153 - ANALYSIS OF THE PERFORMANCE OF PERSONAL TRAINNERS IN RELATION THE LAPSING OF DIRECTED PROGRAMS OF TRAINING TO THE PROMOTION OF THE HEALTH OF ITS CUSTOMERS

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INTRODUCTION

THE PROBLEM PRESENTATION

The call "quality of life", that much comes being argued for diverse authors, and that differs from person for person, directly is associated with the style of life of the individual. The same one, can be defined as joint of factors that if they establish connection with the daily habits of each person who goes to predict if its style of life, that is related mainly, to the nutrition, to the physical activity, to the preventive behavior, to the levels of it estresse and the relationships; it affects positive negative or the health and well-being of the individual, which directly reflects its quality of life (ASSUMPÇÃO et al. 2004).

For (BARBANTI, 1990), the related physical aptitude with the health is tipificada by a capacity to carry through the daily activities with vigor and is related to a lesser risk of chronic illness, it contemplates motor components, whose physiological aspect can offer some protection to the organic riots provoked by a sedentary style of life.

One knows that it does not have necessity to become a person athlete for providing a more healthful life to it, for the the opposite, research have proven that an extreme physical effort can, even though, to compromise the state of health of the individual. In the reality, if it makes necessary that the professional of Physical Education is capable in accordance with to guide, to plan, to organize and to prescribe programs of exercises the necessities of each one, so that, they exist desirable alterations in the organism of the individual and promote the health and the welfare individual and social. In this context, the health is being used in its holistic aspect, and not only as absence of illnesses, but, involving aspects and attitudes that move away to the maximum the factors from psychological, affective and social risk that they can provoke the related cardiovascular illnesses to the health and physical well-being.

For AMERICAN COLLEGE OF SPORTS MEDICINE (1998), the benefits associates to the regular exercise and the physical activity they contribute for a style of independent and healthful life, improving very the functional capacity and the quality of life for all the people who are guided correctly.

Thus, physical activity and physical aptitude are understood as basic and of great importance for all the people and an active style of life that promotes the health and well-being in all its aspects are basic for the existence of a life with quality. MATSUDO and MATSUDO (2000), reiterate the lapsing of physical activity while factor of prevention of illness and improvement of the quality of life.

In this context, the INTERNATIONAL FEDERACY OF PHYSICAL EDUCATION - (FIEP, 2000), the "World-wide Manifesto of Physical Education elaborated - 2000", which represents an important event in the history of the Physical Education therefore intends to congregate in an only document the accomplished proposals and quarrels, in the scope of this entity, elapsing of century XX. This express manifesto the ideal contemporaries of valuation of the active life, or either, ratifies the relation between physical activity, health and quality of life and prioritizes the combat to the sedentarismo as objective of the Physical Education (formal and não.formal), by means of the education for the health and the active leisure of continued form.

For (NAHAS, 2001), more of the one than to make with that the pupil understands because of an active style of life with quality and, to obtain to promote positive changes how much to all the 0 variable of pentáculo of well-being, that engloba related aspects the nutrition, estresse, physical activity, relationships and preventive behavior. Therefore, it is to make with that the individual incorporates all these aspects to its daily life and obtains to adhere these habits and to promote quality its proper life.

It has many people who do not feel themselves to the will in frequenting an academy and prefer the privacy. Those already conscientious of the value of the welfare exist physicist, but that they do not have time nor stimulaton; it has those that still need bigger security in the routine of exercises and, the ones that they search resulted aesthetic so longed for, however, never reached in standardized physical activities.

An excellent factor exists that distinguishes and differentiates people one of the others, never detected two accurately equal human beings in relation to its genetic and physiological characteristics. The alimentary habits, type of work, style of life, behavior and preferences that vary very between the people.

Considering all these constatações, the sprouting of the Personalized Training became inevitable, more known in the English version as "Personal Training", understood as a program of physical exercises personalized and elaborated in accordance with the individual objectives and necessities, since that, prescribed and folloied for a qualified professional.

