201 - CONTRIBUTION FOR AGREEMENT EPISTEMOLOGICAL OF THE SPINNING ®

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INTRODUCTION

Since the passed century, the cycling if has revealed in such a way as a competition sport how much a physical activity of extremely popular leisure, mainly in the Europe and the United States. This affirmation can be endorsed by IDEA MAGAZINE (1997), when this affirms that, "in accordance with the last available numbers of the Sporting Goods Manufactures Association, the number of Americans participating in mountain bike increased of 1.5 million in 1987 for 9.2 million in 1994 (512% increase)". On the other hand, according to a fort, period of time, the participation in the use of stationary bicycles increased only 16%. This modest increase in the use of stationary bicycles in the period of 7 years seems to confirm the information of the professionals of the gymnastics academies of that the cycling without any form of guide or encouragement is seen by many people as monotonous. Amongst the individuals that practise physical activity regularly, many opt to a cycling program (ergometric bicycle) as exercise, however, for not having a external motivacional factor (landscape, music, people to follow etc), the same do not keep level of motivation in its training, as much, how much they costumed to make it it using, devices of aerobic exercises as step and the aerobic gymnastics In this direction and motivated by other aspects, also, as example its initiative for a indoor particular training, is that Johnny G. created a called activity Spinning®. Had to the rigorous winter, Johnny Goldberg (known as Johnny G.), a marathon cyclist, created a program of training in closed environment, inventing a special bicycle, since the stationary bicycles did not support stresses it of the movements of "the real" cycling. This bicycle drawn for Johnny G., manufactured and commercialized for the company of fitness American Schwinn was called Spinner and this program was known in 1987 as Spinning® In this modality of exercises the movements of the cycling through a program of continuous porting training or spaced are simulated, aiming at the maintenance and improve of the level of physical conditioning (corporal composition, dynamic force, located muscular resistance, aerobic resistance and flexibility. The Spinning® is an alternative insurance for the aerobic training because they have little impact. In the Spinning® It can be exercised in a position without the had one stress extreme of impact in the feet, knees and vertebral column. The conditions of the urban transit and the extenuate heat also are intimidates for the cycling practitioners. The great number of running overs of cyclists, the violence in the great urban centers and temperatures extremely raised, takes the people inside to look to the security and the comfort of the gymnastics academies that offer to more propitious conditions each time for the practical one of physical exercises. The Spinning® appears as an extremely efficient form and insurance to integrate a program of training in one day of week very busy. The great advantage of the Spinning® is that this form of training can be applied the people of all the eateries bands and different levels of physical conditioning respecting its biological individuality. This phenomenon, adapted to the gymnastics academies, as effect of Paradigm comes to fill one definitive lack positively. The Spinning® as practical sportive inside of the gymnastics academies if has disclosed, efficient and efficient congregating in its custom, since the positioning of the hands, the strategies of lesson and the proper music, that lead to the practitioner, the physical, biological development, social and cultural. Such characteristics are determined not only by the praxis, having led the transformation or development of these characteristics, but also for a set of characteristics, that can have determinated function of the improvement of physical conditioning in practicing young adults of Spinning®. According SERGIO, ROSARY, FEITOSA, SOUL, VILELA & TAVARES (1999, P.13), "the relation between the knowledge and the praxis she is so close that (...) it does not have ontological affirmation of the human being, without the indissociability of the being and thinking. Without theoretical content, it does not have praxis or, as Lenine would say, without revolutionary theory, it does not have movements revolutionary." The same SERGIO (1999, P. 13), citing Bertolt Brecht 1929, "In the practical one have that to give a step of each time, the theory has to contain the march all." The theoretical and formal object of this research, this concentrates of the one in practicing young adults of Spinning®, but with the scienter that the results gotten in this research can have, it influences direct and indirect on the phenomenological and axiological understanding of the motor aspects of the practicing Being of Spinning®. Such understanding is intended that, generates a phenomenic explanation, that in turn, would bring what it is "to perhaps", common sense for the epistemological knowledge, generating then lapsing and forecast inside of a hermeneutic cycle. SERGIO & cols. (1999, P. 15), "… the crucial problem of our time is of the necessity of an apt thought to answer to the challenge of the complexibility of the Real, that is to catch the mutual linkings, interactions and implications, the multidimensional phenomena, the reality that are at the same time solidary and conflations.". This study it considers, as joint of characteristics, the corporal composition, dynamic force, muscular resistance located, aerobic resistance and flexibility, being these the levels of physical conditioning to be studied and verified through the physical evaluation, that according to FERNANDES FILHO (1999, P.15), the gotten results, through the battery of used tests, are important so that if it can develop a good program of physical work. To study the levels of physical conditioning in practicing young adults of Spinning® seems to be the great challenge of the present study, therefore for existing the Spinning® it has some years, we know that studies do not exist on the same and that it runs away what is known and normal. In this study value adds question level of conditioning physical in adults young practicing of Spinning® and that it has as pretension to break paradigms, that can yes, to positively supply to a lack or even though the vacuities of the practitioners of Spinning®. The necessity to be taken care of, this in accord with the search of the scientific knowledge that according to SERGIO & cols. (1999, p.14), "the historical, evolutive aspect of the production of the scientific knowledge is above of more, a process of social transformation and cultural creation where the deconstruction of the ideas reflect and project the discerning and courageous give-construction that if processes in the society all." This seems to reflect, according to exactly SERGIO & cols. (1999, p.14), that science has as difference enters the too much forms of knowledge, the validity of the method and that some moments if will not have flexibility, that, by the way, would have to be one of the characteristics of the scientist, not condit with the supported rhythm of the "evolution and revolution where the society if develops". Peter Demon cited for SERGIO & cols. (1999, p.14) "nothing he harms plus a theory of what the obsessive necessity to keep it, the theory that lacks of defense already is in decline." The change of a paradigm goes against institutional and normal, the Bachelard cited for SERGIO & cols. (1999, p.15), "… it does not have first truths, only exist first errors. E is in the recognition of these errors that science recommences." Had the great amount of involved people in programs of physical conditioning, the ACSM created a guide for

