

152 - PHYSICAL ACTIVITY INDEX IN PHYSICAL EDUCATION COURSE OF STUDENTS

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INTRODUCTION:

Regular physical activity reduces the risk of a person developing various chronic diseases, especially the main causes of cardiovascular death and functional dependence in Brazil and throughout the world. Physical inactivity should be considered a serious public health problem, representing a challenge for the health system and education to promote more active lifestyles for the entire population. However, not even the working professionals and know the paths and ways to maintain a healthy lifestyle can make the health of a welfare state, and as such, it requires a dynamic search process continues for the balance between aspects physical, mental, social and spiritual that permeates life. So health is largely determined by the choices made on a daily basis. Many people overlook the need to develop itself ability to improve their health and ignore the risk factors, keeping unhealthy habits.

Research shows that exercise strengthens bones, preventing diseases associated with its weakening, helps fight insomnia and stress and may help people live longer and better. Physical activity is something for life, in addition to providing health and fitness, improves quality of life. Despite the positive health evidence regarding lifestyle and physical activity, it is observed that people generally do not follow a proper lifestyle. Thus, physical inactivity levels are high and associated with chronic degenerative diseases are still the leading cause of death. So health is largely determined by the choices made on a daily basis. Many people overlook the need to develop itself ability to improve their health and ignore the risk factors, keeping unhealthy habits. Physical activities in addition to providing health and fitness, improves quality of life. Physical activity and eating habits are two elements that play a significant role in health promotion and disease prevention. In addition, other elements are also important to the health and well-being, such as avoiding the use of cigarettes, have a good relationship with family and friends, avoid alcohol, practice safe sex, manage stress, practice regular physical activity and the need to have an optimistic and positive outlook on life.

In Brazil, the Ministry of Health data from 2010 indicate that the main causes of death are also diseases of the circulatory system (over 300,000 death / year), followed by neoplasms (more than 178 thousand death / year) 11. Promote more active lifestyle is a matter of the whole society, not just an individual problem. So this requires a population approach, multisectoral, multidisciplinary and involves aspects of cultural relevance. It is important to differentiate between physical inactivity (low levels of practice of physical activities) of sedentary behavior (sitting watching television, or using computed using electronic games). It is recommended that there is frequent active interval (every one or two hours) when you have to sit for long periods. It is considered inactive an individual who has a lifestyle with minimal activity, equivalent to an energy expenditure (work + leisure activities Domestic + + mobility) less than 500 kcal per week. For a person to be considered moderately active, you should perform physical activities that build up a weekly energy expenditure of at least 1,000 kcal. This corresponds approximately to walk briskly for 30 minutes five times a week.

MATERIALS AND METHODS:

This study has a descriptive cross-sectional. A descriptive survey was conducted with 121 students, of both genders, higher education, aged 18 and 50, the night shift in a private university of Ji-Parana-RO in the year 2014. Data collection realized the period from 28 April to 24 May 2014, accompanied by the class teacher and acadêmica. Na data collection used a questionnaire fitness level physics SOURCE: Kasari, D., University of Montana, 1976. which is discussed on the level of physical fitness. The questionnaire was given to the research subjects, which then received the same verbal orientation. Written guidance on the proper procedures is also present in the questionnaire itself. All participants answered a free and informed consent form explaining the study's objectives and procedures, allowing their voluntary participation in the research. It has also guaranteed the anonymity of all the subjects. We used descriptive statistics to observe the percentage of the sample distribution for the categories proposed by the instrument, the distribution of these for a period of Physical Education course, differences between genders.

Inclusion criteria were: students enrolled regularly attending the current semester and attending classes and participants who met the following criteria: (1) adequately fill the research instruments; and (2) voluntarily participate in the process by signing a formal consent form. The research protocol (CEP = 622.159.08.09) was designed according to the rules established by Resolution 196/96 of the National Health Council on research involving human subjects. The study excluded students who discontinued their studies during the semester or were not present in the days of the interview. We used descriptive statistics to observe the percentage of the sample distribution for the categories proposed by the instrument, the distribution of these for a period of Physical Education course, differences between genders.

RESULTS:

The sample consists of 121 (one hundred and twenty one) students who responded to the questionnaire fitness level Physics, 53 female and 68 male. The application of NFAP consists of 3 closed questions, with a self-assessment on a scale that matches:

ÍNDICE DE ATIVIDADE

Baseado na sua atividade física diária, calcule qual o nível de aptidão física você se encontra. Preencha o formulário com os valores correspondentes. Após o preenchimento, clique em calcular e compare o valor obtido com a [tabela de referência](#). www.saudeemovimento.com.br

INTENSIDADE	ESCORE
Pesada - Respiração pesada e sustentada por toda a atividade com forte transpiração após alguns minutos (como corre um pouco abaixo ou na intensidade máxima).	5
Pesada intermitente - Respiração pesada intermitente com transpiração média (como no tênis).	4
Moderadamente pesada - Respiração moderada constante (como no ciclismo).	3
Moderada - Respiração um pouco acima da normal, com picos de respiração moderada (como no vôlei).	2
Leve - Respiração constante um pouco acima da normal (Como na caminhada).	1

DURAÇÃO	ESCORE
Acima de 30 min	4
20 a 30 min	3
10 a 20 min	2
Abaixo de 10 min	1

FREQÜÊNCIA	ESCORE
Diariamente ou 6 vezes por semana	5
3 a 5 vezes por semana	4
1 a 2 vezes por semana	3
Poucas vezes ao mês	2
Uma ou menos vezes por mês	1

Seu **ESCORE FINAL** é de . Use a tabela abaixo para conhecer sua classificação quanto à sua aptidão física.

