92 - FIGHTS IN FOCUS: THE MUAY THAI AND CHANGING BEHAVIOUR OF STUDENTS OF THE UNIVERSITY OF FEDERAL CEARÁ

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INTRODUCTION

The idea that martial arts are a type of sport in which two combatants give blows against each other, until one can no longer continue the battle, is naturalized in today's society quite ignorantly. Having seen this problem, it becomes very necessary that these modes of struggle show its wide usefulness to humans broadly. It is undeniable that the martial arts have ancient origin and were used during this time for war, self-defense and health promotion. Many dogmas are involved in the process of transmission and should be questioned philosophically and scientifically. The Martial Arts undergo changes over time, changing with the societies in which they operate, but some aspects remain rooted traditionalists, mainly in Eastern origin. Muay Thai is a Thai martial art that is derived from the tactics of war battle fields of Siamese. Combat in Muay Thai or Thai Boxing, the use of punches, kicks, knees and elbows is allowed and the idea of success is associated with the development of tactical intelligence as well as the largest range of technical skills and their use by fighter. Officially, the fighting stages are characterized by dynamic three minutes and for a rest, during which the fighters try to knock out their opponent, as well as fend off the blows sent by them. During the combats, athletes use boxing gloves and various offensive and defensive equipment. Generally, classes or training Muay Thai are started with a warming up of 15 to 30 minutes, consists of specific stretching and calisthenics, followed by educational kicks, punches, knees, elbows, exercises with punching bags and sparring. Mortatti et al (2013) states that the practice of Muay Thai, has increased especially among the young population, and the systematic involvement with the methods of fights has been associated with benefits such as increased aerobic capacity.

THEORETICAL FRAMEWORK

Many attributes are listed for the martial arts and its health benefits, these benefits are derived from the commission of the sport in a pleasant way, these way it will be developing over time that the practitioner becomes more involved with the sport, and starts understand that behind the physical activity, there is a huge philosophical range of ideas that should be respected and well assimilated into the social aspect of the martial art.

> Sabemos que as Artes Marciais foram sendo sistematizadas no formato que hoje as conhecemos somente a partir, da metade do século XIX até a metade do século XX. Neste trajeto, elas também não estiveram desvinculadas dos conflitos políticos, culturais e religiosos dos povos de que se originaram. (YONEZAWA, 2010, p.3)

Among the different benefits of practicing martial arts, many of them are highlighted in articles that studied the sport Muaythai, especially the weight loss that is provided for the duration of a workout, and the activities proposed by the Master / Teacher.

> Geralmente, as aulas ou treinamentos de Muay Thai são iniciados com um aquecimento de 15 a 30 minutos, composto de alongamentos específicos e ginástica calistênica, seguidos de educativos de chutes, socos, joelhadas, cotoveladas, exercícios com sacos de pancada e com sparring. Já no que diz respeito aos combates, o Muay Thai é uma atividade física intermitente, cuja intensidade do esforço varia entre máxima e submáxima com pequenos intervalos de recuperação. Dessa forma, ambas as vias metabólicas, tanto a glicolítica quanto a oxidativa parecem estar envolvidas nessa atividade. (MORTATTI et al. 2013, p.3)

Weight loss is something quite complex and must have a strict medical supervision, each student has a body and physiological specificity, thus the teacher's attention must be paid in relation to the student who entered the modality for this purpose. It's good to alert them that the loss of fat mass is also coupled with the loss of muscle mass, if the weight loss process is fast.

> Dentre os principais efeitos potencialmente prejudiciais à saúde estão: alteração na concentração de alguns hormônios, como aumento do GH e diminuição da testosterona; diminuição do fluxo sanguíneo renal e do volume de filtração glomerular; aumento da perda de eletrólitos; diminuição da atividade do sistema imunológico; e interrupção temporária do crescimento. (ARTIOLI; FRANCHINI; JUNIOR, 2006, p.95)

That attention should also be directed to the athletes of the sport, which sometimes think that losing weight is already part of everyday life of the combat sport, and loses focus when it comes to health and, without knowledge and practice so own, perhaps even the marathon competitions, and marathon training, which cannot be reconciled correctly. According Artiolli et al. 2006, p. 95, another important issue is the frequency with which these athletes lose and regain weight quickly. This cycle "win-lose" weight is commonly called weight-cycling (WC).

