SUMMARY
The population each time more comes being attack with some posturais alterations and these they provoke physical problems serious compromatedores in the quality of life. The objective of this study is to evidientary the main posturais alterations between the beginning ones in the practical one of physical activities of an academy in São João Del Rei, MG in the period of July the December of 2004. This study propose to verify it which posturais elements they must be presented giving one it has supported specific and fidgeting for the one accomplishment program ergonomicamente elaborated. A collection was carried through initially of data in the Apollo Academy of São João Del Rei, MG in a group of 700 pupils beginning in the physical activity, with the average age of 28 years, of the sort feminine masculine and that if they had submitted to the physical and posturais evaluations. It was used the system of physical evaluation computerized PHYSICAL TEST 4.2. The evaluation it was carried through to leaving of the inferior members for the superiors having segmentation in accordance with the anatomical regions, as feet, knees, hips, trunk, shoulders and neck. The visual inspections had been carried through in such a way in the plan sagittal how much in the plans frontal, dorsal and in the position antero-flexion. Results gotten with the carried through study had evidenced that 100% of the evaluated ones they had presented alterations in posturais shunting lines. Scoliosis was found in 56, 8% of evaluations, being convex 38.1% right and convex 18.7% the left, hiperlordose in 28, 1% and hipercurvose in 17, 8%. It was observed that the factors preponderant for a bigger number of these shunting lines they had been that in almost its totality the evaluated people was of age enters the 14 28 years, sedentary rights hand and. One concluded that programs and evaluations of shunting e immediate intervention, periodic and corrective, is preponderant factors stops the prevention and improves significant of posturais shunting lines and quality of life, making possible thus a good corporal biomechanics, using itself of the ergonomics in the accomplishment of exercises.

Words keys: evaluation posturais, sedentary postural, shunting lines.

INTRODUCTION
The physical and postural evaluation in the current days carried through for the physical educators in the academies, she is of utmost importance and the professional it has the duty to possess knowledge and conditions to elaborate a program of coherent and safe activities for the evaluated pupil, thus minimizing any posturais shunting lines and also preventing future injuries ostearticulares e muscular. (PONTES, 2003).

The evaluated one must be observed as a whole; therefore one postural disequilibrium never is presented of isolated form. It is had that to establish criteria of morphologic and functional adaptations how much to balance and the coordination of the movements of the body, not importing the plan that he is being analyzed and yes the line of gravity and the segments that not they will be compatible with the perpendicular axle to the ground if finding in disequilibrium. The main debilitating of the trunk are: scoliosis, hipercurvose, hiperlordose, (cervical and lumbar). (GRECO, BENDA, 1998).

It is basic to establish goals and strategies for reach of the longed for objectives, and this is only possible through the verification of the involved 0 variable, so that from the analysis of the data, it can be established the best planning to be initiated and/or to be kept. (BRIDGES, 2003).

It is important that it has a good orientation of the professor of Physical education and the use of devices ergonicamente adjusted. Beyond of this never if it must make a physical activity above of its limit, without examinations previous and a good physical conditioning. In case that some type of injury occurs, an orthopedist must be interrupted the physical activity and immediately be looked for faster possible. (GRAVA, 2005).

The objective of this study is to evidientary the main ones postures alterations between the beginning ones in practice of physical activities of an academy in São João Del Rei, MG in the period of July the December of 2004 This study propose to verify it which postures elements they must be presented giving one it has supported specific and fidgeting for the accomplishment of a program ergonomicamente elaborated.

MATERIALS and METHODS
Research carried through in the Apollo Academy of São João Del Rei, MG, enters the period of July the December of 2004. Evaluating one group of 700 beginning pupils in the physical activity, with the average age of 28 (14 the 70) years of masculine and feminine the sort that if they had submitted to the physical and posturais evaluations, using the system of Computerized Evaluation PHYSICAL TEST 4.2, being that the evaluated ones in its great majority, did not take previous knowledge of its posturais shunting lines. The physical educator will have to guide the evaluated one so that exactly at the moment of the evaluation duly he is worn objectifying that evaluation flows in way due and correct thus removing obstacles that they can confuse the posturais shunting line detention. The evaluation will have to be initiate from the inferior members for the superiors having the segmentation in accordance with the anatomical regions, as feet, knees, hips, trunk, shoulders e neck. The visual inspections will have in such a way to be carried through in the sagittal plan how much in the plans frontal, dorsal and in the position antero - flexão. Later to the visual inspection the main alterations must be stored in the program, for future comparisons after a period of physical activity, aiming at one maximização of the exploitation of the same ones.

