

152 - IMC APPROACH IN PHYSICAL EDUCATION CLASSES OF ELEMENTARY SCHOOL IN THE CITY OF AL-TEOTONIO VILELA.

LUCIANO DA SILVA RAMOS¹
 MARIA CELESTE CAMPELLO DINIZ¹
 CASSIO HARTMANN²

1. BAPTIST INSTITUTE OF HIGHER EDUCATION ALAGOAS, MACEIO, ALAGOAS, BRAZIL.
 2. DOCENT OF THE OFFICE FEDERAL DE ALAGOAS - CAMPUS MARAGOGI/AL - BRAZIL.
2. EURO-AMERICAN PROGRAM POST-GRADUATION STRICTO SENSU IN MEDICINE OF SPORT – CATHOLIC UNIVERSITY NUESTRA SEÑORA DE LA ASUNCIÓN – UC
 luramos28@hotmail.com

INTRODUCTION

The BMI is adopted by the World Health Organisation to calculate the ideal weight for each individual. It is through these calculations that people are aware of how your body is in agreement with respect to their weight and height. Schools Elementary School along with the physical education professionals using or should use this method for better integration and development of their classes, since some factors directly affect the performance of students as the social and economic factors, minimizing or even preventing students perform better in the context expected by the teacher.

Excess weight in childhood and the second Salbe Ruvassin (cited BOUCHARD, 2000), it usually happens by a combination of factors, including diet, genetic background, family lifestyle erroneous, socio-economic, psychological factors, ethnicity and lack of physical activity, given that obesity is one of the fastest growing evil in everyone and that in particular is a risk factor for cardiovascular disease, and that therefore should be seen and treated in a special way in order to prevent this evil becomes incurable.

According to Monteiro (1998), BMI is a good predictor of underweight, overweight and obesity in populations, taking into account its simplicity, low cost and high reproducibility. BMI is also a preceptor for estimating the prevalence of underweight, overweight and obesity in populations, but not contributing to the distribution of subcutaneous adipose tissue, because high levels of BMI are not necessarily linked to an increased amount of adipose tissue. According Zambo et alli (2003) can not be matched against the risk of morbidity among different individuals with similar BMI values, and recommended its use in studies of the prevalence of obesity in preschool and school children.

Another technique that has been widely used and has high validity and reliability, and which aims to know how much fat you have on the body and therefore how much of that body is pure muscle, is the skin fold, which can be defined as a specific location in a certain point the body where concentrations of adipose tissue.

The high cost of equipment (skinfold), and the lack of a transition between school and academy hinder this assessment in elementary school students, especially when it comes to interior where resources are scarce.

There is also the perimetric examination of the abdomen that is made with the tape, where the assessor or in this case the physical education teacher, there is the circumference of the abdomen is in accordance with the parameters that are scheduled from 88 cm to 102 cm and women for men, if student is valued above this parameter it has a greater chance of having a future cardiovascular problems.

Therefore, these forms of analysis are not as precise as the IMC due to the accessibility and because with the waist circumference is only one element has to be checked (the waist), already have in the IMC with the weight and height parameters, and beyond addition, based on BMI the teacher can develop new exercise programs more practical and without increasing costs, focused on weight loss and a better quality of life.

The discussion of this subject is related to how the approach is made for BMI in physical education classes in elementary school in the city of Teotonio Vilela - AL. With this issue we aim generally is performed to identify how the approach of BMI in physical education classes in elementary school in the city of Teotonio Vilela - AL, and the specific objectives are to verify the methods used by teachers to discuss this subject (BMI), and diagnose the physical education teacher covers content related to health, pointing out the importance of healthy habits and to identify the difficulties in the use of BMI in physical education classes.

The relevance of our research study on this approach independent of BMI of the study area is very important for physical education teachers and students in the health field. Through studies directed against this evil that is growing worldwide, a factor of global significance according to the World Health Organisation (WHO) because of high rates of obese people in all, it was reported that evil can become epidemic in few years and that the concern with health is an essential factor for human survival.

The school should contribute significantly to that people became aware that the healthy habits and physical exercise are essential for a healthy life. The classification of overweight and obesity in children and adolescents was determined from the patterns to discriminate obesity in adulthood, when the BMI > equal to 25 kg / m² indicates overweight and > 30 kg / m² indicates situations of obesity. In a study conducted in six countries, including Brazil, Cole et alli (cited SOAR et alli, 2004) proposed the values corresponding to BMI of 25 kg / m² as indicative of overweight and 30 kg / m² to characterize obesity in children from two years old. The analysis indicates whether the BMI is body weight according to individual height, aiding development of better health practices and in this sense, the physical education classes are educational in ways that children and adolescents have the opportunity to participate in activities recreational, sports and fitness.