> O rápido ganho de peso após rápida redução deve-se a adaptações fisiológicas pelas quais o corpo se torna mais eficiente na utilização e armazenamento de energia (aumento na eficiência alimentar). Aliado a esse aumento da eficiência alimentar há a diminuição da taxa metabólica basal (TMB), o que torna as próximas reduções cada vez mais difíceis e exige restrições energéticas cada vez maiores. (McCargar e Crawford apud. Artiolli et al. 2006 p.95)

Much of the scientific paper in the past , directed physical education only for sport, either as a physical phenomenon of population health, or as an instrument of political inquisition for producing athletes, aiming to achieve global hegemony in competitions such as the Olympics and world tournaments. Dantas, 1997 (quoted in Reis, 2001, p.31) states that in the late 70s and throughout the 80s, many articles focused on health and fitness appeared shortly thereafter in the 90s, others emerged focusing on quality of life. According to the author, the man who has the greatest degree of satisfaction of their needs, has quality of life, and points out that from the 90s came the independence of man in relation to their physical activity practices. Second

(Guedes, 1995 apud Reis, 2001, p.32), the following statements contains critical initiatives to which an activity can provide quality of life.

> Primeiro promover modificações no paradigma da atividade física e da saúde – de uma conotação de treinamento esportivo com o objetivo de desempenho atlético, para uma ênfase nos exercícios físicos voltados para a promoção da saúde. É preciso afastar o mito de que, para exercícios físicos serem eficazes, deverá haver mudanças drásticas no estilo de vida das pessoas, levando-as, muitas vezes, a estresses incompatíveis com suas condições presentes. Além disso, é importante conscientizar as pessoas de que o objetivo dos programas de exercícios físicos não é provar quem é melhor, mais competente ou quem pode sempre estar se superando fisicamente, mas, sim, antes de mais nada, uma clara questão de preservação da saúde, e, portanto, de sobrevivência na sociedade atual. (GUEDES, 1995 apud REIS, 2001, p. 32)

METHODOLOGY

For this research we adopted the qualitative type on condition that in its way of obtaining data on the natural environment, seeking records in direct contact. According to (Bilken & Bogdan, 1994, p. 47), the actions can be better understood when seen in its usual environment of occurrence. They further state that qualitative research is descriptive. Thus, in the project environment classes are held on schedule from 12:00 to 14:00 on Tuesdays and Thursdays at the Institute of Physical Education and Sports - IEFES, always led by instructor Wallyson Campos, Ceará champion of the sport and experience. To start the activities the student must be enrolled in a graduate or undergraduate course at the Federal University of Ceará and you enroll in the project. Then perform physical assessment tests, and answer a questionnaire at the beginning of the activities and some months after his admission as a form of work analysis.

RESULT ANALYSIS

The questionnaire administered to students, 35 students of various graduate and undergraduate classes that participate in Muay Thai, consisted of six questions that we analyze in terms of responses.

Question 1. Do you know any martial art?
90% answered yes. 10% answered no.
Question 2. Have you ever practiced a martial art?
30% answered yes. 70% answered no.
Question 3. Do you know the martial art Muay Thai?
90% answered yes. 10% answered no.
Question 4. Did you ever know Fights Project in Focus?
30% answered yes. 70% answered no.
Question 5. What is your goal in participating in the project?
44% responded that the search is on improving the physical fitness;
30% said they wanted to learn more about martial arts;
26% sought leisure and personal defense.
6. Cite what question (s) change (s) you identified after your start in project activities related to:
a) Activities of daily life:
30% responded that they had a better layout for everyday tasks;
10% responded that they had an improvement in sleep quality;
20% said they had more energy;
20% said they had more patience;
20% found no improvements.
b) Academic activities:
40% reported improvement in concentration for their studies;
30% said they were more willing to study;
10% claimed more energy to participate in activities;
10% improvement in grades and academic evaluations;
10% showed no improvement.
c) The change in fitness:
20% responded that improved reflexes;
20% responded that improved strength;
20% responded that there was a general shift;
10% responded that there was a decrease of body aches;
10% responded that there was an improvement in respiratory status;
10% responded that there was an improvement in motor coordination.

CONCLUSION

The project Fights in Focus - Muay Thai shows us that despite the prejudice that fights or combat suffer from society, they can bring many benefits to the quality of life of its practitioners. This can happen, especially when the student realizes what may benefit from this work, to achieve improvements in all aspects. Depending on the resulting responses of the students who responded to the questionnaire, it was observed that the project focus on Muay Thai fights, is fully meeting the expectations, not only practitioners, but also of the coordinator of Physical Education course, Federal University of Ceará.

