41 - OLD AGE AND THE GENERAL GYMNASTICS: PRECEPTS OF THE CORPOREALITY IN "REDEVELOPMENT". HOW TO DEAL WITH THIS CORPOREALITY?

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INTRODUCTION

The general gymnastics includes multiple movement possibilities, so we consider it as a content possible of being developed for elderly people over 65, because it explores an ample repertoire of activities which have the aim to enhance and enrich the motor vocabulary of the individual, with stimuli which make them experience the movement in a playful and enjoyable way. "The aim is to find out ways and designs which your body can assume in the time and the space, during the activities experienced, allowing [...] to know their own bodies, its possibilities, limits and needs [...]" (ZOTOVICI, 2009, p.141-142) that now seem to be surrounded or forgotten in their kinesthetic memory. Movements that were recovered by the educational process of the activities developed, this way the elderly began to feel confidence to overcome their difficulties and limitations.

In general gymnastics the movement allows to explore and express the subjectivity of the individual, in other words, to express himself, his corporeality. The movement "[...] is made of knowledge, aesthetical experience and expression. Knowledge involves historical, cultural, social and biological aspects; while the aesthetical experience is present in the ways that the movement can get; the expression results from this whole process which brings the individual to manifest through gestures and movements". (ZOTOVICI, 2009, p.142).

The movement referred here initially seeks the "redevelopment" of body awareness, through body practices that help in the exploration of the possibilities that each body is capable of experiencing, in other words, "[...] of what one is capable of doing, what one wants to do and what one can express for. Each movement has a meaning and expresses its intention, therefore, the movements thought as a way of feeling, experiencing and living; the essential movement [...]"(ZOTOVICI, 2009, p.142) to the human being capable to "[...] awakening the creativity, give free rein to imagination and freedom of expression". (ZOTOVICI, 2009, p.142).

GENERAL GYMNASTICS'S EDUCATIONAL PROPOSAL

The theoretical framework has provided us the structuring of body practices with general gymnastics content, however was stressed the necessity of regular physical activities aimed at senior citizens, seeking the "redevelopment" of their abilities and motor, physical, cognitive, social and emotional skills. We questioned the possibility of dealing with the corporeality of the elderly, this way we were able to define human "redevelopment" as a new education through the body in motion, which seeks to rescue the learning through body awareness which results in a gradual control of the body until the movement controls said to be complex.

General gymnastics's educational proposal has been discussed at relevant points of the human formation and qualification, which structured its application, in order to:

> Encourage and value the individual for the benefit of the group; Explore the content starting from the individual experiences, serving as a basis for the socialization and integration of the entire group; Use elements of the body culture giving freedom to rescue them; Value the culture of the different groups included in the society; Stimulate the playful's presence in order to provide pleasure; Promote the cooperation and the participation; Experience the various organizations in the social context; Stimulate the overcoming and the creativity; Think about the manifestations of the body culture based on the critical-overcoming discussion; Encourage the social interaction; Demonstrate the choreographic compositions (creations) as results of the educational process; Elaborate and respect the rules and regulations determined by the group. (Unicamp's Gymnastic Group / GGU, 1998, p.29)

We pointed out that currently the general gymnastics appropriates of movements typical of the circus body practices, emphasizing on the use of juggling and, the exploration of balance of whether the body itself or objects. We remind that during the planning, it is necessary to recover and value the regional characteristics, as well as perform a diagnostic evaluation that allows knowing each practitioner, what provides the enrichment of the classes. The general gymnastics uses body practices such as:

> [...] gymnastics (artistic, rhythmic, acrobatic, natural, aerobics, etc.), dance (popular, contemporary, folk, etc.), the sports (individual and collective), the combat sports (karate, judo, fencing, capoeira, etc.), the games (popular, pre-games, folkloric, etc.), elements of the musical arts (the use of the pulse, the melody and the comprehension and incorporation of the emotions inspired by the music), elements of the performing arts (theatricalization of games , sports, real life and / or imaginary events, emotions, mime, imitation, etc.), elements of the plastic arts (use and construction of equipment, clothing, sets, musical instruments, etc.), life experiences (experiences acquired by the student in his own way). (GGU, 1998, p. 30).

