

## 156 - THE IMPACT OF THE LEARNING AND OF THE PRACTICE OF THE SWIMMING FOR SENIORS OF THE CLUB OF THE WORKER OF SESI/AM

VINÍCIUS CAVALCANTI  
 Universidade Federal do Amazonas  
 Programa de Pós-Graduação - Mestrado em Educação  
 vinicius\_caval@hotmail.com

### INTRODUCTION

The aging process this associated it a series of physical and psychological limitations that you/they provide difficulties for the seniors to carry out a great number of functions.

Many senior they face a process of growing deterioration in his/her life quality and like this a substantial discrepancy among his/her longevity measured by the calendar and his/her expectation of adjusted life to the quality (Shepard, 2003).

One of the important elements to lessen this process is a program of physical activities, whose purpose is to increase the adjusted expectation to the quality of the participant's life. The elaboration of a program of physical activities for the senior should take into account the preparation so that the senior can accomplish their daily basic needs (Ramos, 2002)

Inside of this program there are countless activities of the which the senior can accomplish from walk, race, muscular activity, adapted games and aquatic activities. About the aquatic activities we have the water aerobics and the swimming.

The swimming is considered one of the most effective ways for prevention and correction of problems posturais, mainly the deviations of the spine. The proportionate symmetrical work for the alternate movement of members and his/her traction on the musculature paravertebral has extraordinary effectiveness in the reduction of those deviations, especially with respect to the structure of the feet, loin-pelvic area and superior and cervical number area (Tahara, 2006).

Besides, being natural or not to the human being, he/she became evident that the swimming is occupying a space through the medical prescription, of the apprentices' option and of the great preference in the accomplishment of a physical activity to regulate (Marques, 2001).

Marques (2001) it marks that the subject of the lack of previous motive experiences in the liquid middle, the probable learning problem faced by senior people that didn't exercise such experiences can be similar to the of any other individual, in any age, that still has not developed this relationship. What happens are always the discoveries of new techniques and a new one to swim that it is him/her different, that it is evidenced by Mauss (2003) when he/she affirms that the new discoveries take to a new understanding of the swimming sense.

Still on new discoveries, it happens with this a change in the individual's process civilizador in Elias' conception (1994), because these new acquired techniques provide a change and a new understanding of what is the swimming.

Besides the seniors' participation in the swimming has been generating an interesting phenomenon that it is the swimming máster, in other words, the senior's sporting participation in the swimming. Massaud (2001) he/she affirms that we needed to attend her/it a competition of swimmers masters for many of the myths to be disseminated concerning the inevitable effects of the aging.

### METHODOLOGY

This is an article of the descriptive type, because he/she has for purpose to determine practices or present opinions in populations specify (Thomas, 2007). As collection instrument will be used the questionnaire, tends open and closed questions.

The chosen place for obtaining of the data will be the Club of the Worker from Amazon, belonging to the Social Service of the Industry (SESI), where his/her group will be inquired of senior.

### APRESENTATION AND DISCUSSION OF MAIN OUTCOMES

About the characterization of the sample, 10 students of the Group of Third Age were selected, however only 03 filled out the questionnaire. This group has a 62 year-old medium age. As for the marital status, two subjects are married and just one of the researched subjects pronounced single. On the instruction degree, two subjects possess complete Medium Teaching and just one possesses the complete Higher education. All the researched subjects pronounced retired.

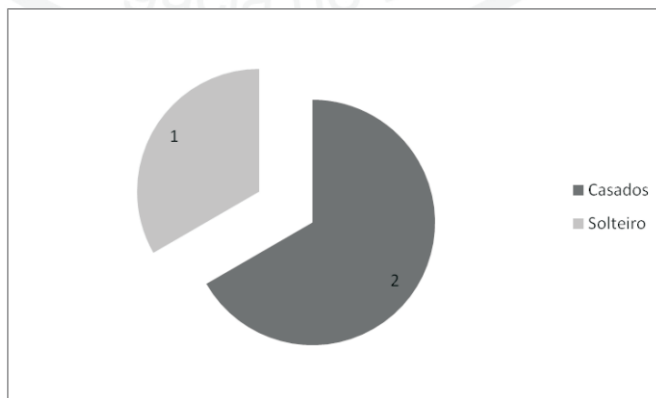


Illustration 01 - the interviewees' marital status

In relation to the swimming practice in his/her city, one of the seniors answered that he/she swimed in an igarapé, the other swimed in a swimming pool and another didn't answer. About the styles swimed now, just one of the seniors accomplishes the practice of the four styles (butterfly, backs, chest and crawl), the second anything the styles crawl and coast and the third senior accomplishes just swim him crawl.

