94 - PHYSICAL ACTIVITIES LEVELS OF HIGH SCHOOL STUDENTS AT SESI BARRA FORTALEZA-CE

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Introduction

Many syntoms of chronic-degenerative diseases show an incubation period over 15-20 year. Them, these organic pathologies happen in adults and they could be avoided if healthy routine were developed earlier (GUEDES, 1999). Physical activity is an important auxiliar for increasing the potential of human body heir by genetic and make people better for the modern routine. (BARROS, 1993 apub VIEIRA et al, 2002) The good level of physical habits in childhood prevent many disease in the adult age. (GUERRA, et al, 2005) From 11 to 12 years-old, begin the puberty and the young body start growing us faster and disproportional. (ECKERT, 1993 apub AUGUSTI, 2001) This fase make young people weighty and higher. It means that people hose motor coordination until the adaptation to new body form. (WEINECK, 1999 apub AUGUSTI, 2001) The teenagers are searched in whole world because show a high level of risk behaviour, mainly less physical practice. (OEHLSCHLAEGER et al, 2004) As time goes by, less people become active and great amount of calories are not lost. The social behaviour and sedentary life contribute for increasing the level of pathologies from obesity. (LAZZOLI, 2002) There is a connection winth bad habits like watching and eating the same time and becoming fatter (MA et al & PIMENTA, 2001/2002 apub GIUGLIANO & CARNEIRO, 2004). The researchers have been observed that. (PINHO, 1999) At last, is very important to create ways to make young people active regularly. (SILVA & MALINA, 2000) So, this presentation has as purpose to study the level of physical activity in the secondary school, as wee, the kind of practices and the options and the reasons that take the students to dislike them.

Methodology

This transversal study was made at Dr. Tomaz Pompeu de Souza Brasil state, situated in Fortaleza-Ce and installed at SESI Barra . It was taken from 260 adolescents inscript regularly in the intermediate grades. This research was made by a questionnaire. It was the Statistical Package for social Sciences (SPSS 13.0) for development, using the descriptive statistics as base of measure of central tendency's (average, mode, median, standard error) with associations of references.

Results

Board 1. Samples of sex and age.

Sex	< 14 years		14-15 years		>15 years		Total	
	N	%	N	%	N	%	N	%
Male	33	12,7%	83	31,9%	6	2,3%	122	46,9%
Female	37	14,2%	97	37,3%	4	1,5%	138	53,1%
Total	60	26,9%	180	69,2%	10	3,8%	260	100%

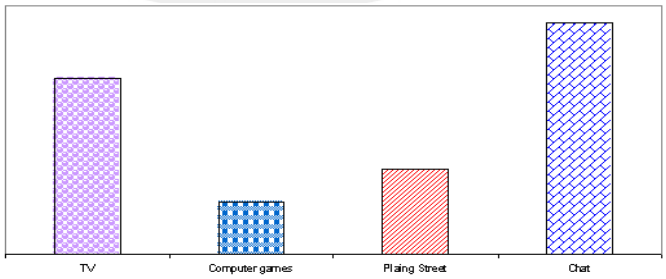
Analyzing the sample according to sex and age we can verify that 138(53,1%) of interviewers are female and 122(46,9%)male and 180(69,2%) are between 14 and 15 years-old. Board 1

About the physical practice, our conclusions have found differences with some other researches about the same matter. Meanwhile on board 2 we observe that 137(52,2%) of the adolescents practice physical activity and 29(21,2%) do it every day or three days a week. Other fact points to great number of physical practice by Young men (59,1%) while among Young women (40,9%). We agreed with many researches about the levels of physical activities in the different ages that show men as the most active part of population.(Malina,2000)

Board 2. Physical Activity according to sex.

