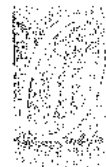




# UNIVERSIDADE DO PORTO

## FACULDADE DE CIÊNCIAS DO DESPORTO E DE EDUCAÇÃO FÍSICA



**ESTUDO DESCRITIVO E COMPARATIVO DOS  
NÍVEIS DE APTIDÃO FÍSICA, DO PERFIL  
NUTRICIONAL E DOS ÍNDICES DE COMPOSIÇÃO  
CORPORAL EM ADOLESCENTES DO SEXO  
FEMININO, COM DIFERENTES TIPOS DE  
ACTIVIDADE FÍSICA**

Dissertação apresentada às provas de  
Doutoramento no ramo de Ciências do  
Desporto, nos termos do Decreto Lei nº 216/92  
de 13 de Outubro

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## RESUMO

Instituição: Faculdade de Ciências do Desporto e de Educação Física da Universidade do Porto

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Título: Estudo Descritivo e Comparativo dos Níveis de Aptidão Física, do Perfil Nutricional e dos Índices de Composição Corporal em Adolescentes do Sexo Feminino, com Diferentes Tipos de Actividade Física

A adolescência é um período crítico da vida. As modificações biológicas, psicológicas e sociais que resultam desta etapa do processo normal de crescimento e de desenvolvimento são mais intensas do que em qualquer outra fase da vida. Neste domínio, assumem particular relevância o estilo de vida e os hábitos de saúde adoptados, onde se enquadram e emergem a actividade motora, o perfil da dieta e os índices de composição corporal (CC).

O presente estudo, de natureza transversal, pretendeu: i) descrever e comparar os níveis de aptidão física (AF), os hábitos nutricionais e a estrutura da CC interna, entre raparigas adolescentes, dos 14 aos 17 anos de idade, não-desportistas e praticantes de várias disciplinas desportivas, estabelecendo, também, comparações inter-desportistas, ii) verificar qual a influência da prática regular de actividades físicas e da ingestão nutricional na formação da CC, procurando estabelecer eventuais relações entre estas três macro-variáveis, e iii) comparar os valores de CC produzidos por dois métodos: pregas de adiposidade subcutânea (PAS) e bioimpedância (BIA).

A amostra foi formada por 388 sujeitos do sexo feminino, de idades compreendidas entre os 14 e os 17 anos. Do total da amostra, 180 são não-desportistas [ND] [considerámos não-desportista um sujeito cuja única actividade física se reporta exclusivamente às aulas de Educação Física escolar, com três tempos lectivos por semana] e 208 são desportistas [considerámos desportista um sujeito que pratica uma modalidade desportiva competitiva regular, organizada e orientada (por prática desportiva organizada e orientada entendemos aquela que, sob a orientação de um técnico qualificado, está incluída na estrutura de um grupo ou clube desportivo - modalidade desportiva - com vista à aprendizagem e aperfeiçoamento do praticante para posterior participação em competições formais) há pelo menos 6 meses, com um mínimo de 2 sessões de treino semanal e 4 horas de duração, para além das competições e dos três tempos lectivos semanais de Educação Física escolar]. A distribuição das desportistas pelas várias modalidades foi a seguinte: andebol (n=28) [AND], basquetebol (n=23) [BASQ], corrida de meio-fundo (n=19) [CMF], corrida de velocidade (n=21) [CVel], desportos de combate (n=19) [DComb], expressão corporal (n=21) [EC], futebol (n=22) [FUT], ginástica de academia (n=22) [GA], hóquei em patins (n=9) [HP], opção de desporto (n=24) [OD]. De uma forma geral, as atletas exibem um nível competitivo médio. Os sujeitos provêm da região norte de Portugal continental, predominantemente da província do Minho.

Os níveis de AF foram determinados por recurso à bateria FACDEX adaptada, i.e., a prova de lançamento da bola de hóquei não foi realizada devido às reduzidas dimensões que a maior parte das escolas e clubes dispunham para a realização desta prova. Desta forma, realizaram-se as seguintes provas: *sit-and-reach* (SAR), corrida de velocidade de 50 metros (CV50m), agilidade (10x5m), potência horizontal (PH), arremesso do peso de 2kg (AP2kg), *sit-up's* (SU), dinamometria manual (DM) e corrida de resistência de 12 minutos (CR12min).

O padrão nutricional foi avaliado através da administração do inquérito semiquantitativo da frequência do consumo alimentar, cujos dados foram posteriormente tratados no programa informático "The Food Processor plus, 5.03".

Mediu-se o peso e a estatura. Os índices de CC foram estimados por dois métodos: i) através da medição de 7 PAS (bicipital, tricipital, subescapular, abdominal, supraílica, crural e geminal). Foram determinados os valores relativos e absolutos de massa gorda (MG) e de massa magra (MM). A densidade corporal (DC) foi obtida pela equação de Durnin e Rahaman (1967) e a %MG pelas equações de Lohman (1986), e ii) por BIA, cujos valores de DC, MG e MM foram obtidos pela equação fornecida pelo fabricante do aparelho utilizado (Akern - RIL System - BIA 101/S).