In accordance with NOVAES and VIANA (1998), "the personalized training is a process of application and execution of tests and carried through tasks in systematic ways and individualizadas, being its use based on morphologic, biological and psychological parameters, as well as, in the degree of initial physical conditioning and in the objective it pupil" therefore, if it makes necessary the knowledge of the human body in its ampler direction, since the physical and cinesiológicos aspects, even though, of the area of psychology.

He is important that the professional has conditions to offer to all the orientation necessary to improve the quality of life of a person, being capable to evaluate all the physicist-psico-social 0 variable that must be considered in the elaboration of a plan of physical activities personalized. Beyond, to have security, objetividade, tranquillity, sensitivity, common-sense, perception, sense of limit, charisma, patience, permanent search of the knowledge and scientific update e, mainly, to respect the universe of each pupil, facing each person as an only human being.

According to POWERS and HOWLEY (2000), a dosage for the exercises exists, which depends on the objectives of the executant. This dosage must be in the lapsing of the activities, either for prevention or whitewashing, and so that it exists a correct lapsing if makes necessary that they exist professional qualified that they know to dose the exercise in correct way with the objectives and necessities of each individual.

It is of basic importance the qualification of professionals who act as personal trainners in that she concerns to not only organize, to plan and to guide programs of physical exercises, therefore know that the quality of life does not summarize the physical aspects; but to emphasize the importance of referring mannering changes to daily of the each individual, in all its aspects, emphasizing a balanced nutrition, a preventive behavior, focusing the importance of the physical activity in the control of estresse it, on the psychological aspects, on the relationships, at last, to motivate the customers to long for, to conquer and to keep a style of active and healthful life.

Thus, the characteristics are these that the people search in the personal to trainner, however, exist many people whom if they call as such professional and it does not have formation, qualification and ability enough to exert the profession,

leaving to promote the health consequently and the security, basic and motivador factor that moves many people to search a service personalized to reach its objectives.

Carrying, it is of great importance the verification of as they are being planned the programs of training in the city of Estuary of the Iguaçu/PR, and if these programs are projected for enabled people and with theoretician-scientific basement capable to promote the health and well-being of its customers.

General objective

To verify as personal trainners that they act in the city of Estuary of the Iguaçu/PR is prescribing its programs of training and if these programs are projected in order to promote the health of its customers.

Specific objectives

· To verify the level of formation of the personal trainners;

· to inquire the amount of credeciados and the number of people who do not have license to exert the profession;

· to verify if is carried through physical evaluation and if the same one is being used for the lapsing of the exercise;

· to analyze if is carried through anamnese, and if knowledge regarding the benefits of the physical exercise in relation exists the chronic-degenerative illnesses, and as the interviewed ones guide its programs of exercises when its customers are hipertensos or diabetic individuals.

· to verify which the level of knowledge related to the primary and secondary factors of risk of aterosclerose;

· to verify if exists the use of the Par-q test, and if the same ones are experts of its purposes and importance in relation to the state of health of its customers;

· to inquire if the interviewed ones they are carrying through some type of nutricional orientation, and if some aconselhamento on the part of same in relation to the feeding and the physical exercise exists;

· to verify which the training methods that are being used for beginning pupils who objectify to diminish the percentage of corporal fat and promotion of the health.

METHODOLOGY

CHARACTERIZATION OF THE RESEARCH

The present research is characterized as a descriptive research, as THOMAS (2002) is a status study, widely used in the education and mannering sciences. The author focuses that its value is based on the premise of that the problems can be decided and the practical ones improved by means of objective and complete comment, analysis and descriptions.

ELECTION OF THE CITIZENS

The study was carried through with 22 people chosen for convenience who act as personal trainners in 7 academies of the city of Estuary of the Iguaçu/Paraná.

PROCEDURES AND INSTRUMENTS OF COLLECTION

The questionnaire was composed for 11 questions, being 10 objective and one opened, the same it was elaborated with the aid of more two professors of Physical and distributed Education during the month of October of the current year for the people who act as personal trainners in the Madein Academies, FitFoz, Active, Korpore, Air-Trainning, Bio-Atividade beyond the Academy of the Club West of Estuary of the Iguaçú/PR.