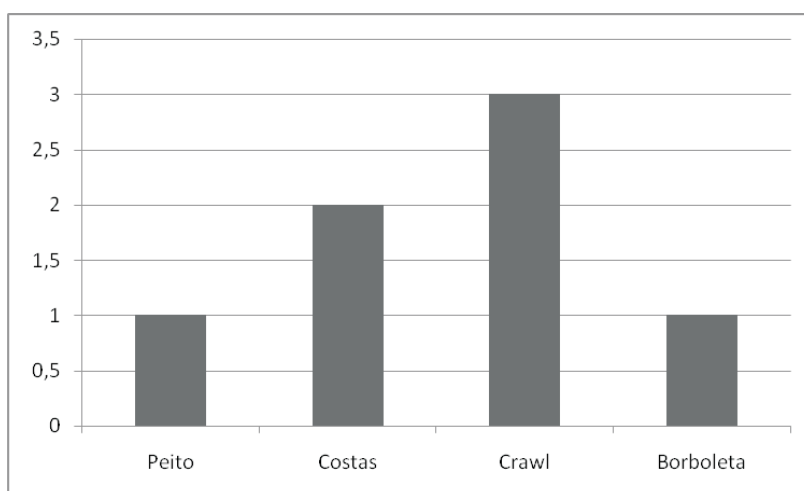


Illustration 02 - Styles of the swimming practiced by the interviewees

In relation to the analysis of the seniors' speech, the meaning that the practice of the swimming has in their lives it appears for the maintenance of a healthy lifestyle and a physical posture, the self-esteem and improvement of the resistance physical, larger motor development and a better domain on the body, as for the aspect of the learning of the swimming, just a senior one affirmed not to have learned completely. Already the other ones two subject of the research affirmed that you/they learned how to swim.

On the one that the senior interviewee attributes the fact of having learned or not to swim her, one of the seniors affirms that he didn't learn how to swim completely, more because of the instructors' lack to accompany the learning. Inversely the this opinion, the other two seniors interviewees mark that he/she is due the willpower and the teaching of some teachers and a personal need of improvement of the physical conditioning.

As for the meaning of the swimming practice inside of the respective project, the seniors affirm that he/she means to have a healthy and social life with the friends of aquatic activity, he/she means to have discipline, respect to the club and the teachers and the subject of the seniors' inclusion in projects of third age.

## CONCLUSIONS

With base in the exposed results along the work, our final considerations appear for the possibility and the viability of a swimming program for seniors, because it is a group that imposed by the time in spite of the limitations, possesses countless conditions of for the learning process.

The impact of the process of learning of the swimming was fundamental for the self-esteem, the socialization and the motivation and, besides, the seniors' participation in this fundamental project for the maintenance of a healthy life

## REFERENCES

- CASTRO, Luiz Carlos Cardoso "Cachimbao". **Aprenda a nadar corretamente**. Rio de Janeiro, Ediouro, 1976.
- ELIAS, Norbert. **O processo civilizador/ Norbert Elias: tradução, Ruy Jungmann; revisão e apresentação, Renato Janine Ribeiro**. – Rio de Janeiro; Jorge Zahar, 1994.
- KERBEJ, F. C. **Natação: algo mais que 4 nados**. São Paulo, Editora Manole, 1 ed, 2002.
- MACHADO, David Camargo. **Metodologia da Natação/ David Camargo Machado**. São Paulo: EPU. Ed. Da Universidade de São Paulo, 1978.
- MARQUES, C. L. M. **Eu aprendi a nadar"... Percepção de idosos cerca da conquista da aprendizagem da natação - em busca de uma reflexão pedagógica**. Revista da Educação Física/UEM Maringá, v. 12, n. 1, p. 47-57, 1. sem. 2001.
- MASSAUD, M. G. **Natação para adultos**. Rio de Janeiro, Sprint, 2001.
- MAUSS, Marcel. **Sociologia e antropologia. Sociologie et anthropologie**. São Paulo, Cosac Naiify, 2003.
- PEREZ, Anselmo José. **Natação Orientada**. Sprint - Revista Técnica de Educação Física e Desportos. Ano V, Vol IV, Nº 3. Maio / Junho de 1986.
- RAMOS, A. T. **Atividade física – diabéticos, gestantes, terceira idade, crianças e obesos**. Rio de Janeiro, 3 ed: Sprint, 2002.
- SHEPARD, Roy J. **Envelhecimento, atividade física e saúde**. São Paulo, Phorte, 2003.
- TAHARA, A. K. **As atividades aquáticas associadas ao processo de bem-estar e qualidade de vida**. Revista Digital - Buenos Aires - Año 11 - Nº 103 - Diciembre de 2006.
- THOMAS, Jerry R. **Métodos de pesquisa em atividade física**. 5. Ed. – Porto Alegre: Artmed, 2007.