lapsing of physical activity for healthful adults in 1998, with recommendations of the amount and quality of training for the development and maintenance of fitness physicist. The world-wide organization of the health (OMS) defines health not only as "perfect physical, mental and social well-being of person, and the absence of illnesses and diseases" becoming ampler the health concept perceiving that other factors exist to be considered beyond the inexistence of illnesses. (AMERICAM HERT ASSOCIATION, 1992). For professional us of the health area, the term fitness is analogous and in it allows them thus, that if of a ampler character to its use, providing to it, a bigger specter of information of its characteristics, exceeding for the trends and adding values, of the Being of the man, its corparality, its motor behavior and its motor behavior. Objective with this research to evaluate the effect on the level of physical conditioning (corporal composition, dynamic force, located muscular resistance, aerobic resistance and flexibility) of a program of training based on lessons of Spinning®, with duration of 16 weeks, in young adults. For such it is intended to use methods and protocols for the determination of each dependent 0 variable, is about an experimental research that in accordance with Clarke (1970) cited by FLEGNER & DAYS (1995), therefore intends to verify the relation of the human performance in experimental conditions, and this in case that, she is intended to verify the effect of a program of Spinning® on the level of physical conditioning in young adults. The characteristics that will be evaluated are inserted, for definition in the Ergomotricity and Ludoergomotricity, that is, the motor behavior and the motor behavior, considered as work theoretical and practical object sende it half it, and the theoretical and formal, objective object and this being the end, observed and controlled under the angle of the income and the efficiency WEDGE (1994, p.156). It is given credit and one intended that this study it serves of I subsidize for professionals who act in the area of fitness and of the athletical performance. Each one of the considered tests will evaluate specific aspects, these will serve as subsidy for practical of cycle-ergometer-stationary Spinning® and. In special in the training area, according to DANTAS (2000), they can be divided in essential, important, be used as not used support to the training and, evidently these last ones will not serve directly in the case of specialized athletes already, but for the beginning ones, as items to be observed, in one construct of motor development. In relation to construct of motor development, that encircle in the reality, much more of what only the solution of a specific problem, but all a struturation of this construct, BERESFORD (1999), that it cites M. Merleu-Ponty and Jose Ortega Y Gasset, "… To be as an instance replete of all the possibilities of the Being, (...) where everything is or can be (...) such possibilities and realities are based on the concrete fullness and radical of the life of the man, where in uncurling of such experiences, the Being is for the man in inserted it. Still BERESFORD (1999), citing M. Merleau-Ponty, mentions the phenomenology of the Perception, appearing from there, the ontological notion to it of corporality, the man not being able to be observed simply for what it can generate, either in its tasks of life or the here boarded case the final performance, but yes, the man assuming its paper in the context and history, being thus observed as a Being in development and not simply as to be in the world is its structurant principle, but, also the structurant condition of the existence human being. (...) we are not in the world ahead of our body; we are in our body, or better, us we are our body." Evidently, the comment of more including aspect, related to the human motricity being, intends to be the basic characteristic of this study, being this a question of valuating a line of attitudes. If it has value is for existing the necessity of valuating something and vice it turns. Perhaps as much the cognoscible object, how much the Being cognoscente is capable to possess this value, the difference is in the applicable relation of or application and applicator, and still in the scienter of the comment. As to valuating something if it does not have the necessity of being valuable, and despite if it has the perception of this necessity. The reference of valuable value and, asks for a comment methodology, without which a systematization of criteria could not be applied, if something cannot valuating that if does not have a reason to exist for the observer of a phenomenon. The man gives to real value one meaning, what he was abstract starts to be concrete, but the reciprocal one can not be true, since, the value is an attribution and not a constant. BERSFORD (1999), THAT QUOTATION Macedo, Scheler and Hartmann, thus affirm that a value does not belong to the order of the Being and yes to the order of the value, demonstrating themselves were not the "chaos" would be instituted. An information alone will be valuable, since that it is useful this utility, seems to have an individual character, but, however, if it cannot forget that the generation of this information does not only restrict an only individual, but to a community, as common good, what differentiates its use and the value that if attributes it. The value starts to be an instrument of basic importance in a study, not for giving the quality, but for being the quality, or not yet it is simply necessary, but the proper necessity. The identification, of the value of a study, is in the reality its praxis, making the knowledge to turn in a hermeneutic cycle.