Sex	Every day		2 days		3 days		Total	
	N	%	N	%	N	%	N	%
Male	29	21,2%	23	16,8%	29	21,2%	81	59,1%
Female	18	13,1%	43	31,4%	18	13,1%	56	40,9%
Total	47	34,3%	43	31,4%	47	34,3%	137	100%

Graphic 1 Recreational Activities



Is inside leisure practice and through it that the mankind, conscious or not, hold in the extension of his possibilities the criticism about his daily life. However, it is not necessary always be a serious thing, but also an escape from mind, a moment to be relaxed and inspired, a break for being energized again. (LEFEBVRE, 1958). This demand for something unusual in pour routine con justify because the teenagers prefer to talk and not to do physical games. Watching TV became a social conditioning . Watching soap-operas with all family, for example, is the option of all researched! (BRUHNS, 1997). But, watching TV is not enough to keep the teenagers out of the games. Even, so, it is not so easy the adults stop them. This information makes true our thesis 16% of the child to play in the streets than to play and 10% to play in front of a computer. Computer can influence their provide behaviour, but other kind of games much more social interaction, being more positive, educative, disciplinative, a pedagogical instrument.

Arguments

Physical activity has been recognized as an important part of a life style healthy. Also is recognized that the child healthy life can be an important point to have a better healthy future in the adult period. (Twisk, 2001, Strong, 1992 apub Guerra, 2003) So, we can conclude in this research that there is physical activity in the adolescent life, nowadays. We can see on board 2, that 59,1% of the predicates of physical activity are male. That confirms some research's in Rio Grande do Sul, 54,5% of sedentary people is female and 22,2% male. It means that the practice of physical exercises is more constant in male than among girls of the same age. Rio de Janeiro shows 33,3% of the young girls less active than young boy . (24,4%) In both cases are high the level of sedentarism among teenagers other point to analyzer is about the social classes. The Serviço Social da Indústria (SESI) offers many options of activities, such as: hydrogymnastics, gymnastics**,** football, volleyball, swimming, dancing, marcial fights. There are different preces according to the sport. So, economie factor determines the choice of the sport in a club. No time for practising some physical activity is an argument said by 66,66% of female and 41,46% of men adolescents in 21,95%, second place cames laziness and in third place 21,13% no money enough, disliking physical activities, 15,44%.(Board 3)

Board 3. Reasons for Teenagers` sedentarism.

	No money		No time		Laziness		Dislike		Total	
Sex	N	%	N	%	N	%	N	%	N	%
Male	5	4,6%	19	15,44%	10	8,13%	7	5,69%	41	33,33%
Female	21	17,07%	32	26,01%	17	18,82%	12	9,75%	82	66,66%
Total	26	21,13%	51	41,46%	27	21,95%	19	15,44%	123	100%

In comparison with others researches we can notice that sedentarism is a result of many circumstances. In the USA, the National Centers for Desease Control and Prevention(CDC) showed sedentarism as the major problem in the teenagers life (50%). That can be explained, for example, by the great difficulty to pattern the methodological processes and about the types of patter types showing to be necessary researches in different types of adolescents groups.

On board 3, we can verify that no having time is one of main reasons for not have physical exercises. We all know, time is a fundamental dimension that moves our physical and social system dividing time, the human being is different from many cultures, and in the more countries it cantake away from society time for rest and entertainment. (BRUNNS, 1997) It suggest a casual research to verify how the teenagers fill their free time. If we continue to analyse the board 3, we find out that laziness is another point that comes from sedentarism and it has many reasons. We have a lot information around us. Midia can bring a bad influence to adolescents. Also, the intense hormone activity normally occurs in this human fase unemployment, bad social conditions a low level of consume become them frustrated. According to other researchs TAQUETTE, 2003. In our sample we have a low class population, that ´s why, money is a factor that increases the sedentarism mainly among women about disliking activities(17,07%), it is the minor reason among of all (15,44%). To providence inteseting sports in the schools will help to create healthy habits. (LAZZOLI, 2002). Football, trekking, jogging must be include, because are very popular and cheaper to the low social classes. Healthy is certainly the right result in a short and medium time. (MALINA, 2000) We finally conclude that in spite of having physical activity at Dr. Tomaz Pompeu de Souza Brasil school, is still necessary a make the adolescents aware of the importance of being active young people.

