

The influence of acceptance body on physical fitness of pre-pubertal children.

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Introduction - Several studies are investigating the association of body image in relation to health, (Borges et al., 2006; Assunção; Cordas; Araújo, 2002; Bear et al., 2001; Claudino; Borges, 2002; Freitas et al., 2002), however there are few works investigating the influence of body image regarding physical fitness to health among schoolchildren. Objective - So the objective is to investigate the relationship between self-perception with body image and physical fitness to health. Methodology - For the research a total of 130 pre-pubertal children of both sexes in public and private schools of São Paulo were assessed. It was applied a scale of images (Children's Figure Scale) proposed by Tiggeman and Wilson-Barrett (1998) and used by Triches e Giugliani (2007) in order to evaluate of body image, as well as a battery of tests in the standardization of AAHPERD (1980) for the determination of physical fitness related to health. The data were analyzed based on descriptive statistics and application of the test Chi-square and analysis of variance, using the statistical program SPSS, version 10.0. This study was approved by the Ethics in Research Universidade Cruzeiro do Sul (UNICSUL) (protocol nº 011/2008). Results - As a result 64.62% body dissatisfaction was registered with no significant difference between genders. It was found an association of acceptance, morphologic and metabolic among girls but not among boys who showed association for the neuromotor test of strength of abdominal strength. Conclusion - It was concluded that there is a relationship of levels of physical fitness among pre-pubescent girls and boys between the ages of. Body dissatisfaction has not influence.

Keywords: Body image, Fitness, Schoolchild.

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