18 - HEALTH PROGRAM IN SCHOOLS: FITNESS CONDITION EVALUATION OF JOSÉ MARIA ALKMIN BELO HORIZONTE MUNICIPAL SCHOOL STUDENTS

LILIANE MACHADO PEREIRA;
HELOÍSA LAUBE CUNHA;
RAIHANE MATIAS BARBOSA;
SIMONE CARDOSO LISBOA PEREIRA;
IVANA MONTANDON SOARES ALEIXO
Universidade Federal de Minas Gerais, Escola de Educação Física Fisioterapia e Terapia Ocupacional,
Escola de Enfermagem Belo Horizonte, Minas Gerais, Brasil.
lilianemachadopereira@hotmail.com

doi: 10.16887/85.a2.18

INTRODUCTION

Health is one of the social rights guaranteed by Article 196 of the 1988's Brazilian Federal Constitution and it is the duty of the state to take measures to reduce the risk of disease and ensure universal and equal access to actions and services for health's promotion, protection and recovery. Within this perspective, through Decree 6286/07, a Health Program was instituted in School (PSE), which is an initiative of the Ministries of Health and Education. The PSE seeks to integrate the public schools and the Family Health Teams, respecting the principles of the single Brazilian health system and contributing to the integral formation of public school students through health's prevention, promotion and care. With regard to the guidelines of the PSE, there are four areas of health: continuing education for professionals; monitoring and evaluation of the health of students; health promotion and prevention; and evaluation of health conditions. The latter is the area to which this work pertains. It is noteworthy that some of these integrated actions for the PSE and the Family Health Teams involve a partnership between the Universidade Federal de Minas Gerais (UFMG) and the Municipal Health Department of Belo Horizonte, through the Labor Education Program and National Programmer of Reorientation Training in Health. In these programs the graduates of the various areas of the health sciences are encouraged, guided and supervised in projects aiming to develop research, extension and education on locally relevant issues. Therefore, the goal of this study is to assess the health of students assisted by PSE-PROPET/UFMG practice at Serra Verde scenario, the area of Physical Education through the evaluation of the indicators of body growth and health related to physical fitness in students. Studies have shown that children and adolescents may present rates of physical activity related to lower health (GUEDES, 2007; DOREA et al, 2008) and low physical fitness in childhood and adolescence may reflect negatively in adulthood (RONQUE et al 2007, PELEGRINI et al, 2011). The importance of this study lies in the fact it is in daily activities such as running, jumping and rolling that children develop fundamental movement skills, which are reflected in their levels of physical fitness and motor performance. Therefore a good level of motor performance and physical fitness and health in the early stages of life shows itself to be associated with good health indicators (EISENMANN et al, 2007).

METHODOLOGY

Methods: To assess the physical condition of students in the PSE / UFMG the test instrument for Sport Project Brazil (PROESP - Br 2012) was used, which aims to delineate the factors of motor fitness in children aged between 07 and 17 based in the policies of physical education and sports for children and youth. This instrument assesses the patterns of body growth, physical fitness for health and sports performance in children and adolescents.

Sample: The sample consisted of 107 students of which 59 were females and 48 were males. The age range was divided into: Students age 07 (12 female and 10 male), students between 08 and 10 years (27 females and 14 males) and students with 10 or more years (20 females and 24 males), all of them from Municipal School Jose Maria Alkmin, located in the North Region of Belo Horizonte City.

Care Ethics: The study and consent form were approved by the Ethics Committee of UFMG (CAAE-8757812.3.0000.5149). Terms Informed Consent Form was signed by parents as determined by the resolution 466/2012 of the National Health Council.

Data collection: The application of the tests occurred at the school, where tests PROESP-Br (2012) related to the pattern of body growth and physical fitness and health were used. Tests: Body Mass Index BMI (Body Mass [kg] / high2 [m2]); 6-minute walk test (LORENZI, 2006), in which students should run or walk for six minutes. The calculation of the test was done by the following equation: 6 minutes = 40m x number of laps + last lap measument. At flexibility test without the Wells bank a measure tape was set on the ground and, on centimeter 38 of that tape, another tape (30 cm) was attached perpendicularly, centered with 15 centimeters to each side. Sitting with legs fully extended and heels on the tape, extending arms (putting them next to ears) and lowering them until touching the tape on the ground. The abdominal test, lying supine and flexing hips and knees, hands crossed on chest, performing in 1 minute. The data were initially processed using descriptive statistics (middle and standard deviation). After analysis of normality (Shapiro-Wilk test) and homoscedasticity (Levene), we used one-way ANOVA One-way, Kruskal Wallis test (for comparison between ages) and Mann Whitney U and Test t (for comparison between genders). Bonferroni Post Hoc was used for multiple pairwise comparisons when significant differences were identified when comparing ages. We adopted a significance level of 5% for all analyzes. SPSS 20.0 software was used for statistical analysis.