RESULTS
Table 1 demonstrates the gotten results of the 700 evaluated in the analysis of evidences posturais shunting lines in the different bands eateries (the 14 70 years), on the basis of graph 1.

Results gotten of 700 evaluated, beginning ones to the practical one of physical activity in the analysis of shunting lines evidences posturais.
Table 1. Retalados gotten on the basis of graph 1.

The graphs to follow vão to display gotten for the APOLLO ACADEMY, of the city of São João Del Rei/M.G, of the 700 pupils evaluated in analysis of evidences postural shunting lines in the different etárias bands of 14 the 70 understood and divided years of the following form: (>14<=28), (28<=42), (>42<=56), (56<=70). The analysis of the graph 1 sample that of shunting lines found in relation the etária band scoliosis got greater evidence with 47.3% of results, being convex 34.7% right and convex 12.6% the left. Already hyperlordose lumbar he was in 10.7% and hipercifose in 10.4% of the evaluated ones.

Prevalência of postural shunting lines more evidentes in the different etárias bands of 14 the 70 years of age

<table>
<thead>
<tr>
<th>Nº gotten</th>
<th>% gotten</th>
<th>Shunting lines</th>
<th>Band etária</th>
</tr>
</thead>
<tbody>
<tr>
<td>75</td>
<td>10.7</td>
<td>Hiperlordose Lumbar</td>
<td>(the 14 28 years)</td>
</tr>
<tr>
<td>73</td>
<td>10.4</td>
<td>Hipercifose</td>
<td>(the 14 28 years)</td>
</tr>
<tr>
<td>170</td>
<td>24.3</td>
<td>Right Scoliosis</td>
<td>(the 14 28 years)</td>
</tr>
<tr>
<td>73</td>
<td>10.4</td>
<td>Right Scoliosis</td>
<td>(the 28 42 years)</td>
</tr>
<tr>
<td>88</td>
<td>12.6</td>
<td>Scoliosis left</td>
<td>(the 14 28 years)</td>
</tr>
</tbody>
</table>

Graph 1. Given the results globally of postural shunting lines between 700 pupils of both the sexes, were presented bigger shunting line index in the waist to scapular and the cervical one, with predominance in the sex feminine in two cited shunting lines. The shunting line in the waist to scapular was more evident, presenting 332 cases in the feminine sex (f) and 189 cases in the sex masculine (M). In the cervical one it was presented 302 cases (f) and 175 cases (M).

Prevalência of shunting lines posturais, under global analysis, evidentes in both sorts masculine e feminine

Graph 2. results of the general analysis of main shunting lines posturais of the region to escapular in relation the cervical region found in both the sexes.

Graph 3 presents the analysis of bigger prevalence of postural shunting lines in the waist to escapular and pelvic in relation the age of 14 the 70 years, being divided of the following form: (>14<=28), (28<=42), (>42<=56), (56<=70). Analyzing the legend of graph 3 (of the left it stops right) and comparing it with the graph, we can observe that the greater shunting lines predominance for etária band had been, internal rotation of shoulders (RIVER) with 183 cases between (>14<=28 years) and 84 cases between (28<=42 years) anti-symmetrical years), shoulders right and left (OAD) e (OAE) with 163 cases between (>14<=28 years) and 51 cases between (28<=42 years) of (OAD) e with 96 cases between (>14<=28 years) and 57 cases between (28<=42 years) of (OAE), shortening of right and left trapeze (EDTD) e (EDTE) with 164 cases between (>14<=28 years) and 52 cases between (28<=42 years) of (EDTD) e with 96 cases between (>14<=28 years) and 55 cases between (28<=42 abdominal protrusão and years) (EDTE) (Pará) with 12 cases between (>14<=28 years) and 8 cases between (28<=42 years). In accordance with the gotten data, the shunting lines of bigger predominance they had occurred in the waist to escapular, being they: (RIVER), (EDTD) e (OAD).

