



**The depressive state after overtraining
in the top athletes correlated to injuries
in training phases**

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The XX Century, now finishing, was characterized for the combat against the sedentarism, obesity, coronary consumptive diseases, drugs ingestion, poorness and social intolerance, with the improvement of the public health.

The biomedical sciences came to help in this kind of fight, integrating all the available data to make a better comprehension about those human problems.

Those kinds of human problems received a better approach with the holistic perception of this heterogeneous variables.

The military interest to understand all those investigations was so meaningful for the readiness of troops.

The advent of more adequate technology to measure all the variables involved in the physical activity was decisive to achieve more endurance, strength and others skills for the military job and also for the top athletes preparation.

The Brazilian Air Force has the Institute of Physical Activities Sciences, under the Sports Commission management, for the high studies about physical conditioning of the civil aviation pilots (sponsored by ICAO) and military aviation (fighters mainly).

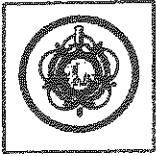
One of the studies, approaches a group of some brazilian top athletes whose training are supported by the Air Force, that is looking for its participation on world military and civilian championships.

The Sports Medicine Division conceived a scientific project to understand better the correlation between the sports overtraining and some injuries occurrence focusing the depressing state as a significant factor.

The athletes studies belongs to the PAIM (World Vice-Champion) and Military Pentathlon (World champion).

The preliminary conclusions showed that the depressing state begins when the overtraining appears and also when the pre-competition phases starts.

The comparison between those two moments with the injuries occurrence showed a high significance.



The military pentathlon female team, as a debut participation in the world championship, presented the highest correlation.

The correlation includes the following factors: MOTIVATION (M), AROUSAL (A), ENDURANCE (E) and STRENGTH (S), TALENT (T) and PARTICIPATION EXPERIENCE (PE).