Through the procedures and methodology used, a detailed field study of qualitative approach, since it is a systematic method of investigation that follows the scientific method of problem solving in a considerable degree (Thomas & Nelson, 2002).

This research is descriptive, it is widely used in education and behavioral sciences. Its value is based on the premise that problems can be solved and improved practices through observation, analysis and objective and complete description (Thomas and Nelson, 2002). With the population of Teachers of Physical Education of the Public Schools of Teotonio Vilela-al, with one sample five physical education teachers, and how questions to investigate: 1-you have annual plan for teaching Physical Education? 2 - you follow the guidelines of the NCP'S (national curriculum), in assembling the annual plan? 3 - It is part of the annual health-related matters? 4 - What is the importance of using health issues in physical education classes? 5 - You use the BMI (body mass index) in their classes? Why? 6 - How is the approach of BMI in the classroom? 7 - What are your qualifications for this type of education?

SITUATING THEME

Use a formula to calculate obesity is not a new concept. In the nineteenth century, a Belgian statistician named

Adolphe Quetelet Index Quetelet created, measuring obesity by dividing a person's weight (in kilograms) by the square of your height (in inches). Before 1980, doctors typically used for weight for height tables (one for men and one for women), which included tracks of weights for each inch of height. But those tables were limited because they were based not only on weight and body composition. The BMI has become an international standard for measuring obesity in the 80's and the public learned about it in the late 90's when the government launched an initiative to encourage healthy eating and exercise. Because of the possibility of errors, BMI should be just one method of measurement used to assess weight status and health. The NHI (National Institutes of Health) recommend that doctors assess whether their patients are overweight based on three factors: BMI; Waist circumference: a measure of abdominal fat;

Risk factors for diseases associated with obesity such as high blood pressure, cholesterol (LDL "bad" and "good" HDL), high blood sugar and tobacco;
- Skinfold thickness.

BMI

Importantly, although the BMI is accurate in most cases, it can overestimate or underestimate body fat. For example, BMI does not differentiate between body fat and muscle mass, which weighs more than fat. Many football players have been labeled "obese" because of their high BMI when in fact, had a body fat percentage too low, what happens with bodybuilders, who despite appearing to have a good health and body disposition where the adjacent fat are apparently low in relation to BMI. Athletes are classified in this modality overwhelmingly as morbidly obese, and this is clearly not correct to say. The BMI is not always accurate in the elderly, who have lost a lot of muscle and bone mass, causing it to be overweight, even if your BMI says you are within the normal range. And BMI also may be different for different ethnic groups, for example, Asians may begin to run a higher risk of health problems with a lower BMI than Europeans.

"Two decades ago, we analyzed the correlation between height, thickness of subcutaneous tissue and body density, with different indices of relative weight. Determining that the best indicator would be one that had the lowest correlation with height because it would remove the dependency of weight on height, and at the same time, had the highest positive correlation with subcutaneous fat, and negatively with body density to determine the degree to which the various indices indicated on obesity excess fat." PITANGA (2004)

RESEARCH METHODOLOGY

Thus we define as a result of the research project the aim of the study to be found, which should solve a problem we need to select some ways to investigate this subject.

This research is descriptive, since the second Gressler (2004), "descriptive research describes systematically the facts and features in a particular population or area of interest." And what this study suggests, to investigate if our professionals in their physical education classes deal with issues related to health and well being of the population.

Through the procedures used, a detailed field study of qualitative approach, since it is a systematic method of investigation that follows the scientific method of problem solving in a considerable degree (Thomas and Nelson, 2007).

