155 - ANALISYS OF THE PERCEPTION OF THE IMPORTANCE OF PHYSICAL ASSESSMENT ACCORDING TO GYM CLUBS INSTRUCTORS IN RIO DE JANEIRO

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INTRODUCTION

The more information weight training instructors have the better they will perform their job in prescribing exercise programs. Physical assessment should be fundamental (ACSM, 2001), because it's through it that a diagnostic evaluation will be made in a way of knowing the morphologic characteristics and physical fitness that will allow the physical education Professional to prescribe a safe and individual exercise program. The practice of physical activity in order to achieve a better quality of life is growing through the years. With this increasing practice, the search for better quality and safety within services also increases. The number of clubs grows on a daily basis and so does the quality of the services, even with the acquisition of new equipments or with the hiring of more qualified professionals. It was through this perspective that the great number of clubs started the process of assessing people.

Re-assessments will allow one to observe changing in physical fitness because of the prescribed exercises and thus improve this program so that it can meet people's necessities in a way of reaching their goals.

Among many qualities evaluated during a physical assessment, anthropomethric is one of the most important, as it is going to indicate the body composition of a person. (ASTRAND, 2003).

Through these measurements, it is possible to follow up the changes in morphologic characteristics with exercises and diets, giving valuable data to these professionals. (COSTA, 1999).

METHODOLOGY

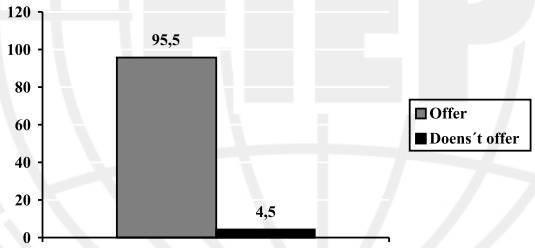
This was a descriptive research (CAMPBELL & STANLEY, 1979) with a survey about the object of this study. This characterization is due to the fact that there is no interference in the object of the study, only a mapping of the *status quo* of the professionals involved in the process of assessing and prescribing weight training exercises.

This research was conducted with 200 gym clubs professionals graduated in Physical Education, of both genders, with no age limitation, from 86 clubs of Rio de Janeiro city randomly chosen.

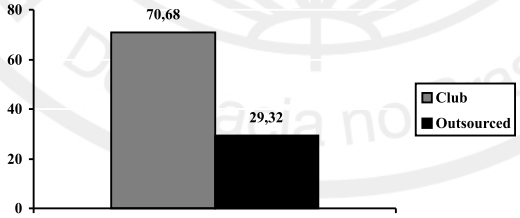
A questionnaire with 11 close questions and 2 open ones was handled individually to the applicants to know their opinion about physical assessment. The answers had no interference of other people not even from the researcher who got out of the place where the Professional was answering it.

RESULTS

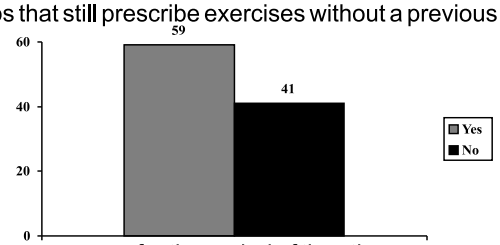
Analyzing this question we can note that a great part of gym clubs offer a physical assessment service.



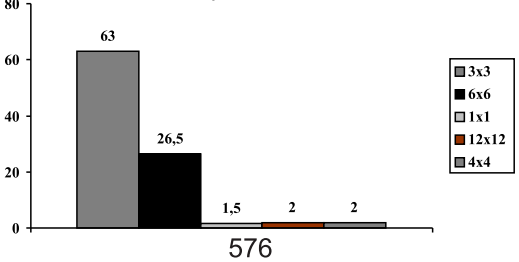
This other question shows us that a great part of clubs offer themselves this service, but there is a considered percentage of clubs which outsource it.



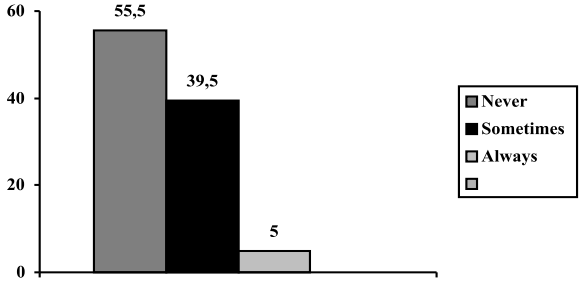
Unfortunately, there are clubs that still prescribe exercises without a previous assessment.



Quarterly was the most commom answer for the period of time the assessments were done.



It is worrying that not all clubs demand that assessments be done.



CONCLUSION AND RECOMMENDATIONS

From this conclusion, clubs should demand physical assessments before the beginning of any activities within its facility, as well as a re-assessment done by qualified professionals so that it can be done in a safer and more scientific way. Doing so, exercises would be better prescribed meeting reach's objectives concerning physical activity without risks for their health.

It is recommended that clubs be more well inspected and professionals be more conscious of the importance of a physical assessment for the prescription of a efficient exercise program allowing us to step forward into the scientific world of prescribing exercises.