RESULTS AND DISCUSSION

Figure 1 shows the general classification of students according to health or risk categorization, employing indices of PROESP (2012) classification. The results found in the Healthy Zone classification were within the normal standards in this test for your gender and age (below the critical outcomes for BMI and above the critical value for the tests 6 minutes, Flexibility and Abdominal value). The results in the Risk Zone were outside the normal standards in this test for gender and age (above the critical outcomes for BMI and below the critical value for the tests 6 minutes, Flexibility and Abdominal value).

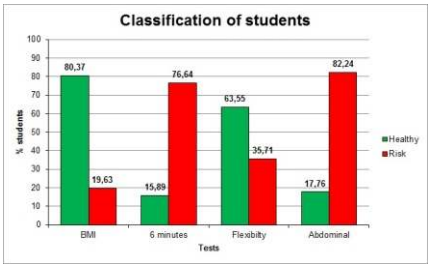

Figure 1: Classification of students according to risk and healthy categorization through BMI tests, 6 minutes, flexibility and abdominal, related to pattern of body growth and physical fitness and health. Belo Horizonte, Minas Gerais, 2013-2014.

Tables 1 and 2 present the overall results of the BMI tests, six minutes, sit and reach, abdominal in gender and age variables, showing significant differences between tests and abdominal six minutes in gender classification and six minutes, sit and reach abdominal relative to age.

Table 1 Classification of students according to the gender classification in body mass index tests, six minutes, sit and reach and abdominal Belo Horizonte, Minas Gerais 2013-2014

tests	men's		female		Statistical test	P value
	media	sd	media	sd		
BMI	17,49	,56	17,97	,40	Teste t	,389
Six Minutes ¹	789,37	46,14	646,63	19,42	Mann Withney	0,004
Sit and Reach	29,25	1,47	31,00	1,52	Teste t	,309
Abdominal¹	21,37	1,21	17,65	,89	Teste t	,032

¹ significant differences

Table 2 Classification of students according to the classification by age groups in body mass index tests, six minutes, sit and reach and abdominal Belo Horizonte, Minas Gerais 2013-2014

Tests	07 Years (1)		08 a 10 Anos Years (2)		Above de 10 Years (3)		Statistical test	P value	PMC**
	media	sd	media	sd	media	sd			
IMC	17,30	,66	18,5100	,54	17,27	,55	Kruskal-Wallis	0,156	-
Six Minutes *	588,39	40,60	690,66	25,60	796,79	47,35	ANOVA 1-way	,005	3>2
Sit and Reach*	35,44	1,715	31,45	1,60	26,71	1,87	ANOVA 1-way	,001	3<2,1
Abdominal*	16,36	1,747	18,40	1,26	21,41	1,10	ANOVA 1-way	,020	3>1

* significant differences
** Paired multiple comparisons.

