

52 - BEHAVIORAL STUDY OF NEWLY TRAINED PROFESSIONALS IN PHYSICAL EDUCATION

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1. INTRODUCTION

There are proven beneficial effects of physical activity for all aspects, mainly health and its connection with quality of life and each subject has a vision, which theoretically would not extend to Physical Education Professionals, as they have acquired conditions to reflect the its practice throughout life (MARTINS, 2017).

Physical fitness is of great importance for the individual's performance and health. Data show that three minutes a week of physical exercise is already sufficient for a better cardiorespiratory capacity, where physical education professionals are expected to exercise regularly, since this professional promotes health through physical practices (SILVA, 2017).

There is also speculation of a certain confusion where the understanding between physical activity, questioning the hours of training dedicated to oneself, where the most popular environments for training application are the gyms, present in most sports centers and clubs. However, due to the relevance of training for health and physical fitness, it should not be restricted to gyms under the pretext of being active. In this regard, a major limitation in the performance of the exercises is the unavailability of time for specific equipment, the difficulty of transporting them and the high cost (TEIXEIRA, GOMES, 2016).

It is likely that the chosen academic area influences the practice of physical exercise, since physical education students are dedicated to studying the effects that exercise has on the body and health, studies report that physical education students have a higher level of physical activity when compared with students in the exact area, therefore physical education professionals tend to have better body composition and better conditioning (LOPES et al., 2018).

Emphasizing the knowledge acquired by Physical Education Professionals, what is your behavior regarding your own practice of physical exercises after completing the course?

METHODOLOGY

Descriptive study with a quantitative approach, which consisted of obtaining structured responses to arrive at the expected results. The study was carried out in August 2020. The research scenario were areas of expertise for physical education professionals in the city of Patos / PB.

The population was defined by a survey at the Secretariat of the institution of graduates residing and domiciled in Patos. Defined a sample number of 30 Physical education professionals from the city of Patos-PB

A sociodemographic questionnaire was applied to assess the level of training of physical education professionals.

Only after the project was tested by the Ethics Committee of Faculdades Integradas de Patos, the research started with the collection of data through the voluntary acceptance of the participants.

The data obtained were analyzed, quantified, and computed in the Excel for Windows 2010 program.

The project was approved under nº CAEE 29267520.7.0000.5181 by the Ethics and Research Committee of the referred institution, carried out according to resolution nº510 / 2016. The reported survey will answer questions related to the types of training of physical education professionals and bring knowledge to related questions.

RESULTS

The professionals participating in the study are aged between 22 and 42 years. 43.48% were female and only 56.52% were male. Regarding marital status, 69.57% are single, 21.74% are married, 4.35% divorced and 4.35% widowed, as shown in table 1 for better understanding.

Table 1: Sociodemographic data of the participants.

SEX	CIVIL STATE	HOLDING	EXERCISE
MALE 43,48	NOT MARRIED *69,57	GRADUATE *56,52	6month/1year 8,7
FEMININE *56,52	MARRIED 21,74	SPECIALIST 43,48	*+ 1 year 91,3
	DIVORCED 4,35		
	WIDOWER 4,35		

*Values presented in percentage (%) where * has the highest concentration.*

SOURCE: RESEARCH DATA - 2020

Regarding the year of completion, professionals completed between 2015 and 2019, 56.52% are graduates and 43.48% are specialists.

About how long they have been in the profession 8.7% have 6 months to 1 year and 91.3% have more than 1 year of experience in the profession.

According to Table 2, when the questionnaire was applied, the following answers were obtained:

Table 2: Result of the questionnaires according to the percentage of responses from Physical Education Professionals in Patos City - PB

PROPOSED QUESTIONNAIRE		1	2	3	4
1.	Q.1	4,35	4,35	21,74	69,56
2.	Q.2	0	0	0	100
3.	Q.3	0	4,35	21,74	73,91
4.	Q.4	4,35	4,35	30,43	60,85
5.	Q.5	8,7	0	26,08	65,21
6.	Q.6	0	0	21,74	78,26
7.	Q.7	60,86	21,74	13,04	4,35
8.	Q.8	82,6	8,69	8,69	0
9.	Q.9	0	0	21,73	78,26

Values presented in percentage (%) where:

1 = I totally disagree with the statement.

2 = I almost completely disagree with the statement.

3 = I almost agree with the statement and 4 = I totally agree with the statement.

SOURCE: RESEARCH DATA - 2020

The questions asked in the questionnaire in table 2, are broken down below:

Q.1- I have enough knowledge to recognize that my profession does not restrict me to my own work environment:

Q.2- With the knowledge I have, I feel prepared to work to meet the requirements for my physical fitness

Q.3- I am a practitioner of physical exercises, so I have my training schedule

Q.4- The number of days of practice in my training time can be considered satisfactory:

Q.5- The number of hours of practice in my training time can be considered satisfactory:

Q.6- In addition to the practical requirements, I participate in courses and lectures to increase my knowledge of physical exercise.