According Gressler (2004), "A qualitative approach differs in principle from a quantitative approach, as it does not employ statistical tools based on the analysis process and MINAYO (1994), says that" In social sciences, with the referrals from search qualitative fieldwork is presented as an opportunity to achieve not only an approximation to what we want to know and study, but also to create a knowledge, from the present reality in the field "

DATA ANALYSIS

The data reveal that the city has Teotonio Vilela annual plan of physical education and 100% of primary school teachers in the county follow this plan, the guidelines of PCNS according to 100% of teachers follow these guidelines in setting the annual plan. All teachers responded that is not part of the annual plan to address issues related to health, but all respondents organize at the end of each term a talk with them, in order to always keep their students informed and not run away from their goals for the annual plan. As for the importance of health issues, we got different answers: The Guy I said: "It is of great importance, as the physical education classes in addition to being a discipline that works the body culture is also a way to guide students on various forms of prevention ", and the Individual II said: "Although not included in the class itself is very important consensus on these issues ": Guy III revealed that: "Although not in view of this topic, we look forward for students to notions of a healthy life: The Individual IV said: "Trying to make a more informed and result in a healthier society, since it is through information the best prevention": And finally, the Individual V reported that: "It is justified by the need for this type of information being transmitted and reflected by students in search of a lifestyle more healthy and active."

Regarding the use of BMI, according to the teachers addressed in this study, only 80% answered no, while the Individual IV responded: "No, because the team of teachers in the city has not yet discussed this issue in the lesson plan." All teachers, however, not even mentioning the subject in their classes.

About the qualification of teachers for this type of education: Individuals I, II, V have degree in Physical Education. The Individual III and IV are academics in Physical Education.

Although they follow the NCP'S, teachers of Physical Education of the City of Teotonio Vilela have a misguided line of reasoning on the issues to be addressed and the ways in which these themes should be developed. However, they address the issues related to the topic at each end of two months in the form of lectures in order to faithfully integrate the demands of the NCP's.

FINAL

The aim was to investigate how it is being done in the approach of BMI physical education classes in elementary schools in the city of Teotonio Vilela. Next, we turn our attention to content related to health and the importance of addressing issues of this magnitude in classes of elementary school that one of the goals of the second PCNS: "knowing one's body and take care of it, valuing and adopting healthy habits as one of basic aspects of quality of life and act responsibly in relation to their health and collective health. " The choice of the theme is given on behalf of the large increase in childhood obesity among school children around the world, searched in the town of Teotonio Vilela perform this study and to understand how teachers deal with BMI. I chose this type of analysis because of its easy applicability and low cost that can be performed both in the classroom as a gym or even in a laboratory, one drawback is the availability of the teacher and the interest of the authorities concerned whether private or the public.

While the city of Teotonio Vilela, there is concern about the way that teachers are conducting their annual plan, which although it contains in its context the issues related to health, not treating them fairly, not consistent to the treaty required at the

beginning of the context. Therefore it must be reviewed and discussed briefly the application forms of the annual plan giving greater emphasis to health issues, in view of its importance.

With the field research and analyzed came to the conclusion that in Teotônio Vilela because the way the annual plan was developed, the teachers were unable to address the BMI and health issues directly in their classrooms, as it is contained in our data analysis the teachers more concerned with treating this issue seriously are the students of physical education because of learning developed during the course where teachers a long time in the area should carry out studies, research or some work towards an upgrade and improving their work in view of the world so crowded and uneven where who always stands will be more prepared.

REFERENCES

- BRAY, G.A. Pathophysiology of Obesity. The American Journal of Clinical Nutrition. V.55 1992.
- BRASIL.SECRETARIA ELEMENTARY EDUCATION. National curriculum guidelines: Physical Education / Department of elementary education: MEC / SEF, 1998. <<http://pt.wikipedia.org/w/index.php?title=Glicemia&oldid=14163241>>.
- DESNANDES, S. F. Social Research: Theory, Methods and Creativity / Crus Otavio Neto, Romeu Gomes, Maria Cecília de Souza Minayo (organizer), Petrópolis, RJ: Voices, 1994.
- Garrow, J. S., WEBSTER, J.Q. The Measure of a fatness. International Journal of obesity, n.9, 1985.
- Guedes, D. P. Guedes, J. E.R.P. Control of Body Weight, Body Composition, Physical Activity and Nutrition. London: Midiograf, 1998.
- Gressler, L. A. Introduction to research: projects and reports, 2 ed. São Paulo: Loyola, 2004
- NATIONAL INSTITUTE OF FOOD AND NUTRITION. National Health and Nutrition: Profile of the Brazilian Population Growth 0 to 25 years. Brasília, 1990.
- MONTEIRO, C. A. Old and New Evils of Health in Brazil: The Evolution of parents and their diseases. São Paulo, Hucitec, 1995.
- PITANGA, F. J. G. Epidemiology of Physical Activity, Physical Activity and Health 2nd ed. - London: Phorte, 2004.
- THOMAS, JR & NELSON, JK Research Methods in Physical Activity. 3rd Edition. São Paulo: artemedica, 2002.