Authors such as Falcon (1995), Shepard (2003), Gallahue and Ozmun (2005) facilitated the understanding of the aspects included in the human development, each one with their respective area of coverage, as follows respectively, the engine which involves biological and mechanical factors and that interfere in the movement, the physicist who is related the organic growth and the physical characteristics, the social that interacts with people reduce loneliness, the cognitive capable of structuring the ability to think and act, which allows the construction of its autonomy and, finally, the emotional directly linked to the perception of the body image and the sensations of well-being which balances the perception of the controlling position and the

depression.

The "redevelopment" is important to this target audience because it enables some instant benefits or, in the long term, that will influence in the quality of life. Moreno (2001) indicates immediate benefits as those that affect the improvement of blood glucose levels, as well as the quality and quantity of sleep, responsible for the alteration of catecholamines, reducing stress levels, improving physical relaxation and social integration. And yet, as portrayed Moreno (2001) capable of providing long-term benefits of motor skills, such as improvement of cardiovascular and aerobic performance, increase endurance and muscle strength organic; improve flexibility, coordination and speed movements. Restores self-esteem, improves mental health, contributing to treat depression and anxiety. Also cognitive ability and motor control feature improvements and new skills are more easily learned.

There are many psychological aspects associated with aging, ERIKSON (1998) clarifies that the biggest ego conflict at this age is the integrity X desperation having a emerging value which is the wisdom, however there are existent factors such as a well-being sensation, body image, position of control and depression which can be influenced by the practice of physical activities in the old age.

According to data from SHEPHARD (2003) the participation in an exercise program leads to a 25% reduction in cases of cardiovascular diseases, 10% in cases of stroke, chronic respiratory diseases and mental disorders. It also reduces from 30% to 10% the number of individuals incapable of taking care of themselves, besides playing a key role in the adaptation to the retirement. The movement in the old age rescues the development of the sensory, perceptual and motor abilities, what provides to the elderly a better organization and adaptive attitude for their permanence in the society, contributing as a prophylactic agent of the disorders that manifest due to the anatomical and physiological characteristics compatible with the age.

The affection makes the research rewarding, because we consider not only the results obtained, but mostly the learning of humanitarian values that the coexistence provides and, that can be apprehended by the exchanges that the social interaction process enables us to experience through interventions that occur during the body practices of the general gymnastics contents. The elderly people only want to be taken seriously and respected, the preconceived notion about aging is detrimental to the "redevelopment" process of this age bracket.

The pedagogical practice for the researcher is part of the formation of his professional and personal life as an expectation of transformation of the individual, although at this stage is required more tenuity to contribute in the social reintegration and, mainly in the verification of the correct application of the physical activity, which becomes directed to the health and the quality of life, indicating the secret of longevity.

IN THE METHODOLOGICAL TRACKS: PATHS TRAVELED

First step adopted for the development of the research was through bibliographical research which we can consider, "[...] when the researcher uses books, magazines, documents, journals, in short, printed registers. Each and every scientific work begins on a bibliographical research, which allows the researcher to know what has already been studied about the subject ". (PARRA FILHO & SANTOS, 2000 p.18). Therefore, it is extremely important the theoretical deepening about the subject approached, which had repercussions in the elaboration and organization of the activities developed at all stages of the research. Then, we walked through the action-research method, which could be defined as:

> [...] a kind of social research with empirical basis which is created and carried out in a strict association with an action or with the resolution of a collective issue and in which the researchers and the representative participants of the situation or the problem are involved in a cooperative or participative way. (THIOLLENT, 2007 p.16).

For the development of the action-research we selected the target audience through dissemination of the activities to the community outside the area nearby the Institution, advertising at schools, day care centers, houses, bakeries and on the Internet. The number of participants in the action-research was limited to 30 members, however to participate in the project was necessary to establish some selection criteria such as: anamnesis and questionnaire, with function of checking the intentions of the interested public, knowing if has regular follow-up, being required the medical certificate as the final criterion. However, it was not necessary to use any criteria to select the interested ones, because the number of elderly participating corresponded to the limit number of 30 members and, they were all in agreement with the requirements for joining the project.

The elderly were observed during the implementation of the activities, which happened once a week, with classes taught by the members in charge of the research. The teaching resources used as physical space and materials for the execution of the action-research were provided by the institution itself.