## THE IMPACT OF THE LEARNING AND OF THE PRACTICE OF THE SWIMMING FOR SENIORS OF THE CLUB OF THE WORKER OF SESI/AM

### ABSTRACT

This study has for objective to analyze the impact of the learning and of the practice of the swimming for the seniors of the Club of the Worker of SESI/AM. a questionnaire was applied. The treatment released to the obtained data felt through descriptive analysis (average and frequency) and content analysis. The main results appear for the possibility and the viability of a swimming program for seniors, besides this process it was fundamental for the self-esteem, the socialization and the motivation, being fundamental for the maintenance of a healthy life for the seniors.

**WORD-KEY:** Learning; Senior; Swimming.

**L'IMPACT DE L'ÉRUDITION ET DE L'ENTRAÎNEMENT DE LA NAGE POUR AÎNÉS DU CLUB DE L'OUVRIER DE SESI/AM****RÉSUMÉ**

Cette étude a pour objectif pour analyser l'impact de l'érudition et de l'entraînement de la nage pour les aînés du Club de l'Ouvrier de SESI/AM. un questionnaire a été appliqué. Le traitement a publié au feutre de la donnée obtenu à travers analyse descriptive (moyenne et fréquence) et analyse satisfait. Les résultats principaux paraissent pour la possibilité et la viabilité d'un programme de la nage pour les aînés, excepté ce processus c'était fondamental pour l'amour-propre, la socialisation et la motivation, en étant fondamental pour l'entretien d'une vie saine pour les aînés.

**MOT CLEF:** Apprendre; Aîné; Nager.

**EL IMPACTO DEL APRENDIZAJE Y DE LA PRÁCTICA DE LA NATACIÓN PARA LAS PERSONAS MAYOR DEL CLUB DEL OBRERO DE SESI/AM****RESUMEN**

Este estudio tiene para el objetivo para analizar el impacto del aprendizaje y de la práctica de la natación para las personas mayor del Club del Obrero de SESI/AM. una encuesta era aplicada. El tratamiento soltó al fieltro de los datos obtenido a través del análisis descriptivo (el promedio y frecuencia) y el análisis satisfecho. Los resultados principales aparecen para la posibilidad y la viabilidad de un programa que nada por las personas mayor, además de este proceso era fundamental para la autoestima, la estatificación y la motivación, mientras siendo fundamental para el mantenimiento de una vida saludable para las personas mayor.

**PALABRA-IMPORTANTE:** Aprendiendo; Mayor; Nadando.

**O IMPACTO DA APRENDIZAGEM E DA PRÁTICA DA NATAÇÃO PARA IDOSOS DO CLUBE DO TRABALHADOR DO SESI/AM****RESUMO**

Este estudo tem por objetivo analisar o impacto da aprendizagem e da prática da natação para os idosos do Clube do Trabalhador do SESI/AM. Foi aplicado um questionário. O tratamento dispensado aos dados obtidos deu-se através de análise descritiva (média e frequência) e análise de conteúdo. Os principais resultados apontam para a possibilidade e a viabilidade de um programa de natação para idosos, além de este processo ter sido fundamental para a auto-estima, a socialização e a motivação, sendo fundamental para a manutenção de uma vida saudável para os idosos.

**PALAVRAS-CHAVE:** Aprendizagem; Idosos; Natação.

PUBLICAÇÃO NO FIEP BULLETIN ON-LINE: <http://www.fiepbulletin.net/80/a1/156>