Prevalência of shunting lines posturais, under global analysis, evidentes in different etárias bands of 14 the 70 years of age

Graph 3. Results of the general analysis of main shunting lines posturais in the region to scapular in relation the pelvic region found in different eateries bands.
DISCUSSÃO

Through the analysis of graphs 1 and 3 it can be observed that the main found postural alterations with greater incidence enters the pupils of 14 the 28 years had been scoliosis right (ED), shortening of right trapeze (EDTD) and the internal rotation of shoulders (RIVER), from there the nesseceidade to be evaluating and identifying possible causes of these shunting lines.

In a esquireis made on "Asymmetries and unevenness posturais in athlete of the feminine sex in volleyball" the results, had shown to have an incidence, in the superior region of shunting lines of shoulders and spike of the pupils evaluated and in the inferior region it was noticed significant differences in the region of pelvis and in the asymmetries of the inferior members. After to observe these data she is sufficiently clear, the necessity of the professionals of Physical Education, to develop compensatory training and to guide the pupils regarding posturais problems. (LOPES, BANKOFF, 2000).

Analyzing graphs 1,2 and 3 it is observed that the main understood postural shunting line between 14 and 70 years, was scoliosis right. In the vertex with the shortening of the right trapeze causing the cited shunting line we observe that one of the preponderant factors for a bigger number of these shunting lines she was that in almost its totality the people evaluated they were dexterous and sedentary.

The morphologic alterations of the locomotive system, decriently of posturais habits associates the somatôria of life of individual a more the factor age, nowadays constitutes one of the most serious illnesses of degenerative group of the chronic. It seems us, that independent of the time of service and age, the biggest gravity for installations of illnesses are sedentarismo, the repetitive movements, the corporal overload and stress. (BANKOFF, 1993).

The general analysis of joined shunting lines (waist to escapular, cervical trunk and) demonstrated that the studies in accordance with carried through, 100% of the 700 pupils they had presented in the generally some alteration postural, being that of these, escoliosis was found in bigger evidence with 56,6% of results, being convex 38.1% right and convex 18.7% the left. Already hiperdose lumbar was in 28,1% and hipercifose in 17,8% of the evaluated ones. It can to explain the prevalence of these shunting lines for the posturais sedentarismo and habits of low quality used by the evaluated practitioners.

CONCLUSÃO

We conclude that the main objective of the postural evaluation in the academies it is to identify the deisquilibrinos evidentes similar to prevent the lapsing of exercises that can come to accent these same desequilíbrios, as well as, to maximize the exploitation of the programs elaborated for a re-education postural. The found posturais shunting lines more had been escoliose, hiperdose e hipercifose, being gifts with bigger evidence in the sedentary pupils of etária band of 14 the 28 years.

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PREVALENCIA DE ALTERAÇÕES POSTURAILS ENTRE INÍCIANDES NO PRATICAL ONE OF ACTIVITY PHYSICS IN AN ACADEMY OF SÃO JOÃO DEL REI-MG.

SUMMARY

The population each time more comes being attack with some posturais alterations and these they provoke physical problems serious comprometedoras in the quality of life. The objective of this study is to evidentiary the main posturais alterations between the beginning ones in the practical one of physical activities of an academy in São João Del Rei, MG in the period of July the December of 2004. This study propose to verify it which posturais elements they must be presented giving one it has supported specific and fidgeting for the one accomplishment program ergonomicamente elaborated. A collection was carried through initially of data in the Apollo Academy of São João Del Rei, MG in a group of 700 pupils beginning in the physical activity, with the average age of 28 years, of the sort feminine masculine and that if they had submitted to the physical and posturais evaluations. It was used the system of physical evaluation computerized PHISYCAL TEST 4.2. The evaluation it was carried through to leaving of the inferior members for the superiors having segmentation in accordance with the anatomical regions, as feet, knees, hips, trunk, shoulders and neck. The visual inspections had been carried through in such a way in the plan sagittal how much in the plans frontal, dorsal and in the position antero-flexion. Results gotten with the carried through study had evidenced that 100% of the evaluated ones they had presented alterations in posturais shunting lines. Scoliosis was found in 56.8% of evaluations, being convex 38.1% right and convex 18.7% the left, hiperdose in 28.1% and hipercifose in 17.8%. It was observed that the factors preponderant for a bigger number of these shunting lines they had been that in almost its totality the evaluated people was of age enters the 14 28 years, sedentary rights hand and. One concluded that programs and evaluations of orientation e immediate intervention, periodic and corrective, is preponderant factors stops the prevention and improves
significant of posturais shunting lines and quality of life, making possible thus a good corporal biomechanics, using itself of the ergonomics in the accomplishment of exercises.