Before the delivery of the questionnaire, it was informed that they could exist a correct alternative e more than, when, the questionnaire did not have the alternatives that the same ones considered correct, the interviewed ones, would have to write down in the verse of the leaf, the reply that believed to be correct.

After the delivery of the questionnaire, was requested that the interviewed ones answered the same, in individual way and without the use of any source of research. Before collecting the questionnaire, he was requested if doubts in the way had existed of as to answer the questions or same, on existing abbreviations.

STATISTICAL TREATMENT

For analysis of the results was used the descriptive statistics (distribution in percentage).

PRESENTATION OF THE RESULTS AND CONCLUSION

Recently, the recognition of the value of the regular exercise as benefit for health had started to be felt by the society but, unhappyly, this trend has been little followed for many personal trainers, since the professionals are many who still resist in giving theoretical matrix to the movement, what cause a certain inertia in the implementation of new practical. Of any form, the movement around the physical activity has forced the profession to consider the relationship enters practical of the exercise and the health, even though for the necessities that the society imposes.

The fact is that in such a way professional formed how much provisionados, have failed in emphasizing the benefits of the regular physical activity, and what it is worse, many do not have the concern to search and to offer knowledge adjusted on the value of the physical exercise for the health. It can be observed that 59% of the interviewed ones verbally affirm to possess the wallet of the CREF and 41% tell not to possess the wallet. Considering that 22.7% of the interviewed ones do not possess superior course and of these, all affirm to possess the wallet of the CREF or only they are waiting it. It can be told that, the performance of the Advice can not be going of meeting with its objectives therefore, of 22.7% that they are not formed, only 4.5% acts in the area has more than 10 years, remaining 18.2%, of people whom they see acting in the area has less than 6 years, and, affirms to be credential, but they never tell to have carried through any type of training.

These data must serve of alert on possible irregularities that can be happening with the Advice, where colleagues whom they prove its formation with its respective diplomas of professors of Physical Education are convoked and judged for not possessing a wallet that can, for many times, being being offered the people whom no superior course does not have and are acting have few years in our area.

In relation the physical evaluation, can be observed that 59.1% do not carry through it, and when they make it, only 36.4% affirm that they use the VO2máx as parameter for the lapsing of the exercise, and 54.5% at least use the FC as changeable for the lapsing or accompaniment of the training program.

One of the results most alarming of the research, was the verification that 45.4% of the interviewed ones do not carry through anamnese disgnostic, and of that they carry through, 31.8% consider that the Osteoporose is a factor of primary risk for Aterosclerose! Entrentanto, only 13.6% consider the sedentarismo and the hipercolesterolemia as primary factors of risk.

Another verified fact is that nenhuns of these professionals uses Par-q and what is more preoccupying, 86.4% of the sample did not have the knowledge on its function.

How much to the existence of some nutricional orientation, 40.9% do not costumam to carry through any form of nutricional aconselhamento and that 54,6 % of the interviewed ones do not costumam to guide as the training program would have after to be the feeding, or either, they do not relate feeding with physical exercise.

Another preoccupying factor of the research, was the verification of that only 4.6% of the interviewed ones are experts of the benefits of the physical exercise for hipertensos and only 22.7% had affirmed that exercises of static resistance are contraindicated. In relation the exercises for diabetic, 68,2 % do not know which the normal levels of glicemia and 22.7% believe that the exercises must be practised in the schedules of peak of the insulina, what it could cause a hipoglicemia.

In relation to the methods of training for beginning, only 22.7% costumam to use the method Alternated for Segment, that is indicated for who is initiating a training program.

Thus being, the lack of knowledge of many personal trainers of Estuary of the Iguaçu can be verified in that if it relates to the way of as it must be projected a training program that objective the health and the welfare of its customers. It can be inquired that little cientificidade exists and security in the form with that are elaborated programs of training, that many do not know the 0 variable that involve its customer, do not carry through physical evaluation, and when they make it, does not use scientific subsidies for the lapsing of the training, that does not exist nutricional orientation on the part of many of these professionals; that the methods of used training many times are not adjusted for beginning, and that lacks for many the search of theoretical subsidies for the qualification in the work with diabetic hipertensos and.