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ANALISYS OF THE PERCEPTION OF THE IMPORTANCE OF PHYSICAL ASSESSMENT ACCORDING TO GYM CLUBS INSTRUCTORS IN RIO DE JANEIRO

Abstract: One of the crucial factors for the success when dealing with health is the assessment done before the beginning of a physical activity. It allows one to know about people as a whole so that he can have consistent data so as to prescribe a physical training. With the increasing search for a better quality of life by people anywhere, gym clubs are investing in qualified professionals to work in this area. Thus, the aim of this study is to investigate the importance of physical assessment according to gym clubs instructors in Rio de Janeiro city through a questionnaire with 11 objective questions. Based on the results, we conclude that gym clubs should demand physical assessment as well as a re-assessment for programs in gym and weight training activities both carried on by qualified professionals so that it can be safely and scientifically done and enable one to prescribe right exercises in a safe way for practioners.

Key words: physical assessment, gym clubs, and gym clubs professionals.

ANALISYS DE LA OPINIÓN DE LA IMPORTANCIA DEL GRAVAMEN FÍSICO SEGÚN INSTRUCTORES DE LOS CLUBS DEL GYM EN RÍO DE JANEIRO

Resumen: Uno de los factores cruciales para el éxito cuando el ocuparse de salud es la reexaminación echa antes del principio de una actividad física. Permite que uno sepa sobre la gente en su totalidad de modo que él pueda tener datos constantes para prescribir un entrenamiento físico. Con la búsqueda de aumento para una calidad de la vida mejor de la gente dondequiera, el club de Gym están invirtiendo en profesionales cualificados para trabajar en esta área. Así, la puntería de este estudio es investigar la importancia de la evaluación física según instructores del club del Gym en la ciudad de Río de Janeiro a través de un cuestionario con 11 preguntas objetivas. De acuerdo con los resultados, concluimos que el club del Gym debe exigir la evaluación física así como una nueva valoración para los programas en las actividades ambas del entrenamiento del Gym y del peso continuadas por los profesionales cualificados de modo que pueda hacer con seguridad y científico y permitir a uno prescribir ejercicios derechos de una manera segura para los practicantes.

Palabras-Clave: Evaluación Física; Club del Gym; Instructores del Club del Gym

ANALISYS DE LA PERCEPTION D'IMPORTANCE D'ÉVALUATION PHYSIQUE SELON DES INSTRUCTEURS DE CLUBS DE SALLE DE GYMNASTIQUE DANS RIO DE JANEIRO

Résumé: Un des facteurs cruciaux pour le succès quand traiter la santé est l'évaluation faite avant le commencement d'une activité physique. Il permet à on de savoir des personnes en général de sorte qu'il puisse avoir à données conformées afin de prescrire une formation physique. Avec la recherche croissante d'une meilleure qualité de la vie par des personnes n'importe où, les clubs de salle de gymnastique investissent dans les professionnels qualifiés pour travailler dans ce secteur. Ainsi, le but de cette étude est d'étudier l'importance de l'évaluation physique selon des instructeurs de clubs de salle de gymnastique dans la ville de Rio de Janeiro par un questionnaire avec 11 questions objectives. Basé sur les résultats, nous concluons que les clubs de salle de gymnastique devraient exiger l'évaluation physique aussi bien qu'une réévaluation pour des programmes dans des activités toutes les deux de formation de salle de gymnastique et de poids continuées par les professionnels qualifiés de sorte qu'elle puisse faire sans risque et scientifiquement et permettre de prescrire de bons exercices d'une manière sûre pour des practioners.

Mot clef: Évaluation Physique; Clubs de Salle de Gymnastique; Professionnels de Salle de Gymnastique

ANÁLISE DA PERCEPÇÃO DA IMPORTÂNCIA DA AVALIAÇÃO FUNCIONAL, ATRAVÉS DA ÓTICA DE PROFESSORES DE ACADEMIAS DO RIO DE JANEIRO.

RESUMO

Para o sucesso do trabalho na área de saúde um dos fatores primordiais é a avaliação diagnóstica realizada antes do início de uma atividade física. Esta avaliação nos permitirá conhecer o indivíduo em toda a sua condição morfofuncional, fornecendo assim a maioria das informações necessárias para fornecer um embasamento sólido tendo em vista a prescrição de treinamento físico ou de tratamento fisioterápico. Com o aumento a cada na procura de uma melhor qualidade de vida por parte da população, as academias estão investindo em profissionais preparados e qualificados para atuarem na área de avaliação funcional. Diante do exposto o objetivo deste estudo foi de investigar a importância da Avaliação Funcional na ótica dos professores de educação física de academias localizadas no Município de Rio de Janeiro, através de um instrumento composto de 11(onze) perguntas objetivas. Com base no resultado dos questionários chegamos à conclusão inicial no grupo avaliado que, as academias devem exigir uma avaliação funcional, bem como uma reavaliação para programas nas atividades de ginástica e musculação e que as mesmas sejam feitas por profissionais capacitados e qualificados, tornando o trabalho mais seguro e científico, para uma prescrição adequada de exercícios sem o risco de qualquer tipo de danos à saúde para os praticantes.

Palavras-Chave: Avaliação Funcional, Academia, Profissionais de Academia.