Q.7- With the knowledge acquired in 1, I recognize that I am active, but sedentary, totally meeting my teachings

Q.8- With the knowledge acquired in 1, I acknowledge that I am sedentary, going totally against my teachings:

Q.9- With the knowledge acquired in 1, I confirm that I am active, fully put my teachings into practice:

When asked if they have sufficient knowledge to recognize that my profession does not restrict me to my own work environment, 4.35% strongly disagrees, 4.35% almost totally disagrees with the statement, 21.74% almost entirely agrees with the statement and 69 , 56% totally agree with the statement.

Questioning whether I have the knowledge I have, I feel prepared to work to meet the requirements for my physical fitness, 100% totally agree with the statement.

About being a practitioner of physical exercises, for this I have my training schedule, 4.35% Disagree almost completely with the statement, 21.74% almost agree with the statement and 73.91% agree with the statement

When asked about the number of days of practice in my training time, it can be considered satisfactory, 4.35% totally disagrees with the statement, 4.35% almost disagrees with the statement, 30.43% almost entirely agrees with the statement and 60.86% totally agree with the statement.

Regarding the number of hours of practice in my training time, it can be considered satisfactory, 8.70% totally disagrees with the statement, 26.08% almost entirely agrees with the statement and 65.21% completely agrees with the statement.

When asked if in addition to practical requirements, I participate in courses and lectures to increase my knowledge of physical exercise, 21.74% agree almost entirely with the statement and 78.26% fully agree with the statement.

When talking about the knowledge acquired during graduation, I recognize that I am active, but sedentary, totally against my teachings, 60.86% totally disagree with the statement, 21.74% almost disagree with the statement, 13.04% almost agree fully with the statement and 4.35% fully agrees with the statement.

Questioning about the knowledge acquired during graduation, I recognize that I am sedentary, totally complying with my teachings, 82.60% totally disagree with the statement, 8.69% disagree almost entirely with the statement and 8.69% almost agree with the statement.

Asking about the knowledge acquired during graduation, I confirm that I am active, fully put my teachings into practice, 21.73% almost agree with the statement and 78.26% agree with the statement.

DISCUSSION

In the present study, which aimed to verify the level of training of trained physical education professionals, the results show that the majority of professionals are practitioners of physical activity after completing the course and shows that most of them remain active in order to improve their knowledge level.

In a study by Ribeiro and Pedreros (2016), which aimed to investigate the lifestyle and level of physical activity of school physical education teachers, evaluated 20 teachers using four Parq-physical methods, level of physical activity, profile of lifestyle and body fat percentage resulted in good eating habits and physical activity, especially women who have more worrying habits than men.

In the study by Ceschini et al. (2018), aimed to investigate the knowledge of professionals trained in physical education working in gymnastics academies on the recommendation of aerobic and resistance exercise, the collection was performed through a questionnaire containing 60 closed questions and resulted in only 9.3% of the professionals

agreed on all the prescription criteria, the biggest hit was for weekly frequency, followed by number of repetitions, number of series. When considering all the correct answers, the knowledge was only 12.3%.

A research carried out by Silva (2018), aimed to analyze the competence of physical education professionals working in the labor market as a Personal Trainer, the sample was composed of 87 professionals with voluntary participation and the method used was a questionnaire applied online and to characterize the sample, an anamnesis was built containing important information and as a result 65.6% were male, 60% came from the state of SC. 50.6% stood out the Latu Sensum specialization as present in the curriculum. In addition, the majority (92.9%) of PTs stated that they took continuing training courses. The results demonstrate the concern of professionals to be active in the market.

According to the research by Schmitz (2019) whose objective of the study would be to verify the levels of physical activity and quality of life of the professionals of the bodybuilding academies in the city of Lajeado, RS, a quantitative methodology was used, being composed by 44 professionals of Physical Education Bachelor's degree, working in gyms through a questionnaire, which resulted in the fact that professionals working in weight training gyms in the municipality of Lajeado present, for the most part, a level of active physical activity, and have satisfactory results in relation to quality of life. .

According to Afonso et al. (2017) who carried out a study to identify the level of physical activity of Physical Education teachers in gyms in Ubá-MG, evaluated a total of 64 professionals in the area who work in 10 gyms, the collection was made through a questionnaire and the level was classified as very active, active, insufficiently active and sedentary. As a result, the physical activity levels of physical education professionals in Ubá-MG are considered high since 51.60% are highly active and only 20% were classified as insufficiently active.

CONCLUSION

Thus, it is understood that these professionals are properly concerned with their attitudes, aiming beyond their permanence in the labor market, their own existence as a professional. It precedes the need to guide the student in a clear and objective way regarding the performance of their daily exercises, as well as a professional duty to take all possible measures to make their practice as safe as possible.

Emphasizing that the work itself should not be counted as its practice, considering that it constitutes work. It is also necessary to have a full knowledge of their responsibilities, far beyond their attributions, as well as the effectiveness of graduation and specialization with regard to legal issues of civil liability and others that may be attributed to the Physical Education professional.