* O índice é altamente relacionado à capacidade aeróbia.
 FONTE: Kasari, D., Universidade de Montana, 1976

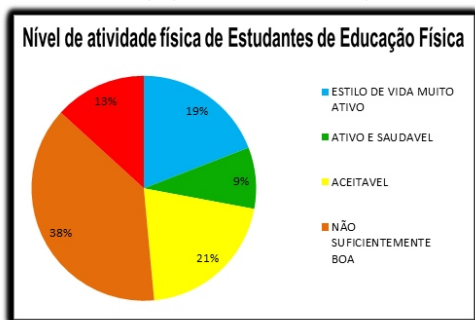


FIGURE 1 - MALE:

Male students demonstrated not have a proper lifestyle , with only 19% of students are very active lifestyle , 9% was framed in active and healthy option , 21% falls into the acceptable option , 21% not enough good and 38 % of male students was classified as sedentary .

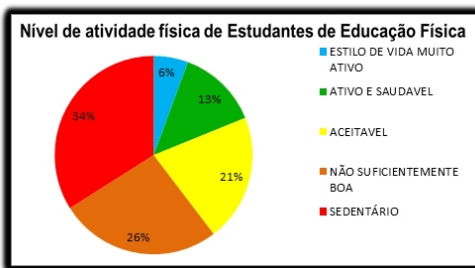


FIGURE 2: FEMALE :

In the table above we can see the level of activity in female students of physical education course where only 6 % are very active lifestyle , 13% have an active and healthy lifestyle, only 21 % acceptable , 26% not enough good and 34 % were classified as sedentary .

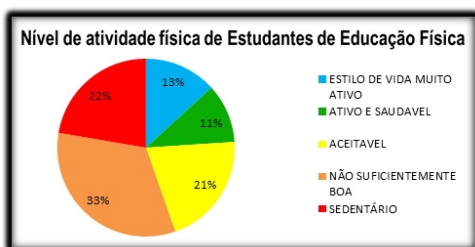


FIGURE 3: GENERAL CLASSIFICATION:

In the table above we have the general classification of students, where we can see that the 121 participants in the survey only 13% have a very active lifestyle, or practicing physical activity every day, 11% have active and healthy lifestyle, 21% is acceptable lifestyle, 33% their lifestyle is considered not good enough, and 22% were classified as sedentary.

DISCUSSION OF RESULTS:

We can compare the study with other studies where it was analyzed the quality of life and the university in activity level, where we used the short IPAQ, expressed as a percentage in the standings, 71.1% was classified as male, 53.7% in females and 18.8% classified as sedentary at the total number of students assessed. Among males, the majority of students was classified in the window "very active." In contrast, female students are classified on window "insufficiently active" at higher percentages. In general, male college have higher values of physical activity levels compared to women, differences were identified by the chi-q test ($\chi^2 = 6.455$; $p = 0.012$). In studies in college in the northern region of the country in the city of Gurupi - TO was possible to see a low failure rate of activity and inactivity being that much of it remains active, the study found a population of 29.9% of insufficiently active to 70.1% of assets, agreeing with the findings. We conclude that academics have good levels of physical activity, not being observed cases of inactivity.

Comparing men and women, there were no statistically significant differences, and the scores were similar in all categories, demystifying some concepts that men are more physically active. The number of students was classified as irregularly active and inactive (47% of of Animal Science students and 20% of students of Physical Education) is worrisome, if we consider the possibility to exist the influence of chronological age on the level of physical activity. The lack of benefits is one of the possible factors that lead to inactivity. However, some authors point out that only the fact that knowledge does not necessarily mean that the individual is active, but facilitated changes in behavior and the adoption of a more active lifestyle. As demonstrated in this study only 7.5% of physical education course students are sedentary. Regarding gender, were similar levels of physical activity, considered the analysis in the same way. However, a considerable number of studies shows that women are inactive than men since childhood.

FINAL CONSIDERATIONS:

A sedentary lifestyle is a growing problem in society, as a result of an inactive lifestyle often by practicality in everyday life, and technological ease. A sedentary lifestyle brings a big impact on the economy: it is responsible for high hospital expenses, absence from work and death. The physical activity would therefore be an excellent measure of combat and prevention of chronic degenerative diseases and the promotion of a healthier lifestyle. All are aware that physical activity is good health and physical educators as it is only fair that physical exercise and raise awareness about the importance of physical activity. This leads to good quality of life and its benefits, but for that to happen properly should start with you, because to change the behavior of the population in relation to physical activity, you should start changing their behavior, adopting healthy habits the as soon as possible so that you have enough knowledge to guide it in both theoretical as in the practice.