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FIGHTS IN FOCUS: THE MUAY THAI AND CHANGING BEHAVIOUR OF STUDENTS OF THE UNIVERSITY OF FEDERAL CEARÁ

ABSTRACT

Muay Thai is a combat that every day conquers more followers in Brazil. According to the many academies created and their masters confirm that this modality is beneficial to its practitioner. This study attempts to analyze what changes in the physical, educational and social aspects occurred in the students of the Federal University of Ceará, after participating in training combat MuayThai, provided by Focus Fights project. The project is developed in the Institute of Physical Education and Sports of the UFC, and has the support of Pro - Dean of Student Affairs - Prae and Pro - Deanship. For data analysis, questionnaires were administered to participants. The results showed significant percentages related to the proposed objectives. We conclude that the project is expected to corresponding expectations.

KEYWORDS: Muay Thay. Benefits. University

COMBATS EN BREF: LE MUAY THAI ET MODIFIER LES COMPORTEMENTS DES ÉTUDIANTS DE L'UNIVERSITÉ DE CEARÁ FÉDÉRAL

RÉSUMÉ

Muay Thai est un combat que chaque jour plus d'adeptes conquête au Brésil. Avec autant académies ont été créés et leurs maîtres confirment que cette modalité est bénéfique pour votre praticien. Cette étude tente d'analyser les changements dans les aspects physiques, éducatifs et sociaux survenus dans les étudiants de l'Université fédérale de Ceará, après avoir participé à la lutte contre le mode de formation MuayThai, fourni par Focus Combat projet. Le projet est développé à l'Institut de l'éducation physique et des sports de l'UFC, et a le soutien de Pro - doyen des affaires étudiantes - Prae et Pro - Doyen. Pour l'analyse des données, des questionnaires ont été administrés aux participants. Les résultats ont montré des pourcentages importants que les objectifs proposés. Nous concluons que le projet devrait attentes correspondantes.

MOTS – CLÉS: Muay Thay. Avantages. Université.

PELEAS EN FOCO: EL MUAY THAI Y CAMBIO DE COMPORTAMIENTO DE LOS ESTUDIANTES DE LA UNIVERSIDAD DE CEARÁ FEDERALES

RESUMEN

Muay Thai es una lucha ue cada día conquista más adeptos en Brasil. Con tantas academias fueron creados y sus amos confirman que esta modalidad es beneficioso para su practicante. Este estudio trata de analizar qué cambios en los aspectos físicos, educativos y sociales ocurridos en los estudiantes de la Universidad Federal de Ceará, después de participar en la lucha contra el modo de entrenamiento MuayThai, proporcionada por Focus Combate proyecto. El proyecto está desarrollado en el Instituto de Educación Física y Deportes de la UFC, y cuenta con el apoyo de Pro - Decano de Asuntos Estudiantiles - Prae y Pro - Decanato. Para el análisis de los datos, los cuestionarios se administraron a los participantes. Los resultados mostraron porcentajes significativos como los objetivos propuestos. Llegamos a la conclusión de que el proyecto se espera que las expectativas correspondientes.

PALABRAS CLAVE: Muay Thay; Beneficios; Universidad.

LUTAS EM FOCO: O MUAY THAI E A MUDANÇA DE COMPORTAMENTO DOS ALUNOS DA UNIVERSIDADE FEDERAL DO CEARÁ

RESUMO

O Muay Thai é uma luta que a cada dia conquista mais adeptos no Brasil. Com isso, muitas academias foram criadas e seus mestres ratificam que essa modalidade é salutar ao seu praticante. Esse estudo procura analisar quais mudanças nos aspectos físicos, pedagógicos e sociais aconteceram nos alunos da Universidade Federal do Ceará, após participarem dos treinamentos da modalidade de combate MuayThai, proporcionado pelo projeto Lutas em Foco. O projeto é desenvolvido no Instituto de Educação Física e Esportes da UFC, e, tem o apoio da Pro – Reitoria de Assuntos Estudantis – PRAE e a Pro – Reitoria de Extensão. Para análise dos dados foram aplicados questionários aos participantes. Os resultados apresentaram percentuais significativos quanto aos objetivos propostos. Conclui-se que o projeto vem correspondendo às expectativas esperadas.

PALAVRAS – CHAVE: Muay Thay; Benefícios; Universidade.