The analysis of the results was done through a qualitative approach, using questionnaires which were applied at the beginning, during and at the end of the action-research. At the beginning the questionnaire had diagnostic function, being able to see of each individual's knowledge about their being-body. During the observation and analysis of collected data, we could follow the changes that occurred in the process. And at the end, it allowed us to evaluate the feasibility and importance of the experiences faced by the target audience.

FINAL WORDS

We believe that, the positive results obtained in the course of this research, were validated by the commitment and dedication of the public who participated actively and effectively in front of the activities proposed in the meetings, in which they were able to experience different body practices, precisely by the availability of the physical space and the didactic-pedagogic material offered by the institution for the application of the experiences.

The analysis done through the probing questionnaires allows us to report that, the group was motivated to experience and learn new possibilities of movement. The participation of the elderly in events at the institution involved different knowledge about general gymnastics, however there was more interest in rhythmic activities which involved movement and musicality. Together with the elderly we organized a party in celebration to the closure of the action-research, and as finalization process a general gymnastics presentation was created, taken as a way of analyzing and evaluating the results obtained in this study.

During the accomplishment of the project there was a necessity of intervention in some situations, as in the moment of practice in which the elderly needed to understand that the activity was characterized as a relaxation and, not as a competition, a fact that was not complex at all to solve. During the activities the elderly had a better perception of their corporeality, besides, they understood why and for what, the continuous practice of physical activities is necessary. The possibility to deepen knowledge and trace new perspectives to the practice of a general gymnastics reveals the interactions needed when the human being is inserted as a transforming and creator agent.

The preparation of the schedule had the intention to organize and guide the activities and questionnaires which were elaborated and applied in all the phases of the project, enabling the necessary interventions according to the stages planned and,

also in front of the unexpected situations that appeared during the studies. However, our goal is to develop based on the theme proposed new researches and publications related to general gymnastics, such as: social inclusion, didactic applied to physical education, among other interests we perceived flowing from the research done.

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OLD AGE AND THE GENERAL GYMNASTICS: PRECEPTS OF THE CORPOREALITY IN "REDEVELOPMENT". HOW TO DEAL WITH THIS CORPOREALITY?

ABSTRACT

This study emerged from the necessity of expanding the academic-scientific general gymnastics field, aiming at an audience different from the one we have been experiencing in the extension project of the Paulista University, Anchieta Campus, thinking about the possibility of a theoretical and educational deepening we have submitted the research to the undergraduate research committee. The project was granted and, as expected it was accomplished based on references, which provided a scientific foundation about the educational practice, reaching the proposed objectives of developing the elaboration of activities and questionnaires followed by the action-research. Respectively, participated in the project, thirty elderly above 65 years old, considering that all of them lived in the community which surrounds the institution. The integration of the project together with the institution had major importance, when regarding to both the elderly participants and the researchers who participated actively in the development of the activities and questionnaires application, which awakened the initiative in front of the unusual situations, making of the lived experience that helped in the professional practice, a worth one. We believe that the positive results obtained in the course of this research, happened through the commitment and dedication of the researchers, both oriented and advisor, who had active and effective participation in front of the activities developed during the meetings, once that the elderly were able to experience activities which are different by their own physical space and availability of didactic-educational material which the institution itself provided for the application of the body experiences.

KEYWORDS: old age, general gymnastics, corporeality.

AÎNÉS ET GYMNASTIQUE GÉNÉRALES: PRÉCEPTES DANS LA CORPORALITÉ "RE-DEVELOPPEMENT". COMMENT TRAITER AVEC CE CORPORALITÉ?

RÉSUMÉ

Cette étude a émergé de la nécessité d'élargir la gymnastique académique scientifiques généraux destinés à un public différent, celui que nous avons connu dans le projet d'extension de la Paulista Universidade, Campus Anchieta, la réflexion sur la possibilité d'une soumettre théorique et pédagogique aux commander des études pour les diplômés. Le projet a été accordée et, comme prévu a été réalisé sur la base de références, qui ont fourni une base scientifique sur la pratique pédagogique atteindre les objectifs proposés de développer les activités et le développement de questionnaires suivis par la recherche-action. Respectivement, ont participé au projet, trente personnes âgées de plus de 65 ans, alors que tous vécu dans la communauté environnante de l'établissement. Le projet d'intégration de l'établissement est d'une importance capitale, tant en ce qui concerne les participants plus âgés que les chercheurs qui ont participé activement à l'élaboration des activités et des questionnaires, qui ont suscité l'initiative avant de faire des situations inhabituelles, l'application de l'expérience professionnel expérimenté qui a aidé dans la pratique. Nous croyons que les résultats positifs obtenus dans le cadre de cette recherche, si fait usage de par l'engagement et le dévouement des chercheurs, tant orientanda en tant que conseiller, qui a eu une participation active et effective dans les activités avant les réunions, car les personnes âgées ont pu faire l'expérience de différentes activités par le l'espace physique et la disponibilité des manuels scolaires, établissement d'enseignement qui prévoyait l'application d'expériences corporelles.