Therefore, the way is preoccupying with that many personal trainers come acting in Estuary of the Iguaçu, therefore if it knows that the people that they look for for an individual accompaniment are searching a program of prescribed training on the basis of its biological individuality, inside of its limitations, that greater has security and effectiveness, that comes more of meeting to its objectives and of the one than any thing that promotes its health and welfare.

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ANALYSIS OF THE PERFORMANCE OF PERSONAL TRAINNERS IN RELATION THE LAPSING OF DIRECTED PROGRAMS OF TRAINING TO THE PROMOTION OF THE HEALTH OF ITS CUSTOMERS

SUMMARY

The objective of this research was to verify as the personal trainers who act in Iguaçu Falls/PR are prescribing his programs of training and to inquire if these programs they are being projected in correct way so that he promotes the health of his clients. Participated of sample 22 personal trainners of 7 academies of the city of the Foz do Iguaçu/PR. For it collects of facts, was utilized a questionnaire contendaining 10 objective questions and an open question. After the collection of facts, was verifou that 59.1% of the interviewed ones do not carry through physical evaluation; 45,4% do not make anamnese; 86,4% do not apply PAR-Q; that 31.8% consider osteoporose a primary risk for atherosclerosis, while only 13.6% consider the sedentarismo and the hipercolestherolemy as primary factors of risk. The results had still pointed that 40.9% of the interviewed ones do not carry through no form of nutricional orientation; that only 4.6% of the interviewed ones are experts of the benefits of the physical exercise for hiperthensos and 68,2 % do not know which the normal levels of glicemia of an apparently healthy adult. When if it dealt with the methods of training for beginning, only 22.7% costumam to use the method Alternated for Segment, that is indicated. With base in these results it can be concluded that great part of the personal trainners does not possess theoretical and scientific basement and inexists on the part of many the basic qualification to elaborate, to prescribe and to guide programs of physical exercises that promote with cientific and security the health and the welfare of its customers.

ANALYSE DE L'CEXÉCUTION DE TRAINNERS PERSONNEL DANS LA RELATION MANQUER DES PROGRAMMES DIRIGÉS DE LA FORMATION À LA PROMOTION DE LA SANTÉ DE SES CLIENTS

SOMMAIRE

l'objectif de cette recherche devait vérifier pendant que les entraîneurs personnels qui agissent dans l'estuaire de l'Iguaçu/PR prescrivent ses programmes de la formation et pour s'enquérir si ces programmes ils sont projetés de la manière correcte de sorte qu'il favorise la santé de ses clients. Ils avaient participé des trainners personnels de l'échantillon 22 de 7 académies de la ville de Foz do Iguaçu/PR. Pour la collecte des données, un questionnaire a été employé conteste 10 questions objectives et une question en suspens. Après la collecte des données, était le verifou que 59,1% de interviewé ne réalisent pas l'évaluation physique; 45.4% ne rendent pas anamnese; 86.4% n'appliquent pas le Pair-q; ces 31,8% considèrent l'osteoporose un risque primaire pour l'aterosclerose, alors que seulement 13,6% considèrent le sedentarismo et le hipercolesterolemia en tant que facteurs primaires de risque. Les résultats s'étaient toujours dirigés que 40,9% de interviewés ne réalisent pas aucune forme d'orientation de nutricional; ces seulement 4,6% de interviewés sont des experts des avantages de l'exercice physique pour des hipertensos et 68.2 % les niveaux normaux du glicemia d'un adulte pparently salubre ne savent pas quel. Quand s'il traitait les méthodes de formation pour commencer, seulement le costumam 22,7% pour employer la méthode a alterné pour le segment, cela est indiqué. Avec la base dans ces résultats il peut conclure que la grande partie des entraîneurs personnels ne possède pas le sous-sol et les inexists théoriques et scientifiques de la part de beaucoup la qualification de base à élaborer, pour prescrire et guider des programmes des exercices physiques qui favorisent avec le cientificidade et la sécurité la santé et le bien-être de ses clients.