BMI is frequently used by clinicians and researchers to assess the "normality" of the individual's body weight. This measure shows a much higher, but still moderate, association with body fat and the risk of disease than estimates based on height and body mass (McArdle, 1998). It is usually used for diagnosis of obesity (DÂMASO, CARANTI and MELLO, 2010). Furthermore, several studies have been conducted to study this variable (WERK et al, 2000; BARBOSA, 2000; BURGOS, REUTER, TORNQUIST, 2012), corroborating the findings of this study, in which most of the school males and females (77.97% and 83.33% respectively) were classified as healthy. With regard to the aerobic capacity, this can be defined according to Prado (2013) as the ability of an individual to generate the greatest possible amount of energy through aerobic metabolic pathways. In this study, concerning the the 6-min test, the boys showed a significantly higher average ($p < 0.01$) compared to the girls; boys traveled on average 789.37 m, above the values achieved by the girls (646.63 m). This result corroborates the findings of Luguetti et al (2010), which confirmed the results of the present study for aerobic endurance. Additionally, it appears that the averages obtained by the students in this study in the run / walk for six minutes tests were significantly unsatisfactory, since most of the students are within the health danger zone (Figure 1). It is also observed that boys scored higher than girls: 88.14% of girls and 62.50% of boys lie within the area of risk; 6.78% of girls and 27.08% of boys are in the health area. As for the flexibility, which is, according to Weineck (2005), the ability to be able to perform movements with large amplitude, in the Sit and-reach test, the results were significantly different ($p < 0.05$) in relation to gender. It was observed that 35.59% of female students were classified within the healthy zone, but for school males this percentage was 97.92%. The findings of this study corroborate Burgos et al (2012), who found a similar result relating to that variable. In contrast, the results of Rassilan and War (2006) demonstrated a better classification of the students who were female, in which 76.2% were within the area considered healthy, while 44% of males were considered within the healthy zone. Regarding the abdominal strength, it plays an indispensable role in the performance of daily activities and, when combined with flexibility, it contributes to preventing postural problems, joint and musculoskeletal injuries, osteoporosis, back pain and localized fatigue (GLANER, 2003). In addition, inadequate levels of strengthening the abdominal muscles may be associated with diseases related to the inability to support the spine adequately due to weak muscles in the abdominal region (Roman, 2004). In the present study it was found that most students are classified as being in a risk zone (76.27% of female and 89.58% of male schoolchildren). This finding corroborates the study of Verardi et al (2007), which evaluated children aged between 10 and 12 belonging to the program "Minas Olímpica Nova Geração" in the city of Carneirinhos, in Minas Gerais, and obtained as a result for this variable that most children (76.47% of male children and 53.85% of female children) were classified as very weak to weak, but disagrees with the studies of Luguetti et al (2010), which examined schoolchildren aged between 07 and 16 in the city of São Paulo, finding that the majority of female students (57%) and male students (64%) were rated excellent to normal.

CONCLUDING REMARKS

The present study, evaluating health conditions of students assisted by PSE / UFMG in the area of Physical Education School of EMJMA aged between 07 and 14, obtained as results that the majority of students in relation to indicators of body growth were classified within the healthy zone, while, for cardiorespiratory fitness, flexibility and muscular resistance, the majority was classified within an area of risk. From these results we can say that the health of school children is still unsatisfactory and it is essential to think of effective intervention programs in school reality. Moreover, it is necessary to consider public health and education policies that are effective to contribute to the proper development of the health of school children.

REFERENCES

BARBOSA, Thiago dos Santos. Mapas da aptidão física relacionada à saúde de criancas e jovens brasileiros de 7 a 17 anos. 2009. 40f. Trabalho de Conclusão de Curso (Graduação em Educação Física) - Escola de Educação Física, Universidade Federal do Rio Grande do Sul, Porto Alegre, 2009.

BURGOS, M.; REUTER, C.; TORNQUIST, L. Perfil de aptidão física relacionada à saúde de crianças e adolescentes de 7 a 17 anos. J. Health Scie Inst., Sao Paulo, v.30, n. 2, p. 171-175, jun. 2012.

DÂMASO, A.; CARANTI, D. A.; MELLO, M. T. Obesidade. In VAISBERG; MELLO. (Org). Exercícios na saúde e na

doença. Barueri: Ed. Manole, 2010. v.1, n. 16, p.201-206.

DÓREA, V. et al. Aptidão física relacionada à saúde em escolares de Jequié, BA, Brasil. Rev Bras Med Esporte. Niterói, v. 14, n. 6, p. 494-9, 2008.

EISENMANN J.C. et al. Fatness, fitness, and cardiovascular disease risk factors in children and adolescents. Med Sci Sports Exerc., v. 39:n. 8, p. 1251-6, Ago. 2007

GAYA, A. Ministério do Esporte. Projeto Esporte Brasil: indicadores de saúde e fatores de prestação esportiva em crianças e jovens. Ministério do Esporte. 2003. Disponível em: <http://www2.esporte.gov.br/arquivos/snear/talentoEsportivo/proespBr.pdf>. Acesso em 22 abril. 2014.

GLANER, M. F.. Aptidão física relacionada à saúde de escolares brasileiros: dados do projeto esporte Brasil. Rev Bras Med Esporte. São Paulo, v.17 n.2, p. 92-96, Mar./Apr. 2011.

GLANER, M. F. Importância da aptidão física relacionada à saúde. Revista Brasileira de Cineantropometria & Desempenho Humano, Distrito Federal, v.5 n.2, p.75-85, 2003.

GUEDES DP. Implicações associadas ao acompanhamento do desempenho motor de crianças e adolescentes. Rev Bras Educ Fis Esp. Londrina, v. 21, n. Esp, p. 37-60, 2007.

