuários do serviço. Para que os agentes de segurança do Metro-Rio sejam funcionários capazes de desempenhar suas funções plenamente, criou-se um processo seletivo específico para o cargo,exigindo do candidato a agente de segurança as aptidões físicas necessárias para participar do processo de treinamento para a função.Este treinamento tem por objetivo aprimoramento das capacidades físicas condicionamento aeróbio, força e resistência muscular.**Objetivo:**Este estudo teve por objetivo verificar as características morfofuncionais dos indivíduos candidatos a participar do processo de treinamento para a função de agente de segurança do Metro-Rio. **Metodologia:**O estudo foi descritivo tipo levantamento de dados, a amostra foi composta por 106 sujeitos do gênero masculino com idades entre 21 e 36 anos.Foi utilizado IMC para avaliação antropométrica.Para avaliação neuromuscular, Teste de Abdominais , Teste de Flexões de Braço e Teste de Impulsão Horizontal e para avaliação cardiorrespiratória foi utilizado o Teste de Cooper de 2400m.**Resultados:**O grupo apresentou índice de massa corporal (IMC),moderadamente obeso.O Teste de Força Abdominal e o Teste de Flexão dos Braços obtiveram bom e médio respectivamente.Já o Teste de Impulsão Horizontal apresentou-se regular e o Teste de Pista de 2400 m obteve classificação média.**Conclusão:**A performance do grupo avaliado foi satisfatória, já que não participava de programa de atividade física regular.Os sujeitos avaliados foram considerados aptos a iniciar o treinamento específico para a função de agente de segurança.

Palavras-Chave: Agente de segurança,morfofuncional,Metro-Rio.