MOTS-CLÉS: seniors, la gymnastique générale, la corporéité.

TERCERA EDAD Y GIMNASIA GENERALES: PRECEPTOS EM LA CORPORALIDAD "RE-DESARROLLO". CÓMO TRATAR CON ESTE CORPORALIDAD?

RESUMEN

Este estudio surgio de la necesidad de ampliar la gimnasia generales académico-científicas destinadas a un público diferente, uno que hemos estado experimentando en el proyecto de extensión de la Universidad Paulista, Campus Anchieta, pensando en la posibilidad de presentar teórico y pedagógico para comisión de investigación para estudiantes de grado. El proyecto fue concedida y, como era de esperar se llevó a cabo sobre la base de referencias, que proporcionaron una base científica sobre la práctica pedagógica alcanzar los objetivos propuestos en el desarrollo de las actividades y el desarrollo de

cuestionarios seguidos de investigación-acción. Respectivamente, participaron en el proyecto, de treinta personas de edad superior a los 65 años de edad, mientras que todos vivían en la comunidad que rodea a la institución. El proyecto de integración en la institución era de suma importancia, tanto con respecto a los participantes de mayor edad como los investigadores que participaron activamente en el desarrollo de las actividades y cuestionarios, lo que despertó la iniciativa antes de hacer situaciones excepcionales, la aplicación de la experiencia profesional experimentado que ha ayudado en la práctica. Creemos que los resultados positivos obtenidos en el curso de esta investigación, si se hace uso de por el compromiso y dedicación de los investigadores, tanto orientanda como asesor, quien tuvo una participación activa y efectiva en las actividades antes de las reuniones, ya que los adultos mayores fueron capaces de experimentar diferentes actividades por el espacio físico y disponibilidad de libros de texto, institución educativa que prevé la aplicación de las experiencias corporales.

PALABRAS CLAVE: personas mayores, gimnasia general, corporeidad.

TERCEIRA IDADE E GINÁSTICA GERAL: PRECEITOS DA CORPOREIDADE EM "RE-DESENVOLVIMENTO". COMO LIDAR COM ESTA CORPOREIDADE?

RESUMO

Esse estudo emergiu da necessidade de ampliar o campo acadêmico-científico da ginástica geral tendo em vista um público diferenciado, daquele que vínhamos vivenciando no projeto de extensão da Universidade Paulista, Campus Anchieta, pensando na possibilidade de um aprofundamento teórico e pedagógico submetemos a pesquisa à comissão de iniciação científica. O projeto foi deferido e, como o previsto se efetivou com base em referenciais, que proporcionaram um embasamento científico sobre a prática pedagógica alcançamos os objetivos propostos de desenvolver a elaboração de atividades e questionários seguidos da pesquisa-ação. Respectivamente, participaram do projeto, trinta idosos acima de 65 anos de idade, considerando que todos residiam na comunidade aos arredores da instituição. A integração do projeto junto à instituição foi de suma importância, tanto no que diz respeito aos idosos participantes como às pesquisadoras que participaram ativamente da elaboração de atividades e aplicação de questionários, que despertaram a tomada de iniciativa diante de situações inusitadas, fazendo valer a experiência vivenciada que auxiliou na prática profissional. Consideramos que os resultados positivos obtidos no decorrer dessa pesquisa, se fizeram valer pelo empenho e dedicação das pesquisadoras, tanto orientanda como orientadora, que tiveram participação ativa e efetiva diante das atividades desenvolvidas nos encontros, uma vez que os idosos puderam vivenciar atividades diferenciadas pelo próprio espaço físico e disponibilidade de material didático-pedagógico que a instituição disponibilizou para aplicação das vivências corporais.

PALAVRAS-CHAVE: terceira idade, ginástica geral, corporeidade.