47 - SOCIAL TRIATHLON: A NEW METHODOLOGY FOR TEENAGERS SOCIALIZATION AND INCLUSION IN SPORT

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1. Introduction

The triahtlon is an Olympic sport that has motivation and peculiar characteristics. It consists of the combination of swimming, cycling and running. Moreover, it is able to test not only physical limits, but also excess capacity in relation to mental toughness, and its practice can involve leisure activities, fitness and rehabilitation (Domingues Filho, 2001).

"The triathlon which emerged in San Diego, California, in 1974 in an athletic club, to give vacation to their athletes, spent a spreadsheet training that mainly consisted swimming exercises and cycling. Upon returning from vacation, the coaches did a test to see if they had complied with the spreadsheet. The test consisted of 500 meters in the pool club, 12 km cycling and 5 km in the athletics track.

For the following holidays, lifeguards proposed some changes: a swimming would be at sea and would 700m, cycling on the beach promenade and around 15 km and a cross country race of 4.5 kilometers. Thus arose the triathlon, which went through several changes until reaching the current Olympic form. In Brazil, the first race of Triathlon was held in 1983 in Rio de Janeiro. Since then the sport has evolved a lot.

Olympic distances of 1,500 meters swimming, 40 km cycling and 10 km race is held by the Brazilian Triathlon Confederation with the participation of athletes from various Brazilian states. "

According Domingues Filho (2001) and a joyful, challenging, colorful and social sport, which involves three known sports: swimming, cycling and running. Swimming takes place in open water with the start in our case on a sandy beach with profiled athletes, follows a route in order to bypass and nautical buoys totaling a distance in case 750m, out of the water the athlete runs in the sand to area transition where he quickly takes his bike and go out to ride 20 km where training squads and common and contact with the public and close and finally the athlete enters the second transition which will leave your bike and start racing always going round in a distance of about 5km to complete the finish line.

2. Methodology: the praxis theories

The construction of the research was based on data collected from an extension project in server mode where first was created the idea of having a triathlon team for having geographical, environmental conditions and so we started the project divided into a few steps to the process of learning It was continuous and multidisciplinary where obey a schedule of activities which include:

The first step is awareness is the time where we will be presenting ideas to the various segments of the school community in order to seek support for realization of this project in view of the complexity of it to which we rely on the collaboration of all health professionals Campus Marechal Deodoro Alagoas;

The second step was to Prevention and Health Hazard Classification were anamnesis, PAR-Q test, biometric and medical examinations to have a diagnosis on the health of students, servers and community, passing all also a medical evaluation and getting fit and unfit for the practice of the sport;

The third step was the physical fitness test used the Cooper test which is a physical fitness test designed by the American doctor and fitness coach Kenneth H. Cooper. The test is run at a constant speed varies with age, sex and their performance (professional or amateur). This method is suitable for athletes, since it requires 100% of the speed (load). In addition to the Force protocol (arm flexion and abdominals.

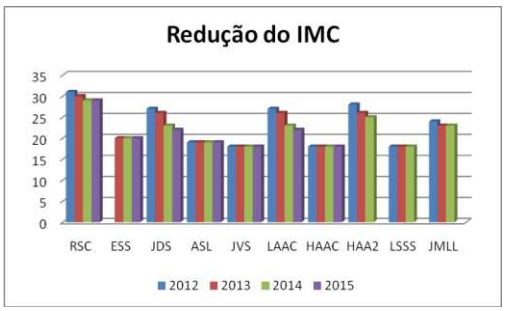
The fourth stage was basic preparatory stage with training planinhas where we pedaled to the French Beach, and there rode swimming pool with makeshift floats basketball of used, pet's bottle floats, also sought to observe the lunar calendar as the tide low at 0.1 to 0.7 it was quite conducive to swimming education, when there wasnt we pedaled to the tracks in rural Marechal Deodoro on bikes purchased with raffles at school or practiced races.

The fifth step is the specialized training and cyclically swimming training and running, jogging and cycling Jutes T1 and T2 Transitions are currently considered as a segment as the above three items, the T1 is swimming off to cycling and T2 the arrival of cycling to swimming output, crucial for the proper position in the race, you should place the matter and view the access points and transitions not to be penalized in the total time.