Words keys: evaluation posturais, sedentary postural, shunting lines.

PREVALENCIA DES CHANGEMENTS POSTURAUX ENTRE COMMENCER DANS LE PRATIQUE D'ACTIVITE LA PHYSIQUE DANS UNE ACADEMIE DE EST JOAO DEL REI-MG.

SUMMAIRE
La population chaque fois que plus vient étudiant avec des changements et ces derniers de quelques posturais ils provoquent les problèmes physiques comprometopera sérieux de la qualité de la vie. L’objectif de cette étude est à évidencer les changements principaux de posturais entre ceux commençant dans le pratique de les activités physiques d’une académie sont détectés par João Del Rei, magnésium et la magnétisme de juillet décembre de l’année 2004. Ce propé de l’étude pour le vérifier quels éléments de posturais ils doivent être présentés le donner à un a soutenu le détail et le fidedigno pour l’un accomplissement de l’ergonomique de programme a élaboré. Une collection a été exécutée au commencement de les données dans l’académie d’Apollo de sont João Del Rei, magnésium dans un groupe de 700 pupilles commençant dans l’activité physique, par l’âge moyen de 28 années, de la sorte masculin féminin et celui si elles avaient soumis au évaluations d’examén médical et de posturais. Il a été employé le système de l’évaluation physique a informatisé l’ESSAI 4 de PHYSICAL 4.2. L’évaluation elle a été exécutée à partir des membres inférieurs pour les supérieurs ayant segmentation selon les régions anatomiques, As pieds, genoux, hanches, thorax, épaulés et cou. Les inspections visuelles avaient été exécutées d’une telle manière dans plan sagittal combin a des plans frontaux, dorsal et dans plans antero-flexion. Les résultats obtenus avec réalisé l’étude avaient démontré ce 100% de évalués ils avaient présenté des changements des posturais manœuvrant des lignes. Escoloise a été trouvé dedans 56.8% d’évaluations, étant 38.1% convexes droits et corps convexe 18.7% la gauche, hiperlordose dans 28.1% et hiperflexose dans 17.8%. On a observé que les facteurs prépondérant pour un plus grand nombre de ces lignes de manœuvre ils avait été ce dans presque le son la totalité que les personnes évaluées étaient d’âge écrits les 14 28 années, main sédentaire de droites et. On a conclu que des programme et des évaluations de l’orientation e l’intervention immédiate, périodique et correctif, est arrêt prépondérant de facteurs l’empêchement et améliorer significatif de la manoeuvre de posturais lignes et qualité de la vie, rendant possible ainsi une bonne biomécanique corporelle, en utilisant de l’ergonomie dans l’accomplissement de exercices.

Clefs de mots : évaluation posturais, lignes posturales et manœuvrantes sédentaires.

PREVALENCIA DE LAS ALTERACIONES POSTURALES ENTRE COMENZAR EN EL PRÁCTICO DE ACTIVIDAD LA FÍSICA EN UMA ACADEMIA DE ES JOAO DEL REI-MG.