Os procedimentos estatísticos utilizados foram: a média, o desvio-padrão, a amplitude de variação, o teste de Kolmogorov-Smirnov [para análise do perfil de normalidade das distribuições], o teste *t* de medidas não-emparelhadas ( $p_{ind}$ ) [na comparação entre cada subgrupo de desportistas com as ND relativamente a um determinado item com distribuição normal], o teste U de Mann-Whitney (*p*) [nos itens com distribuição não-normal], a análise de variância simples (*one-way ANOVA*) [para comparação simultânea entre todos os subgrupos de desportistas]. A comparação *post hoc* (sempre que se verificavam diferenças estatisticamente significativas entre pares) foi efectuada pelo teste *t* de medidas não-emparelhadas com correcção de Bonferroni [para variâncias homogéneas] ou pelo teste *t* de medidas não-emparelhadas com correcção de Tamhane's T2 [para variâncias não-homogéneas]. Para análise da homogeneidade das variâncias de todas as variáveis utilizámos o teste de Levene (*Levene Statistics*).

Na medição do grau de associação entre duas variáveis com distribuição normal utilizou-se o coeficiente de correlação produto-momento de Pearson (*r*); sempre que pelo menos uma das distribuições se apresentou não-normal utilizámos o coeficiente de correlação de Spearman ( $r_s$ ).

Paralelamente, foi realizado um estudo da fiabilidade dos resultados, em dois momentos de avaliação, envolvendo uma sub-amostra ( $n=43$ ), e consideradas todas as variáveis do estudo principal.

O nível de significância estatística aceite foi de 5% ( $p \leq 0.05$ ).

Utilizou-se o *package* estatístico da SPSS 9.0.

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Os principais resultados e conclusões foram os seguintes:

### ■ Desportistas vs Não-Desportistas:

**Aptidão Física:** clara superioridade da generalidade dos grupos de desportistas face às ND em todos os indicadores da AF. Registou-se, todavia, a inexistência de diferenças significativas entre as praticantes de GA e as ND em todas as provas realizadas e um relativo equilíbrio entre as desportistas e as ND na prova de DM.

**Ingestão Nutricional:** apesar das ND terem apresentado dos mais baixos consumos energético total, de um modo geral, não foi visível, quer na ingestão de macronutrientes, quer de micronutrientes, em termos absolutos e relativos, uma diferença nítida face à maioria das desportistas. Considerámos, assim, que não existe um padrão alimentar/nutricional que caracteriza cada uma das disciplinas desportivas, embora os consumos de ácidos gordos saturados, proteínas, glicídios simples, das vitaminas B1, B2, B3, B6 e dos minerais de cálcio, ferro e zinco tenham sido superiores nas desportistas.

**Composição Corporal:** de uma forma geral, foram registadas diferenças importantes entre cada grupo de desportistas (excepto as praticantes de GA e de HP) comparativamente às ND, consubstanciadas pela menor espessura das PAS, menor quantidade de MG e maior de DC. As diferenças não foram evidentes ao nível da concentração de tecido magro, quer pelo método das PAS, quer da BIA. Também se evidenciou uma certa similitude entre os valores de peso e de estatura dos diferentes grupos da amostra.

### ■ Inter-Desportistas:

**Aptidão Física:** ao nível da flexibilidade, destacaram-se, pelos melhores desempenhos, as praticantes de EC, enquanto que entre as restantes desportistas verificou-se grande homogeneidade. Na CV50m, registaram-se as melhores *performances*, com diferenças significativas, das atletas de CVel e de AND face às restantes desportistas. Na prova de agilidade, as mais fracas prestações das praticantes de EC e de GA foram a nota dominante. As provas de força inferior, média e superior (respectivamente, PH, SU e AP2kg) apresentaram como característica comum, as diferenças significativas face à maior parte das desportistas por parte das atletas de CVel (melhores *performances*) e de GA (piores *performances*). No teste de DM, os valores médios mais elevados foram obtidos pelas andebolistas e pelas hoquistas. Na prova de CR12min, destacaram-se, pelos resultados médios mais elevados, as atletas de CMF, AND e de CVel, e pelos resultados médios mais baixos, as praticantes de GA e de EC.

**Ingestão Nutricional:** verificou-se um grande equilíbrio entre os diversos grupos de desportistas ao nível da ingestão nutricional, o que parece transmitir a ideia de um certo desinteresse ou de despreocupação das atletas relativamente às necessidades nutricionais.

**Composição Corporal:** As atletas de CMF e de CVel, salientaram-se pelos mais baixos índices de adiposidade e mais alto de DC, enquanto que as atletas de GA e de HP, pelos mais altos valores de MG e mais baixo de DC.

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### Em suma:

Em termos globais, o presente estudo permitiu verificar que as desportistas distinguem-se, de uma forma geral, das ND quanto aos índices de AF e de CC (excepto na quantidade de tecido magro). Todavia, apesar das exigências da prática desportiva, as atletas não apresentaram consumos nutricionais que as diferenciem das ND. Assim, face à ausência de orientações nutricionais para raparigas adolescentes desportistas, os resultados obtidos devem ser relativizados, uma vez que as recomendações das *Dietary Recommended Allowances* (RDA) e das *Dietary Reference Intakes* (DRI) estão mais adequadas para adolescentes «sedentárias activas» e não propriamente para desportistas, dado não considerarem alguns factores importantes, como: o tipo, a intensidade, a duração e a frequência da prática desportivo-motora. No entanto, as percentagens elevadas da maior parte dos nutrientes avaliados em todos os grupos da amostra, levam-nos a considerar a inexistência de um padrão alimentar/nutricional que caracterize cada uma das disciplinas desportivas, provavelmente motivado por deficiências ao nível da cultura e da educação alimentares.

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