LORENZI, T. D. C. Teste de corrida/caminhada de 6 e 9 minutos: Validação e determinantes metabólicos em adolescentes. 2006. 105p. Dissertação (Mestrado em Ciência do Movimento Humano) – Escola de Educação Física, Universidade Federal do Rio Grande do Sul, Porto Alegre.

LUGUETTI, C. N. et al. Indicadores de aptidão física de escolares da região Centro-Oeste da cidade de São Paulo. Revista Brasileira de Cineantropometria e Desempenho Humano. Florianopólis, v.12, n.5, p.331-337, 2010.

MCARDLE, W.; KATCH, F.I; KATCH V.L. Fisiologia: Energia, nutrição e performance humana. 4. Ed. Rio de Janeiro: Guanabara, 1998

MINISTÉRIO DA SAÚDE. Guia prático do Programa Saúde da Família. Ministério da Saúde. Disponívelem:<http://189.28.128.100/dab/docs/publicacoes/geral/guia_pratico_saude_familia_psf1.pdf>.03 março. 2014.

MINISTÉRIO DA SAÚDE E MINISTÉRIO DA EDUCAÇÃO. Programa Nacional de Reorientação da Formação Profissional em Saúde. Ministério da Saúde. 2003. Disponível em: <http://www.abem-educmed.org.br/pro_saude/publicacao_pro-saude.pdf>. Acesso em 21 março. 2014.

PRADO, L. S. Aspectos fisiológicos associados ao exercício físico crônico e ao treinamento esportivo em crianças e jovens. In SAMULSKI; MENZEL; PRADO. (Org). Treinamento Esportivo. São Paulo (Barueri): Manole, 2013. v.1, n.2, p.28-48.

PRESIDÊNCIA DA REPÚBLICA. Constituição da República Federativa do Brasil de 1988. Casa Civil. 1988.Disponível em: <http://www.planalto.gov.br/ccivil_03/constituicao/constituicaocompilado.htm>.Acesso em 22 abril. 2014.

PRESIDÊNCIA DA REPÚBLICA. Decreto 6.286/07: Institui o Programa Saúde na Escola. Casa Civil. 2007. Disponível em: <http://www.planalto.gov.br/ccivil_03/_ato2007-2010/2007/decreto/d6286.htm>. Acesso em 21 março. 2014.

PRESIDÊNCIA DA REPÚBLICA. Lei 8080. Casa Civil. 1990. Disponível em: < http://www.planalto.gov.br/ccivil_03/leis/l8080.htm>. Acesso em 03 março. 2014.

RASSILAN, E. A.; GUERRA, T. C. Evolução da flexibilidade em crianças de 7 a 14 anos de idade de uma escola particular do município de Timóteo - MG. Movimentum - Revista Digital de Educação Física, Ipatinga, v.1, p.1-13, 2006.

RONQUE, E.R.V. et al. Diagnóstico da aptidão física em escolares de alto nível socioeconômico: avaliação referenciada por critérios de saúde. Rev Bras Med Esporte. Niterói, v. 13, n. 2, p. 71-76, 2007.

ROMAN, E. R. Crescimento, composição corporal, desempenho motor de escolares de 07 a 10 de idade do Município de Cascavel - Paraná. 2004. 180f. Tese (Doutorado em Educação Física) - Faculdade de Educação Física, Universidade Estadual de Campinas – SP. Disponível em:http://www.bibliotecadigital.unicamp.br/document/?code=vtls000332993&opt=4>. Acesso em: 10 de novembro 2014.

VERARDI et al. Análise da aptidão física relaciona ao desempenho motor em crianças e adolescentes da cidade de Carneirinho. Revista Mackenzie de Educação Física e Esporte, v.6, n.3, p.127-134, 2007.

WERK et al. Aptidão física relacionada à saúde de crianças de uma escola estadual de Campo Grande/MS. Ciência, Cuidado e Saúde, v.8 n.1, p.42–47, 2009.

WEINECK, Jürgen. Biologia do esporte. 7. ed. Barueri: Manole, 2005.