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PHYSICAL ACTIVITIES LEVELS OF HIGH SCHOOL STUDENTS AT SESI BARRA FORTALEZA

Abstract

Young scholars hardly show cronic-degenative dysfunctions. That's why we must do efforts to prevent bad habits in this age this period do not appear the syntoms from these pathologies. However, that is not true that they that they are immune to the risk factors that can induce to a morbid states. (GUEDES, 1999) So,the main purpose of the present job to show the level of physical activity in the teenagers in the secondary school and to check their physical practices in the free times. They were asked over about 260 scholars in the period 53,!% female and 46,9% males. We concluded that 52,7% of them had kind of activity and 47,3% made them selves sedentary. Those who had an inactive life, 66,6% were woman. Those who had a good level of physical activity, or games frequently three times a week and 31,4% two time a week. As conclusion about the reasons for being inactive, we find 41,46% do not have time, 21,95% laziness, 21,13% no money, 15,44% dislike being active. About other ways of entertainment, we find that: 42% like talking with friends, 32% watching TV, 16% playing in the streets, 10% playing computer games. As a final conclusion, we find that the routine of a teenager is not approved as the ideal way of living. Despite of the level of physical activity, it is necessaries to include more forms of exercises to increase and improve their quality of living. Keywords: Teenagers, physical activity, school state.

L´INCIDENCE DE LA PRATIQUE D´ACTIVITÉ PHYSIQUE DANS LES ÉTUDIANTS DE L´ENSEIGNEMENT FONDAMENTAL À L´ÉCOLE SESI-BARRA DE LA VILLE DE FORTALEZA

Resumé

En raison du jeune à l´âge d´être à l´école rarement présenter des dysfonctions chroniques-dégénératives, on a très peu investi dans sa formation tournée vers l´adoption des habitudes de vie qui puissent empêcher la manifestation de ces maladies dans son avenir. Le fait de symptômes procédants de maladies chroniques-dégénératives ne pas avoir se manifesté dans cette phase ne signifie pas que le jeune se trouve immunisé aux facteurs de risque qui peuvent dans le futur induire à un état de morbidité (GUEDES, 1999). Ainsi, l´objectif du présent travail est de présenter les niveaux d´activité physique entre des adolescents de l´enseignement fondamental et vérifier ses activités aux moments de loisir. Nous avons appliqué un questionnaire aux 260 étudiants qui étudient dans le tour de l´après-midi, 53,1% étaient du sexe féminin et 46,9% du sexe masculin. Nous avons remarqué que 52,7% pratiquent de l´activité physique et 47,3% se maintiennent sédentaires. La plus grande fréquence d´inactivité se présente entre les femmes, 66,66% d´inactivité. Entre les pratiquants d´activités physiques 34,3% pratiquent l´activité de façon quotidienne ou trois fois par semaine et 31,4% deux fois par semaine. En ce qui concerne aux raisons de l´inactivité, 41,46% des adolescents n´ont pas le temps d´en pratiquer, 21,95% ont de la paresse, 21,13% n´ont pas d´argent et 15,44% n´aiment pas les activités physiques. Dans une analyse des moments de loisir des adolescents, nous avons vu que 42% d´eux aiment bien discuter avec leurs amis, 32% regarder la télévision , 16% jouer dans la rue et 10% jouer à l´ordinateur. Nous avons, donc, conclu qu'à´à l´égard des habitudes de vie des adolescents, il est encore nécessaire un comportement physique plus actif, et que malgré l´incidence d´activité physique entre eux, il faut encore inclure dans leur quotidien la pratique régulière de l´activité physique.

Mots-clefs: Adolescents, Activité Physique, École Publique.