IMC APPROACH IN PHYSICAL EDUCATION CLASSES OF ELEMENTARY SCHOOL IN THE CITY OF AL-TEOTÔNIO VILELA.

ABSTRACT

Obesity is one of the evils that grows more in the world, given that the World Health Organization (WHO), adopted the BMI as the calculation of ideal weight for each individual. This study aims to identify how the professionals in the city of Fitness Teotônio Vilela deal with issues related to health and particularly BMI. A study of field of qualitative approach for this type of research that is descriptive, using a questionnaire to better analysis of the subject. Because the way was prepared the annual plan, the teachers of Physical Education were unable to tackle the issues mentioned. However, through lectures conducted every two months, teachers seek to fill the gap that is undoubtedly essential for the formation of the individual.

KEY WORDS: obesity, approach, scope, gap.

APPROCHE IMC COURS D'ÉDUCATION PHYSIQUE DE L'ÉCOLE PRIMAIRE DANS LA VILLE DE VILELA AL-TEOTÔNIO.

RÉSUMÉ

L'obésité est l'un des maux les plus dynamiques dans le monde entier, avant que le World Health Organization (OMS), a adopté l'IMC comme le calcul du poids idéal pour chaque individu. Cette étude vise à déterminer comment les professionnels de l'éducation physique dans la ville de Teotônio Vilela aborder des thèmes liés à la santé et surtout de l'IMC. Une étude du champ de l'approche qualitative de cette recherche est descriptive, à l'aide d'un questionnaire afin de mieux analyser la question. En raison de la façon dont le plan annuel a été préparé, les professeurs d'éducation physique ont été incapables de s'attaquer aux problèmes mentionnés. Toutefois, développé à travers des conférences, tous les deux mois, les enseignants cherchent à combler l'écart qui est sans doute essentiel pour la formation de l'individu.

MOTS CLÉS: obésité, l'approche, l'écart sur le terrain.

IMC ENFOQUE EN LAS CLASES DE EDUCACIÓN FÍSICA DE LA ESCUELA PRIMARIA EN LA CIUDAD DE VILELAAL-TEOTÔNIO

RESUMEN

La obesidad es uno de los males más rápido crecimiento en todo el mundo, antes de que la Organización Mundial de la Salud (OMS), adoptado el IMC como el cálculo del peso ideal para cada individuo. Este estudio tiene como objetivo identificar cómo los profesionales de la educación física en la ciudad de Teotônio Vilela tratar temas relacionados con la salud y, especialmente, índice de masa corporal. Un estudio del campo de abordaje cualitativo de esta investigación es descriptiva, utilizando un cuestionario para analizar mejor la cuestión. Debido a la forma en que el plan anual se preparó, los maestros de educación física fueron incapaces de hacer frente a las cuestiones mencionadas. Sin embargo, desarrollado a través de conferencias, cada dos meses, los profesores tratan de llenar el vacío que es sin duda esencial para la formación del individuo.

PALABRAS CLAVE: enfoque de la obesidad, laguna del campo.

ABORDAGEM DO IMC NAS AULAS DE EDUCAÇÃO FÍSICA DO ENSINO FUNDAMENTAL NA CIDADE DE TEOTÔNIO VILELA-AL.

RESUMO

A obesidade é um dos males que mais cresce em todo mundo, diante disso a organização mundial de saúde (OMS), adotou o IMC como o cálculo do peso ideal para cada indivíduo. O presente estudo tem como objetivo identificar de que forma os profissionais de Educação Física da cidade de Teotônio Vilela tratam de temas relacionados à saúde e em especial o IMC. Foi elaborado um estudo de campo de abordagem qualitativa para essa pesquisa que é do tipo descritivo, com a utilização de um questionário para uma melhor análise do tema. Devido à forma com que foi elaborado o plano anual, os professores de Educação Física ficaram impossibilitados de tratarem dos temas referidos. Entretanto, através de palestras desenvolvidas bimestralmente, os professores visam preencher essa lacuna que é sem dúvida indispensável para a formação do indivíduo.

PALAVRAS CHAVES: obesidade, abordagem, campo, lacuna.