Rua Estrada do Cercadinho, 1127 – Jardim América
Belo Horizonte, Minas Gerais

HEALTH PROGRAM IN SCHOOLS: FITNESS CONDITION EVALUATION OF JOSÉ MARIA ALKMIN BELO HORIZONTE MUNICIPAL SCHOOL STUDENTS

ABSTRACT

The present study aimed to assess the health of students assisted by the School Health Program / Training Program by Work (PSE- Propet / UFMG) in the area of Physical Education. The evaluation was performed through indicators of body growth and physical fitness and health, using the instrument - Design Sport Brazil PROESP - Br (2012). The sample consisted of 107 students from the Escola Municipal José Maria Alckmin aged between seven and fourteen. The tests were conducted at the school. For the evaluation of the indicators of physical fitness, tests related to the pattern of body growth (weight and height) and physical fitness for health (body mass index, race / 6-minute walk, flexibility and abdominal strength) were used. Data was collected according to standard tests developed and launched by the Program Classification PROESP-Br (2012) and processed using descriptive statistics (mean and standard deviation). After analysis of normality (Shapiro-Wilk test) and homoscedasticity (Levene), we used one-way ANOVA One-way, Kruskal Wallis test (for comparison between ages) and Mann Whitney U Test yourself (for comparison between genders), as well as post hoc Bonferroni multiple pairwise comparisons when significant differences were identified when comparing the ages Nível 5% significance for all analyzes, using SPSS 20.0 software. The results of measurements of BMI values in children demonstrate a healthy zone, but the other tests (aerobic endurance, abdominal strength and flexibility) resulted in amounts considered as a risk to health. This study, aiming to assess the health of students assisted by PSE / PROPET / UFMG in the area of Physical Education, indicates that physical fitness in students of school Municipal José Maria Alckmin is poor, so it is necessary to think of better public health policies and education that are effective for physical and maturational development of these children.

KEYWORDS: health, fitness, school health.

PROGRAMME DE SANTÉ DANS LES ÉCOLES: FITNESS ÉVALUATION DE LA CONDITION DE JOSÉ MARÍA ALKMIN BELO HORIZONTE ÉLÈVES DU MUNICIPAL

RÉSUMÉ

La présente étude visait à évaluer la santé des élèves assistés par le Programme scolaire Programme de santé / Formation par le Travail (PSE-Propet / UFMG) dans le domaine de l'éducation physique. L'évaluation a été effectuée au moyen d'indicateurs de la croissance du corps et la forme physique et la santé, l'aide de l'instrument - Design Sport Brésil PROESP - Br (2012). L'échantillon était composé de 107 élèves de l'Escola Municipal José Maria Alckmin âgés entre sept et quatorze ans. Les tests ont été effectués à l'école. Pour l'évaluation des indicateurs de la condition physique, les tests liés à la structure de la croissance corporelle (poids et taille) et la forme physique pour la santé (indice de masse corporelle, la race / 6 minutes de marche, la souplesse et la force abdominale) ont été utilisés. Les données ont été recueillies selon les tests standards développés et lancés par le Programme de classification PROESP-Br (2012) et traitées à l'aide de statistiques descriptives (moyenne et écart-type). Après analyse de la normalité (test de Shapiro-Wilk) et d'homoscédasticité (Levene), nous avons utilisé une voie ANOVA One-way, Kruskal Wallis (pour comparaison entre les âges) et Mann Whitney U test vous-même (pour la comparaison entre les sexes), ainsi que post hoc comparaisons multiples par paire Bonferroni lorsque des différences significatives ont été identifiés en comparant les âges Nivel signification de 5% pour toutes les analyses, à l'aide du logiciel SPSS 20.0. Les résultats des mesures de valeurs de l'IMC chez les enfants montrent une zone saine, mais les autres tests (endurance aérobie, la force abdominale et flexibilité) ont abouti à des montants considérés comme un risque pour la santé. Cette étude, visant à évaluer la santé des élèves assistés par PSE / Propet / UFMG dans le domaine de l'éducation physique, indique que la condition physique chez les enfants et les adolescents de Municipal école José Maria Alckmin est pauvre, il est donc nécessaire de penser à de meilleures politiques et de l'éducation de la santé publique qui sont efficaces pour le développement physique et maturation de ces enfants.

MOTS-CLÉS: santé, remise en forme, la santé scolaire.