LA INCIDENCIA DE PRÁCTICO DE LA ACTIVIDAD FÍSICA EN ESTUDIANTES DE BASIC EDUCACIÓN EN LA ESCUELA DEL SESI LA BARRA DE LA CIUDAD DE FORTALEZA

Resumem

En razón joven en pertenecer escuela edad raro para presentar cro'nico-degenerativo disfunções tener invertir muy poco en su formación dirigir adopción vida hábito que poder inhibir aspecto este enfermedad en futuro.O hecho síntoma proceder cro'nico-degenerativo enfermedad aún no para tener si revelar en este fase, no significar ese joven este inmune uno riesgo factor que en secuencia poder inducir uno estado morbidez.(GUEDES, 1999) así ser, objetivo regalo trabajo ser para presentar actividad nivel física entre adolescente enseñar básico y para verificar su actividad en momento lazer.Foi-if aplicar uno cuestionario 260 que pertenecen a la escuela de la vuelta de tarde, siendo 53,1% del sexo femenino y 46,9% del sexo masculino.Verificamos que 52,7% de pertenecer a la escuela practican actividad física y 47,3% inmóviles siguen siendo índice de la inactividad de sedentário.O más grande esto inscriben a mujeres con el 66.66% de sedentarismo.Entre que los médicos de la actividad física 34,3% practican actividad de la forma diaria o tres veces por semana y 31,4% dos veces para semana.Quanto a las razones de la inactividad, nosotros consistimos que 41,46% de los adolescentes no tienen tiempo, 21,95% tenemos laziness, 21,13% no tienen dinero y 15,44% no tienen gusto de actividad física. Estamos analizando los momentos del ocio de los adolescentes, vimos ese 42% como para hablar con los amigos, el 32% para atender a la TV, el 16% al juego en la calle y el 10% al juego adentro nosotros computador.Concluímos él, por lo tanto en lo referente a los hábitos de la vida de los adolescentes que si necesario un comportamiento más activo físicamente y que aunque una incidencia de la actividad física entre ellos a una necesidad a incluir en su a práctica regular diaria de la actividad física.

Palabra-llave: Adolescentes, Actividad Física, Escuela Pública.

A INCIDÊNCIA DA PRÁTICA DE ATIVIDADE FÍSICA EM ESTUDANTES DO ENSINO FUNDAMENTAL NA ESCOLA DO SESI BARRA DA CIDADE DE FORTALEZA

Resumo

Em razão do jovem na idade escolar raramente apresentar disfunções crônico-degenerativas tem-se investido muito pouco em sua formação voltada à adoção de hábitos de vida que possam inibir o aparecimento dessas doenças no futuro.O fato de sintomas provenientes das doenças crônico-degenerativas ainda não terem se manifestado nessa fase, não significa que o jovem esta imune aos fatores de risco que na seqüência possam induzir a um estado de morbidez.(GUEDES, 199) Assim sendo, o objetivo do presente trabalho é apresentar os níveis de atividade física entre adolescentes do ensino fundamental e verificar suas atividades em momentos de lazer.Foi-se aplicado um questionário aos 260 escolares do turno da tarde, sendo 53,1% do sexo feminino e 46,9% do sexo masculino.Verificamos que 52,7% dos escolares praticam atividade física e 47,3% ainda mantém-se sedentário.O índice maior de inatividade esta entre as mulheres com 66,66% de sedentarismo.Entre os praticantes de atividade física 34,3% praticam atividade de forma diária ou três vezes por semana e 31,4% duas vezes por semana.Quanto aos motivos da inatividade, constamos que 41,46% dos adolescentes não tem tempo, 21,95% tem preguiça, 21,13% não tem dinheiro e 15,44% não gosta de atividade física. Analisando os momentos de lazer dos adolescentes, vimos que 42% gosta de conversar com os amigos, 32% assistir tv, 16% brincar na rua e 10% jogar no computador.Concluímos, portanto em relação aos hábitos de vida dos adolescentes que se é necessário um comportamento mais ativo fisicamente e que apesar de uma incidência de atividade física entre eles a uma necessidade de incluir em seus cotidianos a prática regular de atividade física.

Palavras-chave: Adolescentes, Atividade Física, Escola Pública.