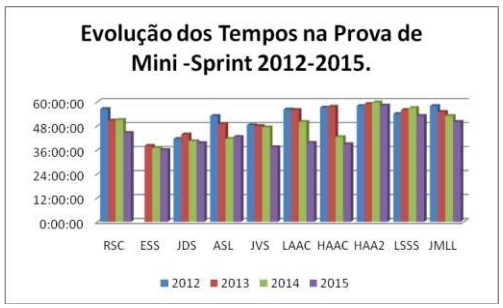
The competition steps was all a preparation prior to signing with raffle and donations and on race day, from psychological and nutritional counseling, the metallization of the routes, the technical congress, the placement of numbers on the equipment, the maintenance of bikes, the placing on the bike rack, the positioning at the start, all this is simple if we spoke two or three triathletes, but the TRIFAL always led 20-25 athletes for evidence of Alagoas Championship triathlon, he managed helmets for everyone, bikes, transportation, inscriptions.

3. RESULTS AND DISCUSSION

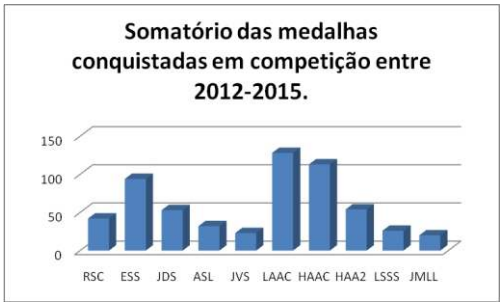
We work with about 100 (one hundred) people among adolescents, civil servants and community children the prevalent age group was 12-18 years, however for this study selected a sample of 10% (ten percent), which stood out and continue in the sport to date. Reduced weights/measures and improvement in physical conditioning was dominant factor, adjusting the BMI of the sample population was quite diverse from obesity to underweight, overweight and how the training we now have 90% of the athletes as ideal weight for health, but for high performance in triathlon about 50% got the fat percentage below 20% determinant of success in the sport.



According to the chart below we see that over the years and with the advances of the training there was a decrease Proof of time a percentage of 90% of the sample decreased their time of triathlon at the base of athletes training the most important thing is not equipment .



Finally with decreasing testing time come the results were so many that we have adopted the following math to measure attribute for each place a value x, for first place -10 points, second 9 and so on until the tenth with a point andAdd in all the years of participation in Alagoas championship triathlon reaching results below. We now have three teenager (ESS, LAAC and HAAC) the level of national team as they are still teenagers (14,15 and 18anos) at the best northeast times.



4. Conclusion

Use is an elitist sport practice where equipment with carbon bicycles, wrist computers (Garmin), high-tech, combined with paid professionals, and boasts true events of purchasing power, and lobbying the neoliberal capitalist bourgeoisie is challenging. But adapting to social reality of Deodoro, Alagoas Marechal community to basic items such as coming from raffles bicycles, recyclable buoys, donations to good extension program, backed by a social welfare policy and active multidisciplinary health, consolidated a technique called Social Triathlon which is building a biopsychosocial teaching method which is used natural and renewable resources and minimal financial resources in training athletes for the national scenario, the State absence that has created an educational gap that we experience in Brazil today, leading our youth to drugs and prostitution. We changed a little reality for four years and how many communities need new teaching methods? We need to socialize this experience and change the fate of young people and children, but we still come across as bureaucracy, authoritarianism, omission which harm the teaching-learning process, but the persistence and perseverance of the educator builds citizenship.

