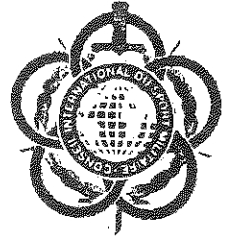


International Symposium on *Sport for all!*



A STUDY ABOUT THE THIRD AGE FITNESS AND ITS PHYSICAL PROMPTNESS KNOWLEDGE - A PREVIOUS NOTIFICATION -

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Background - The „Fitness Status“ is one of the most desirable goods of the modern human being living in the end of a exciting century, where the stressful psychosocial reaction it is so much common among the great humans conglomerates.

The most intriguing paradox founded among the common citizen, shows that the less degree of intellectuality, promotes a more existential acceptance of the life's finiteness.

Such consistent thought, induces to an active way of life, where there isn't fear, despair, anxiety or even laziness.

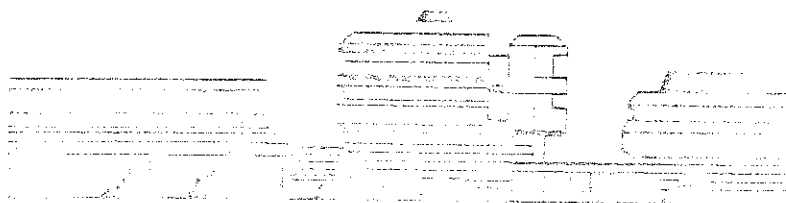
The Author has seeing such attitudinising to contributes, as the psychological main factor, with the promotion of the special internal conditionroughtout the fitness.

Everybody, who are studying this problem through the scientific way, knows that's very important to find the best conditions to observe how the military healthy people get into the third age with good fitness.

The gerontology, as a new born biomedical science, has a considerable number of hypothesis and also some pilot experiences that show how the mankind could maintains, for a long period of time, the majority of the biological factors, and also the psychological too, in good shape and with high performance.

Nevertheless, we must to know more about the means to get the active and efficient longevity, observing the people who get it.

We need to understand better how they became healthy, with no oldery appearance and how they are still showing some strength, endurance, motor ability and the most important, how they can show everything and everywhere a good sense of humour, even in adverse way of life.



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We suppose that the adequate and systematic physical activity, chronobiologically adjusted, started with precocity, can offers a sufficient guarantee to the healthy psychoorganic status of the individual. And also among the community, when some coherent, mandatory and scientific procedures are token place in the public health main targets.

There are a lot of scientific papers approaching the relationship between nutritional factors and healthy longevity, high altitude environment and life expectancy, non stressful life style without any old signs and also some communications declaring that the youth signs persistent are provenient from the communicability, lightfull behaviour and the well organised life.

The researches need more data to understand better the differentiation between one human being and another, to get old early or not. And there is important to know how this phenomenon processes.

Among the militaries we don't have so much, nevertheless we suppose that the physical preparation to be a soldier or an officer, contributes to a prolongate the healthy signs of a preserved youth shape.

But we know also that such affirmation don't constitute a real true, because we just saw a lot of militaries, who keep going in physical exercises, preconized by his militaries unit, and get early at the old signs, with tiredness and no more motor efficiency.

The Author is convinced that the daily physical exercises to keep the good shape, needs more than a good trainer, or a modern and attractive gymnasium.

He believes that the physical exercise must be done willingly.

Nowadays, the THIRD AGE'S conception it is under continuous evolution searching for a more consistent classification's criterion.

There are a lot of approaches, coming from objectives orientations, bringing a more complex „status quo“.

The methodological difficulty to make a simplification of the studies' designs, must to encourage the researchers to find out better experimentation to understanding the aging phenomena.

METHODOLOGY - The present study, as a widely clinical approach (under a holistic philosophy), compares two select groups: - one of them, composed of militaries, the other one, composed of a select group of civilian athletes.

The Author searched for a differentiated exathletes elderly group (after fifty five years old), and established an informal interview (following the phenomenological orientation E. HUSSERLL), without any pre-conception that could change the truth of the signification fact of each one of those special persons.

All of them are in the third age, and the comparison between their physical activity's peculiarities (as a settled tendency of behaviour), aimed at a more clarity in the differentiation of those two distinct human groups.

And such preliminary scientific work has a useful way to detect all he differences and to determine how they acted over the individual.

The main difference lays on the presupposition that the military way of life (when on duty time), has more intense and periodical physical activity then the civilians, even those persons could have some kind of organised fitness program.

The Author compared the answer of a specific attitudinal questionnaire, concerning to the personal point of view about physical activity, sports and healthy life, including natural feeding, good habits, sense of humour in the daily life relationship with the other people and also a well sleep - wakefulness rhythm.

It was interviewed five (5) women (82, 75, 68 and 56 years old), and six (6) men (89, 77, 62, 59, 57 e 55 years old).

The majority of those persons, males and females, belongs to a non sedentary group that still practice some kind of sports, and two of them (the older man and a woman are, respectively a marathonist and the best oldest swimmer of the world!)

All of them answered expontaneously with glad and clear motivation to inform about themselves.

THE QUESTIONNAIRE AND THE INTERVIEW

I was choice a few and selected questions about „way of life“ individualised, and the „rapport“ operated throughout a skilful conversation. The interviewer read each question and write the answer because the interest was to catch the spontaneous testimony about themselves.