RESUMEN
La población cada vez que vemos más acercando ataque con alteraciones y est仿 de algunos posturais ellos provoques los problemas físicos comprometidos serios en la cátedra de la vida. El objetivo de este estudio es a evidenciar las alteraciones principales de los posturais entre el comenzar in el práctica de las actividades físicas de una academia en Sao João Del Rey, magnésio admonto el período de julio el diciembre de 2004. Este propé de l’étude pour vérifier quels éléments de posturais deben ser presentados darlo a uno ha apoiado especifico y fidedigno para lá una realizassem o ergonomicamente del programa elaboro. Uma coleção foi levada a través inicialmente deles dos dados in la academia de Apollo de som João Del Rey, magnésio in a grupo de 700 pupilles começando in la atividade física, con lá ida media de 28 anos, de lá classe masculina feminina e o que se haviam submeta a evaluaciones de la comprobación y de los posturais. Fui utilizado el sistema de la evaluación física automatico de PHISICAL 4.2. La evaluación foi levada a através a 14 dos membros inferiores para los superiores que tenan segmentadas de acordo cón las regiões anatómicas, como pies rodeados, cadeiras, torso, ombros e cuello. Las inspecciones visuales habían sido lavadas a través de tal manana in plana sagital conato in los planes frontais, dorsal y in coloque Antero - flexion. Los resultados conseguidos con levada cón es estudio habían evidenciado ese 100% evacuados habían presentado alteraciones in los posturais que desviaram linhas. Escoloise foi encontrada admonto el 56.8% de evaluaciones, siendo 38.1% convexos diretos e corpo 18.7% lá esquerda, hiperlordose in el 28.1% e hiperfisicose in el 17.8%. Foi observado que los fatores preponderante para um número mais grande de estas linhas de desvio ellos habia sido e in caso in lá totalidade que lá gente evacuada estava de idade introduzir os 14 28 anos, mano sédentaire de las direitas y. Uno concluiu que os programas y las evaluaciones de la orientación e intervención inmediata, periódico e correctivo, é as partes preponderantes de los fatores lá prevención e mejora significativo del desvio de los posturais linhas e calidad de lá vida, acendo possível así uma buena biomecánica corporal, usándose de ergonomica in lá realización de exercices. Líneas de las evaluaciones: evaluación posturais, liñas posturales, de desvis sédentaires.

PREVALENCIA DAS ALTERAÇÕES POSTURAIS ENTRE INICIANTES NA PRÁTICA DE ATIVIDADE FÍSICA EM UMA ESCOLA DE SÃO JOÃO DEL REI-MG.

RESUMO
A população cada vez mais vem sendo acometida com várias alterações posturais e estas provocam problemas físicos graves comprometidos na qualidade de vida. O objetivo deste estudo é evidenciar as principais alterações posturais entre os iniciantes na prática de atividades físicas de uma academia em São João Del Rei, MG no período de julho a dezembro de 2004. Este estudo propõe-se a verificar quais elementos posturais devem ser apresentados dando um suporte específico e fidedigno para a realização de um programa ergonomicamente elaborado. Foi realizada inicialmente uma coleta de dados na Apollo Academia de São João Del Rei, MG in a grupo de 700 alunos iniciantes in atividade física, com a idade média de 28 anos, do género masculino e feminino que se submeteram às avaliações físicas e posturais. Utilizou-se o sistema de avaliação física computadorizada PHISICAL TEST 4.2. A avaliação foi realizada à partir dos membros inferiores para os superiores tendo a segmentação de acordo com as regiões anatómicas, como pés, joelhos, quadrís, torso, ombros e pescoço. As inspeções visuais foram realizadas tanto no plano sagital quanto nos planos frontais, dorsal e na posição antero-flexão. Os resultados obtidos com o estudo realizado constataram que 100% dos avaliados apresentaram alterações nos desvis posturais. A escolose foi encontrada in 56,8% das avaliações, sendo 38,1% convexa a direita e 18,7% convexa a esquerda, a hiperlordose in 28,1% e a hiperfisicose in 17,8%. Observou-se que os fatores preponderantes para um maior número destes desvis foram que em quase sua totalidade as pessoas avaliadas eram de idade entre 14 a 28 anos, desvis e sédentárias. Concluiu-se que programas e avaliações de orientação e intervenção imediata, periódicas e corretivas, são fatores preponderantes para a prevenção e melhoria significativa dos desvis posturais e qualidade de vida, possibilitando assim uma boa biomecânica corporal, utilizando-se da ergonomia na realização de exercicios.

Palavras chaves: avaliação postural, desvis posturais, sédentários.