The main intention of this initial study was to raise prospects about the reality that involves, not only the knowledge of bringing physical exercise intervention to the community, but any and all aspects that may involve the Physical Education professional, starting to value increasingly its performance and why not say it, place it in a prominent place like so many other areas of the human and social sciences, in addition to starting a work of awareness so that this profession, in full situation and moment of expansion, can be increasingly valued, because if it is qualified to prescribe which exercises are the most suitable for each person and also to guide the student to perform the exercises properly, taking into account the particularities of each student, why not do it for yourself.

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BEHAVIORAL STUDY OF NEWLY TRAINED PROFESSIONALS IN PHYSICAL EDUCATION

ABSTRACT

The Physical Education professional is seen as an example when it comes to training and healthy living. The research aims to assess the level of training of Physical Education Professionals after graduation. It is a field research, with a qualitative and quantitative approach. Thirty recently graduated physical education professionals from the city of Patos PB participated in the study. A semi-structured questionnaire with objective questions was used, whose data were analyzed and computed in a quantitative way, using Microsoft Excel spreadsheets. The sociodemographic results pointed to 43.48% females and 56.52% males, where 69.57% are single, 21.74% married, 4.35% divorced and 4.35% widowed, 56.52% are graduated and 43.48% are specialists and 8.7% are from 6 months to 1 year old and 91.3% are more than 1 year old, regarding postgraduate behavior regarding training, there was an overall average of 78.5% in statement that they did their practices and knew how to deal with them. It is concluded that these professionals are duly concerned with their post-course attitudes, noting that their permanence in the job market, their own existence as a professional, may be linked to their physical shape, aesthetics and especially support for the day to day with health.

KEYWORDS: Training. Physical Education Professional. University graduate.

ÉTUDE COMPORTEMENTALE DES PROFESSIONNELS NOUVELLEMENT FORMÉS EN ÉDUCATION PHYSIQUE

RESÚMÉN

Le professionnel de l'éducation physique est considéré comme un exemple en matière de formation et de vie saine. La recherche vise à évaluer le niveau de formation des professionnels de l'éducation physique après l'obtention de leur diplôme. C'est une recherche de terrain, avec une approche qualitative et quantitative. Trente professionnels de l'éducation physique récemment diplômés de la ville de Patos PB ont participé à l'étude. Un questionnaire semi-structuré avec des questions objectives a été utilisé, dont les données ont été analysées et calculées de manière quantitative, à l'aide de feuilles de calcul Microsoft Excel. Les résultats sociodémographiques indiquent 43,48% de femmes et 56,52 hommes, dont 69,57% sont célibataires, 21,74% mariées, 4,35% divorcées et 4,35% veuves, 56,52% sont diplômés et 43,48% sont des spécialistes et 8,7% ont de 6 mois à 1 an et 91,3 ont plus d'un an, en ce qui concerne le comportement du troisième cycle en matière de formation, il y avait une moyenne globale de 78,5% affirmer qu'ils ont fait leurs pratiques et savaient comment y faire face. On en conclut que ces professionnels sont dûment préoccupés par leurs attitudes post-formation, notant que leur permanence sur le marché du travail, leur propre existence en tant que professionnel, peuvent être liées à leur forme physique, à leur esthétique et surtout au soutien à la jour après jour avec la santé.

MOTS CLES: Formation. Professionnel de l'éducation physique. Diplômé de l'université.

ESTUDIO DE COMPORTAMIENTO DE PROFESIONALES RECIÉN FORMADOS EN EDUCACIÓN FÍSICA

RESUMEN

El profesional de Educación Física es visto como un ejemplo en lo que respecta a la formación y la vida sana. La investigación tiene como objetivo evaluar el nivel de formación de los Profesionales de la Educación Física tras la graduación. Es una investigación de campo, con un enfoque cualitativo y cuantitativo. Participaron del estudio treinta profesionales de educación física recién egresados de la ciudad de Patos PB. Se utilizó un cuestionario semiestructurado con preguntas objetivas, cuyos datos fueron analizados y computados de forma cuantitativa, utilizando hojas de cálculo de Microsoft Excel. Los resultados sociodemográficos apuntaron a 43,48% mujeres y 56,52 hombres, donde 69,57% son solteros, 21,74% casados, 4,35% divorciados y 4,35% viudos, 56,52% son egresados y el 43,48% son especialistas y el 8,7% tienen de 6 meses a 1 año y 91,3 tienen más de 1 año, en cuanto al comportamiento del posgrado en materia de formación, hubo un promedio general de 78,5% en declaración de que hicieron sus prácticas y sabían cómo lidiar con ellas. Se concluye que estos profesionales están debidamente preocupados por sus actitudes posteriores a la carrera, señalando que su permanencia en el mercado laboral, su propia existencia como profesional, puede estar ligada a su forma física, estética y sobre todo apoyo a la día a día con salud.

PALABRAS CLAVE: Formación. Profesional de Educación Física. Graduado universitario.