PROGRAMA DE SALUD EN LAS ESCUELAS: ADECUACIÓN CONDICIÓN DE EVALUACIÓN DE JOSÉ MARIA ALKMIN BELO HORIZONTE ESCUELA MUNICIPAL DE ESTUDIANTES

RESUMEN

El presente estudio tuvo como objetivo evaluar la salud de los estudiantes asistidos por el Programa de Salud Programa de Escuela / Formación por el Trabajo (PSE- Propet / UFMG) en el área de Educación Física. La evaluación se realiza a través de los indicadores de crecimiento corporal y la forma física y la salud, utilizando el instrumento - Design Sport Brasil PROESP - Br (2012). La muestra estuvo constituida por 107 estudiantes de la Escola Municipal José María Alckmin edades comprendidas entre los siete y los catorce años. Las pruebas se llevaron a cabo en la escuela. Para la evaluación de los indicadores de la aptitud física, las pruebas relacionadas con el patrón de crecimiento corporal (peso y altura) y la aptitud física para la salud (índice de masa corporal, raza / 6 minutos a pie, la flexibilidad y la fuerza abdominal) fueron utilizados. Los datos fueron recogidos de acuerdo con las pruebas estándar desarrollado y puesto en marcha por el Programa de Clasificación PROESP-Br (2012) y procesadas mediante estadística descriptiva (media y desviación estándar). Tras el análisis de la normalidad (test de Shapiro-Wilk) y homocedasticidad (Levene), se utilizó un solo sentido ANOVA One-way, Kruskal Wallis (para la comparación entre las edades) y U de Mann Whitney Ponte a prueba (para la comparación entre los géneros), así como post hoc múltiples comparaciones por pares de Bonferroni cuando se identificaron diferencias significativas al comparar las edades Nivel 5% de significación para todos los análisis, utilizando el software SPSS 20.0. Los resultados de las mediciones de los valores del IMC en niños demuestran una zona sana, pero las otras pruebas (resistencia aeróbica, fuerza abdominal y flexibilidad) resultaron en cantidades consideradas como un riesgo para la salud. Este estudio, con el objetivo de evaluar la salud de los estudiantes asistidos por PSE / Propet / UFMG en el área de Educación Física, indica que la condición física en niños y adolescentes de escuela Municipal José Maria Alckmin es pobre, por lo que es necesario pensar en mejores políticas de salud pública y la educación que son eficaces para el desarrollo físico y madurativo de estos niños.

PALABRAS CLAVE: salud, fitness, salud escolar.

PROGRAMA SAÚDE NA ESCOLA: AVALIAÇÃO DAS CONDIÇÕES DE APTIDÃO FÍSICA DOS ESTUDANTES DA ESCOLA MUNICIPAL JOSÉ MARIA ALKMIN DE BELO HORIZONTE

RESUMO

O presente estudo objetivou avaliar as condições de saúde dos estudantes assistidos pelo Programa Saúde na Escola/Programa de Formação pelo trabalho (PSE– PROPET/UFMG) na área da Educação Física. A avaliação foi realizada por meio de indicadores de crescimento corporal e da aptidão física relacionada à saúde, empregando o instrumento Projeto Esporte Brasil – PROESP-Br (2012). A amostra foi constituída por 107 estudantes da Escola Municipal José Maria Alckmin (EMJMA) com idades entre sete e quatorze anos. Os testes foram realizados na própria escola. Para a avaliação dos indicadores de aptidão física foram utilizados os testes relacionados ao padrão de crescimento corporal (massa corporal e estatura) e aptidão física para a saúde (Índice de Massa Corporal, corrida/caminhada de 6 minutos, flexibilidade e força abdominal). Foram coletados conforme o padrão dos testes elaborados e lançados no Programa de Classificação do PROESP-Br (2012). Os dados foram tratados por meio da estatística descritiva (média e desvio-padrão). Após análise de normalidade (Shapiro-Wilk) e homocedasticidade (Levene), utilizou-se ANOVA One-way e Kruskal Wallis (para comparação entre as idades) e Teste t e Mann Whitney U (para comparação entre os gêneros). Post hoc de Bonferroni para comparações múltiplas pareadas quando diferenças significativas foram apontadas, na comparação entre as idades. Nível de significância 5% durante todas as análises utilizado o software SPSS 20.0. Os resultados encontrados das medidas do IMC das crianças demonstram valores dentro de zona saudável, porém os demais testes: resistência aeróbia, força abdominal e de flexibilidade, resultaram em valores considerados como de risco para a saúde. Esse estudo, ao avaliar as condições de saúde dos estudantes assistidos pelo PSE/PROPET/UFMG na área da Educação Física indica que a aptidão física em escolares da EMJMA ainda é deficitária, sendo assim é necessário pensar em melhores políticas públicas de saúde e educação que sejam eficazes para o desenvolvimento físico e maturacional desses escolares.

PALAVRAS-CHAVE: saúde, aptidão física, saúde escolar.