CONCLUSION

This process, this intimateness on with the confirmation of a method inside of the "Ergomotricity and Ludoergomotricity", where to suggest changes and variations in evaluation methods, already considered, it generates change and variation in paradigm, and this will have inference in the instituted order, but that not invariant. The establishment of a method is proper of a necessity, having to take care of same and its specificity, not being congealed only a method, therefore this method can not be most appropriate, or for another one, it can have the necessity of the experimentation of variations and changes. It fits to remember that the method is based, in its practiced, applicability and mainly to be in accordance with the scientific estimated principles and. For this reason all the evaluations proposals in this study, take care of to this specificity, for this reason consist in acceptable method and in agreement, as much with the objectives as the science which is inserted.

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RESUMO

O ciclismo tem se manifestado tanto como um esporte de competição quanto uma atividade física de lazer. No Spinning® são simulados os movimentos do ciclismo através de um programa de treinamento desportivo contínuo ou intervalado, visando à manutenção e melhora do nível de condicionamento físico (composição corporal, força dinâmica, resistência muscular localizada, resistência aeróbica e flexibilidade). Essa prática esportiva dentro das academias de ginástica tem se revelado, eficiente e eficaz congregando em sua praxe, desde o posicionamento das mãos, as estratégias de aula e a própria música, que levam ao praticante, ao desenvolvimento físico, biológico, social e cultural. Este processo está intimamente ligado com a confirmação de um método dentro da "Ergomotricidade e Ludoergomotricidade", onde surgir mudanças e variações em métodos de avaliação, já propostos gera mudança e variação em paradigma. Cabe lembrar que o método está baseado, na sua praticidade, aplicabilidade e principalmente estar de acordo com os princípios e pressupostos científicos.

Palavras Chave: Paradigma, eficiente e eficaz

ABSTRACT

The cyclism has been manifesting as much a competition sport as much leisure physics activity. In Spinning® are simulated the moves of cyclism through an athletic training continual or interval, to aim to maintenance and improvement of physic condition level (body composition, dynamics force, muscular resistance localed, aerobic and flexibility resistance). This sportive practice inside gymnastic academy has been revealer; efficient and efficacious, class strategy and its own music that take the practitioner to physics, biologic, social and cultural development. This process is intimaley connected with a confirmation of a method inside "Ergonometric and Ludoergomonetrics", where will arise chances and variation in valuation methods, already proposed cause changes and variations in paradigm. The method is based in your practicability, applicability, and principal been agreeing with scientific principle e presupposed.

Key-words: Paradigm, eficient, and efficacious

RÉSUMÉ

Le cyclism avait manifesté autant un sport de concurrence autant d'activité de physique de loisirs. Dans Spinning® sont simulés les mouvements du cyclism par une formation sportive continuelle ou intervalle, pour viser à l'entretien et à l'amélioration du niveau d'état de médicament (la composition en corps, force de dynamique, résistance musculaire la résistance localed, aérobie et de flexibilité). Cette pratique folâtre à l'intérieur d'académie gymnastique a été revealer ; stratégie efficace et efficace, de classe et sa propre musique qui portent le praticien au développement de physique, biologique, social et culturel. Ce processus est intimaley lié à une confirmation d'un intérieur Ergonometric de méthode et Ludoergomonetrics , où surgiront les chances et la variation des méthodes d'évaluation, cause déjà proposée change et des variations de paradigme. La méthode est basée dans votre praticabilité, applicabilité, et principal été agreeng avec le principe scientifique e présupposé.

Mots clés: Paradigme, efficace, et efficace

EXTRACTO

El cyclism ha estado manifestando tanto un deporte de la competición como mucha actividad de la física del ocio. En Spinning® se simulan los movimientos del cyclism con un entrenamiento atlético continuo o intervalo, apuntar al mantenimiento y a la mejora del nivel de la condición del physic (la composición del cuerpo, fuerza de la dinámica, resistencia muscular la resistencia localed, aerobia y de la flexibilidad). Esta práctica sportive dentro de la academia gimnástica ha sido revealer; estrategia eficiente y eficaz, de la clase y su propia música que llevan a médico al desarrollo de la física, biológico, social y cultural. Este proceso es intimaley conectado con una confirmación de un interior "Ergonometric del método y Ludoergomonetrics", donde se presentarán las ocasiones y la variación en métodos de la valuación, causa ya propuesta cambia y las variaciones en paradigma. El método se basa en tu factibilidad, aplicabilidad, y principal sido agreeng con el principio científico e presupuesto.

Palabras claves: Paradigma, eficiente, y eficaz.