What was observed in this group with physical education course students is that men are more physically active, but related to the course we have few physical assets, there is a large percentage of students who fit like sedentary which is worrying, after all are Course physical education students, which encourage women to practice physical activity, but they themselves do not. Most students are active, a considerable percentage is still sedentary. There is a need to encourage increased physical activity levels in this inactive population. The change in behavioral patterns to adopt a healthier lifestyle depends not only individual, but also sectoral Inter actions involving a range of actors such as civil society, government, university, media and others.

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PHYSICAL ACTIVITY INDEX IN PHYSICAL EDUCATION COURSE OF STUDENTS**ABSTRACT**

Kasari, D., University of Montana, 1976 with questions about intensity: In order to analyze the level of physical activity in students of physical education at a private university, the questionnaire Level Physics, SOURCE fitness was applied physical activity. This study was conducted with 121 students in higher education. What was observed in this group of students of physical education is that men are more physically active, but related to the course we have few physical assets, there is a large percentage of students who fit as sedentary. What is worrying, after all are students of physical education, which encourage women to practice physical activity, but they themselves do not practice. But those numbers may improve from students to practice any physical activity and have a balanced diet. Consequently can improve the quality of life and become healthier professionals.

KEYWORDS: Quality of life, academic, intensity

INDICE D'ACTIVITÉ PHYSIQUE EN ÉDUCATION PHYSIQUE COURS DES ÉTUDIANTS**RÉSUMÉ**

Dans le but d'analyser le niveau d'activité physique chez les élèves physiques de cours d'éducation dans une université privée, nous avons appliqué le questionnaire niveau de forme physique SOURCE: Kasari, D., Université du Montana, 1976, avec des questions sur activité physique d'intensité pratiquée. Cette étude a été menée avec 121 étudiants de l'enseignement supérieur. Ce qui a été observée dans ce groupe d'étudiants physiques de cours d'éducation est que les hommes sont plus actifs physiquement, mais liés à la voie que nous avons quelques physiquement actif, il est un grand pourcentage d'élèves qui correspondent sédentaire. Ce qui est inquiétant, après tout sont des étudiants de premier cycle de l'éducation physique, qui encouragent les femmes à pratiquer l'activité physique, mais ils ne le font pas eux-mêmes. Mais ces chiffres peuvent améliorer des étudiants à pratiquer une activité physique et avoir une alimentation équilibrée. Par conséquent, ils peuvent améliorer la qualité de vie et devenir des professionnels sains.

MOTS-CLÉS: Qualité de vie, d'universitaires, de l'intensité.

FÍSICAS ÍNDICE DE ACTIVIDAD EN CURSO DE EDUCACIÓN FÍSICA DE LOS ESTUDIANTES**RESUMEN**

Con el fin de analizar el nivel de actividad física en estudiantes de curso de educación física en una universidad privada, se aplicó el cuestionario nivel de condición física la física FUENTE: Kasari, D., Universidad de Montana, 1.976 con preguntas sobre actividad física de intensidad practicada. Este estudio se realizó con 121 estudiantes de educación superior. Lo que se observó en este grupo de estudiantes del curso de educación física es que los hombres son más activos físicamente, pero relacionado con el curso que tenemos pocos físicamente activo, hay un gran porcentaje de los estudiantes que se ajustan como sedentarios. Lo que es preocupante, después de todo, son los estudiantes de pregrado de la educación física, que animan a las mujeres a practicar la actividad física, pero ellos mismos no lo hacen. Pero esos números pueden mejorar desde estudiantes a practicar cualquier actividad física y tener una dieta equilibrada. En consecuencia, se puede mejorar la calidad de vida y convertirse en profesionales más saludables.

PALABRAS CLAVE: Calidad de vida, académicos, intensidad.

ÍNDICE DE ATIVIDADE FÍSICA EM ESTUDANTES DO CURSO DE EDUCAÇÃO FÍSICA**RESUMO**

Com o objetivo de analisar o nível de atividade física em estudantes do curso de educação física em uma universidade particular, foi aplicado o questionário Nível de aptidão Física, FONTE: Kasari, D., Universidade de Montana, 1976, com perguntas sobre a intensidade de atividade física praticada. Esse estudo foi realizado com 121 discentes do ensino superior. O que foi observado nesse grupo de estudantes do curso de educação física é que os homens são mais ativos fisicamente, mas que relacionado ao curso temos poucos fisicamente ativos, há uma grande porcentagem de alunos que se encaixam como sedentários. O que é preocupante, afinal são estudantes do curso de educação física, que incentivam a população a praticar atividade física, mas eles mesmos não praticam. Porém esses números podem melhorar desde que os estudantes pratiquem qualquer atividade física e tenham uma alimentação balanceada. Consequentemente podem melhorar a qualidade de vida e os tornam profissionais mais saudáveis.

PALAVRAS-CHAVE: Qualidade de vida, acadêmicos, intensidade.