Questions:

1. Why do you like so much to practice all day, a physical activity?
2. Since what age did you practice the physical exercises?
3. What do you feel, specifically, after each physical activity session do you have all day?
4. What do you think it happens with you, when you failed one day on your physical program?
5. There's a signification relationship between your daily physical program and the longevity tendency?
6. What's the practical importance of the nutrishment in all process of a prolonged healthy condition?
7. What's the meaning of such physical program for your life?
8. Do you have some necessities more? specify, please.
9. What's the importance of your origin family on your present way of life?
10. What your actual family thinks about your acts concerning sports and or physical activity?
11. How do you schedule your daily time to practice sports or physical exercises?
12. What is the project for themselves since now to the rest of their lives.
13. How do you combat the stress events that envolved you?
14. How do you manager your social needs?

In some cases the author interviewed the family, friends and coaches (if existent) and the information about the subject were so coincident

The first interpretation about the fact put in evidence how simple are the live of that kind of person - the old athletes and the healthy aged common people.

The clinical research goals the main references about the fitness of those group of persons. The design of that part of the project included a biochemical essay collecting blood for some measures before and after their daily activities.

This essay are measuring:

Glucose
 Vric Acid
 Creatinine
 Urea
 Cholesterol (HDL, LDL and VLDL)
 Lactic acid
 Transaminases

The refereed design includes also a medical screening:

Arterial pressure
 Heart frequency (before, during and after exercise)
 Body composition (By I.....)

Results Partial

A well physical conditioned person trust in its training program (made by himself or some-one), and that is not any psychological or physical indications that he feels the time goes on.

The excellent adaptation to the daily physical effort shows his private priority in front of his healthy habit.

Nothing more can attracts him.

The ancient athlete shows a special outline, that the present observation started to study.

CONCLUSIONS

The most common criterion to classify the human beings into or outside a third age group, it is the middle - age started on fifty (50) years old.

That's an arbitrary reference, without any scientific basis to be established and nevertheless, it's still used as a social parameter.

It is common to confuse the elderly attitude with the simple aging phenomenon and the prolonged sedentary way of life.

The present study, then, purposes a multi-classification board the contemplates all of the intervenients variables that constitutes the main criteria involved on the knowledge field.

It is still under observation, some attitudinal factors related with the „way of life“, the quality of the preserved skills and the kind of the personality structure that contributes to such efficient longevity.

Everybody knows that a lot of heterogeneous factors interacts in the casualty of the healthy longevity.

However, it is important to know what are the main factors, whose critical action contributes more for this psychophysiological state, so favourable to a prolonged fitness.

And so, it is important to understand the whole phenomenology of healthy elderly.

I want to thank the CISM-Symposium for my invitation and also, I want to wish Health for all my friends from the four corners of the world! (1 transparency)

Through those four days we are listening important studies in the fitness and physical education fields. My contribution aims at the integration of the sport, the physical education, the military entrainment and the health of the human being.

„SPORT FOR ALL“ That is the challenge! (2 transparency)

Then, I couldn't forget the third age, even on the military environment, still on duty.

But I needed to compare the civilians with the militaries, concerning to the third age, because there are a lot of physical activities programs specialized on third age among the civilians, but there are almost nothing among the militaries.

I observed that for the oldest militaries, still on duty, there are no adequate project for their health and fitness conditioning. Their high responsibilities, military rank, social importance and no scheduled time to physical activity, determines their consequent exclusion from the available exercises sessions.

Nevertheless, I also observed that some special persons among the militaries, were showing an impressive persistence if compared with the expected reality.

They awake early in the morning, and go to run, swim, gymnastics alone sets or biking a.s.o.

They answered, when questioned, that:

1. Believes in physical exercise for health.
2. Need the physical exercise daily for their promptness to life.
3. The vigorous physical activity it is better than the light ones.
4. Believes also in the longevity associated to a persistent physical activity program with a natural and healthy nutritional diet.
5. They use a self-planned physical activity more than follow an external orientation.
6. And have an special feeling of happiness during the exercise and also when they practice some sports.

Everybody knows that the sport practice it's a good factor to improve the health quality, but we must to know more about it, for example, to understand how to promote the preventive procedures with efficiency. (3 transparency)

The methodological approach more adequate to such panorama, could be the Holistic Approach whose goal is the Integration of the variables from the scientific fields of the physical activity researches.

There is some urgency to get some knowledge concerning physical education through all the period of the body development till the elderly.

We need to know if military model of physical condition are so adequate to guarantee the healthy „longevity“ compared with the civilians one.

In this transparency you can see the four integrated approaches of my study direction.

Now, you can see the targets of the observational conduct. (4 transparency)

Under this important target, I selected three questions. (5 transparency)

(Reading the transparency)

As you are seeing, there are simple questions whose deep content must to be find out through specifics researches.

And now, some items to differentiate during the project.

(6 transparency) read it and

(7 transparency) read it

About this factor I identificate the following as an adequate and also differentiated compounds, (8 transparency), reading it.

(9 transparency)

And now, the individual fitness that needs special attention, because it contents some complex aspects as. (Reading the transparency)

Heredity (10 transparency) it is an important field to study, but we are so incipient on it. But it's important to remember it for the near future.

Social (11 transparency) characters - We are pointing to affective support and physical activity proneness included.

I focused the physical activity Proneness as an exencial item to study letter, because it is observed many time among those kind of individuals-

For behaviour observations, I'm developing interviews and also questionnaires to determine the factor compounds of this aspect.

(12 transparency)

These aspects under the health Care have equal importance and those older healthy individuals, show it on their practical life.

As you perceived, that's an previous modification, then, I present to you now, the partial conclusions. (13 transparency)

And now, I would reinforce our motto in CISM and the most affective greetings from Brazil.

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