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SOCIAL TRIATHLON: A NEW METHODOLOGY FOR TEENAGERS SOCIALIZATION AND INCLUSION IN SPORT

ABSTRACT

The purpose of this article is to socialize a new denominated method of teaching social triathlon which we will use in the practice of a complex and financially expensive activity such as triathlon in order to improve the quality of life of a community on the outskirts of one of the most poverty-stricken states Brazil, the sugarcane municipality of Deodoro, Alagoas Marechal where organized crime and numerous other social factors affect adolescents enrolled in public schools with discipline problems and risk group offer a guided training on a new method to promote the practice with little financial resources and how recyclable materials (rubber bands, pet's bottles) teach three modes swimming, biking and running as well as multidisciplinary have the attention of a health care team are among other objectives of social triathlon, it can be said that it is great boldness? Idealize a positive approach in triathlon in these adverse conditions and succeed is exceptional and disseminate such knowledge is revolutionizing society. The methodology dry adopted some parameters of quality of life in its execution a vision of physical embodiment or motor, affective, social, cultural and Mental .Utilizando of statistical data extracted from a logbook built during the execution of an Extension Project called TRIFAL Social -Triáthlon at the Federal Institute of Alagoas - Marechal Deodoro Campus where he attended about 100 teenagers, strengthened by a student assistance policy which provided the coming of children and adolescents against the school shift, providing food, transportation and how the team training multidisciplinary health supporting actions with the involvement of doctors, nurses, social worker, nutritionist, psychologist and Education Professionals, as students, servants and community were gradually engaging and inserted in the world of triathlon and soon began compete and stand out in the State and obtained setting up medals in the national ranking.

KEYWORDS: Methodology, Triathlon, Inclusion.

TRIATLON SOCIAL: UMA NOVA METODOLOGIA PARA SOCIALIZAÇÃO E INCLUSÃO DE ADOLESCENTES NO ESPORTE

RÉSUMÉ

Le but de cet article est de socialiser une nouvelle méthode d'enseignement de triathlon sociale libellés que nous allons utiliser dans la pratique d'une activité complexe et financièrement coûteux tels que le triathlon en vue d'améliorer la qualité de vie d'une communauté à la périphérie de l'une des la plupart des Etats frappés par la pauvreté Brésil, la municipalité de canne à sucre de Deodoro, Alagoas Marechal où la criminalité et de nombreux autres facteurs sociaux affectent organisé adolescents inscrits dans les écoles publiques des problèmes de discipline et de groupe à risque offrir une formation guidée sur une nouvelle méthode pour promouvoir la pratique avec peu de ressources financières et comment les matériaux recyclables (bandes de caoutchouc, les bouteilles de PET) enseignent trois modes natation, cyclisme et la course ainsi que multidisciplinaire avoir l'attention d'une équipe de soins de santé sont parmi les autres objectifs de triathlon sociale, on peut dire qu'il est une grande hardiesse? Idéaliser une approche positive dans le triathlon dans ces conditions défavorables et de réussir est exceptionnelle et de diffuser ces connaissances est en train de révolutionner la société. La méthodologie sec adopté certains paramètres de la qualité de vie dans son exécution une vision de réalisation physique ou motrice, affective, sociale, culturelle et mentale .Utilizando de données statistiques extraites d'un journal de bord intégré lors de l'exécution d'un projet d'extension appelé TRIFAL -Triáthlon sociale à l'Institut fédéral d'Alagoas - Marechal Deodoro Campus où il a assisté environ 100 adolescents, renforcés par une politique d'aide aux étudiants qui prévoyait la venue des enfants et des adolescents contre l'équipe de l'école, fournir de la nourriture, le transport et la façon dont la formation de l'équipe des actions de santé soutien multidisciplinaires, avec la participation de médecins, d'infirmières, un travailleur social, nutritionniste, psychologue et professionnels de l'éducation, les étudiants, les fonctionnaires et la communauté ont été progressivement attachants et insérés dans le monde du triathlon et bientôt commencé concurrence et de se démarquer dans l'État et obtenu la mise en place des médailles dans le classement national.