ANÁLISIS DEL DESEMPEÑO DE ENTRENADORES PERSONALES EN LA RELACIÓN EL TRANSCURRIR DE PROGRAMAS DIRIGIDOS DEL ENTRENAMIENTO A LA PROMOCIÓN DE LA SALUD DE SUS CLIENTES

RESUMEN

El objetivo de esta investigación debía verificar como los entrenadores personales que actúan en el estuario del Foz do Iguaçu/PR están prescribiendo sus programas del entrenamiento e preguntar si estos programas ellos se están proyectando de manera correcta para que él promueva la salud de sus clientes. Habían participado de entrenadores personales de la muestra 22 de 7 academias de la ciudad del estuario del Iguaçu/PR. Para la recogida de datos, un cuestionario fue utilizado contiende 10 preguntas objetivas y una pregunta abierta. Después de la recogida de datos, estaba el verifou que 59,1% de los entrevistados con no llevan con la evaluación física; los 45.4% no hacen anamnese; los 86.4% no aplican PAR-Q; esos 31,8% consideran el osteoporose un riesgo primario para el aterosclerose, mientras que solamente 13,6% consideran el sedentarismo y el hipercolesterolemia como factores primarios del riesgo. Los resultados todavía

habían señalado que 40,9% entrevistados con no llevan a través de ninguna forma de orientación del nutricional; esos solamente 4,6% entrevistados con son expertos de las ventajas del ejercicio físico para los hipertensos y 68.2 %es los niveles normales del glicemia de un adulto saludable no saben cuál. Cuando si se trató de los métodos de entrenamiento para comenzar, sólo el costumam 22,7% para utilizar el método alternado para el segmento, eso se indica. Con la base en estos resultados puede ser concluido que la mayor parte de los amaestradores personales no posee el sótano e inexists teóricos y científicos en la parte de muchos la calificación básica a elaborar, para prescribir y para indicar programas de los ejercicios físicos que promueven con cientificidade y la seguridad la salud y el bienestar de sus clientes.

ANÁLISE DA ATUAÇÃO DE PERSONAL TRAINNERS EM RELAÇÃO A PRESCRIÇÃO DE PROGRAMAS DE TREINAMENTO DIRECIONADOS À PROMOÇÃO DA SAÚDE DE SEUS CLIENTES

RESUMO

O objetivo desta pesquisa foi verificar como os treinadores pessoais que atuam em Foz do Iguaçu/PR estão prescrevendo seus programas de treinamento e averiguar se estes programas estão sendo projetados de maneira correta para que promova a saúde de seus clientes. Participaram da amostra 22 *personal trainners* de 7 academias da cidade de Foz do Iguaçu/PR. Para coleta de dados, foi utilizado um questionário contendo 10 questões objetivas e uma questão aberta. Após a coleta de dados, verifou-se que 59,1% dos entrevistados não realizam avaliação física; 45,4% não fazem anamnese; 86,4% não aplicam o PAR-Q; que 31,8% consideram a osteoporose um risco primário para aterosclerose, enquanto apenas 13,6% consideram o sedentarismo e a hipercolesterolemia como fatores de risco primários. Os resultados ainda apontaram que 40,9% dos entrevistados não realizam nenhuma forma de orientação nutricional; que apenas 4,6% dos entrevistados são conhecedores dos benefícios do exercício físico para hipertensos e 68,2 % não conhecem quais os níveis normais de glicemia de um adulto aparentemente saudável. Quando se tratou dos métodos de treinamentos para iniciantes, apenas 22,7% costumam utilizar o método Alternado por Segmento, que é o mais indicado. Com base nestes resultados pode-se concluir que grande parte dos treinadores pessoais não possuem embasamento teórico e científico e inexiste por parte de muitos a capacitação básica para elaborar, prescrever e orientar programas de exercícios físicos que promovam com cientificidade e segurança a saúde e o bem estar de seus clientes.

Palavras chaves: exercício; saúde; personal trainner.