MOTS-CLÉS: Méthodologie, Triathlon, Inclusion

TRIATLON SOCIAL: UMA NOVA METODOLOGIA PARA SOCIALIZAÇÃO E INCLUSÃO DE ADOLESCENTES NO ESPORTE

RESUMEN

El propósito de este artículo es para socializar un nuevo método denominado de enseñar triatlón social que vamos a utilizar en la práctica de una actividad compleja y económicamente costoso como el triatlón con el fin de mejorar la calidad de vida de una comunidad en las afueras de uno de los estados más afectados por la pobreza Brasil, del municipio de caña de azúcar de Deodoro, Alagoas Marechal, donde el crimen organizado y numerosos otros factores sociales afectan a los adolescentes matriculados en las escuelas públicas con problemas de disciplina y grupo de riesgo ofrecer una formación guiada en un nuevo método para promover la práctica con pocos recursos financieros y cómo los materiales reciclables (bandas de goma, botellas de PET) enseñan a los tres modos de natación, ciclismo y correr, así como multidisciplinario tienen la atención de un equipo de atención médica se encuentran entre otros objetivos de triatlón social, puede decirse que es mucha confianza? Idealizar un enfoque positivo en el triatlón en estas condiciones adversas y tener éxito es excepcional y difundir ese conocimiento está revolucionando la sociedad. La seca metodología adoptada algunos parámetros de calidad de vida en su ejecución una visión de la encarnación física o motora, afectiva, social, cultural y .Utilizando Mental de los datos estadísticos extraídos de un libro de registro construida durante la ejecución de un Proyecto de Extensión llama TRIFAL -Triáthlon Social en el Instituto Federal de Alagoas - Campus Marechal Deodoro, donde asistió a cerca de 100 adolescentes, fortalecidos por una política de asistencia estudiantil que proporciona la venida de los niños y adolescentes contra el cambio de la escuela, el suministro de alimentos, el transporte y la forma en que el entrenamiento del equipo acciones de salud multidisciplinarios de apoyo, con la participación de médicos, enfermeras, trabajadora social, nutricionista, psicólogo y educación profesionales, como estudiantes, empleados y la comunidad eran encantadores y se insertan en el mundo del triatlón gradualmente y pronto comenzaron competir y sobresalir en el Estado y se obtuvo la creación de medallas en el ranking nacional.

PALABRAS CLAVE: Metodología, Triatlón, Inclusión

TRIÁTLON SOCIAL: UMA NOVA METODOLOGIA PARA SOCIALIZAÇÃO E INCLUSÃO DE ADOLESCENTES NO ESPORTE

RESUMO

O objetivo deste artigo é socializar um novo método de ensino denominado de triáthlon social onde nos utilizaremos da prática de uma atividade complexa e financeiramente cara como o triátlon a fim de melhorar a qualidade de vida de uma comunidade na periferia, de um dos estados mais paupérrimos do Brasil, no município canavieiro de Marechal Deodoro-Alagoas onde o crime organizado e outros inúmeros fatores sociais afetam os adolescentes matriculados em escolas da rede pública com problemas disciplinares e em grupo de risco oferecer um treinamento pautado em um novo método, promover a pratica com pouco recursos financeiros e como materiais recicláveis (ligas de borracha, garrafas pet´s) ensinar três modalidades natação, ciclismo e corrida além de multidisciplinarmente ter a atenção de uma equipe de saúde são entre outros objetivos do triáthlon social, pode-se dizer que é muita ousadia? Idealizar uma metodologia positiva em triátlon nestas condições adversas e ter sucesso é excepcional e disseminar tal conhecimento é revolucionar uma sociedade. A metodologia adotada seque alguns parâmetros da qualidade de vida na sua efetivação numa visão de corporeidade física ou motora ,afetiva,social ,cultural e Mental .Utilizando de dados estatísticos extraídos de um diários de bordo construído durante a execução de um Projeto de Extensão denominado TRIFAL-Triáthlon Social no Instituto Federal de Alagoas – Campus Marechal Deodoro onde atendeu cerca de 100 adolescentes,fortalecidos por uma política de assistência estudantil que disponibilizou a vinda de Crianças e adolescentes no contra turno escolar, fornecendo uma alimentação,transporte e como a formação de equipe multidisciplinar de saúde dando suporte as ações com o envolvimento de Médicos, Enfermeiros, Assistente Social, Nutricionista, Psicólogo e Profissionais da Educação, assim alunos, servidores e comunidade aos poucos foram engajando-se e inserimos-se no mundo do triathlon e logo começaram a competir e nos destacar-se no cenário Estadual e obtiveram até medalhas no ranking nacional.

PALAVRAS-CHAVE: Metodologia, Triátlon, Inclusão.