78 - ORGANIZATIONAL AND FUNCTIONAL STRUCTURE OF THE UNISC WEIGH TRAINING PROJECT: AN INSIGHT ON TEACHING, RESEARCH AND UNIVERSITY EXTENSION

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INTRODUCTION

Can the UNISC Weight Training Project articulate in its actions the way proposed to universities: integrate teaching, research and extension?

The History of UNISC confuses itself with the history of the Association Pro Education in Santa Cruz do Sul, its provider, founded in 1962. The efforts of the Association started to be rewarded in 1964, when the College of Accountancy was created. In 1967 the courses of the College of Philosophy, Sciences and Languages started. In1968 it was the turn of the Law College and two years after the Superior School of Physical Education. In 1980 the provider got the approval from MEC to create the Integrated College of Santa Cruz do Sul, the FISC, to unite the four colleges kept by it. In 1982, the headquarter Campus of UNISC started to be built. In 1993 the creation process of the University came to an end with great success, starting the entity to be called University of Santa Cruz do Sul – UNISC. (UNISC/histórico, 2012).

Based on humanism, democracy, the community ideal and the quality of the university, UNISC provides its students the Best in terms of infrastructure and human resources. Every year new laboratories, classrooms and equipments are inaugurated with continuous update of the bibliography to maintain the quality of teaching, research and extension at UNISC. Additionally, teachers continue to seek new levels of qualification reaching one of the best indexes of titling in the state with a teaching staff consisting of 83% of masters and doctors. (UNISC/apresentação, 2012).

In this line of institutional growth, the Physical Education course was also modernized following the progress of the university campus with the construction of the 400m athletic track and 8 lanes, a semi Olympic heated pool, a multipurpose gymnasium, ludic laboratories, of functional assessment and biomechanics. The room for weight training started to be assembled in 1984 with few equipments and today has a structure that not only meets the needs of students in the course but also the academic and local community. From this reality, the UNISC Weight Training Project was created as an extension activity, having a coordinator who allocates part of his/her monthly hours to the project, along with three scholarship holders who receive credits to defray their educational expenses.

Talking about the commitment of universities (Costa, Almeida and Freitas, s/d), warn that the 'so longed inseparability of teaching, research and extension' becomes fundamental. The university that practices this tripod holds the great virtue of social commitment, because they manage to assimilate the social demands and incorporate them into their curriculum and actions – a university that distances itself from social issues becomes more susceptible to the production of knowledge with low practical applicability.

The general goal of this research is to report the organizational and functional structure of the UNISC Weight Training Project, with a view toward teaching, research and extension at the University.

1 – PHYSICAL EDUCATION COURSE AND THE UNISC WEIGHT TRAINING PROJECT

The Superior School of Physical Education of FISC – Integrated College of Santa Cruz do Sul, today UNISC, was established in 1970, as an extension of the Federal University of Rio Grande do Sul – UFRGS, graduating the Licensees in Physical Education.

Besides having a modern curriculum that is perfect aligned with the requirements of the national and international area of Physical Education, the course of Physical Education at UNISC has a qualified faculty and a great infrastructure, where is possible to highlight among the many sectors: the weight training room, (...). (Educação física-UNISC/infraestrutura, 2012).

In the process of transformation of universities, the Pro-Rectors Forum (2006) rescues two needs: 1) reflection on the conceptions of curriculum, based on the analysis of models of Universities historically constituted in the Brazilian reality; 2) understanding of the process of curricular flexibilization, having as reference point the inseparability teaching-research-extension.

Currently the Physical Education course offers the possibility of Bachelor and Licentiate degree. The professional profile of the Physical Education course at UNISC, Bachelor's degree, defines succinctly:

The Professional of Physical Education with a Bachelor's degree, not emphasized in teaching, can work as a personal trainer and/or instructor in gyms, clubs or condominiums. (...). (Educação Física-UNISC/apresentação, 2012).

The UNISC Weight Training Project was created in 1994 with the initial goal to meet the demands resulted from the teaching activities. With an increase in the number of equipments a systematic articulation began aiming to integrate teaching-research-extension. Nowadays it serves, in two shifts, an average of 200 users per year with a view also focused on quality of life and the health of its users.

For the University to fulfill its social function it is necessary that it seeks the insertion in the society in a comprehensive way and at the same time precise, creating mechanisms that can guarantee the connection between the knowledge produced and the one that the society really needs (COSTA, ALMEIDA e FREITAS, s/d). Teaching, research and extension are the three basic activities that must be included in the political-pedagogical projects of the courses. (MARTINS, s/d).

2 - INVESTIGATION METHOD

2.1 Characterizations of the research and methodological approach

The methodology used in this study was a documental analysis of projects and reports presented from the year 2000 to 2012. The methodological approach of this study is based on a descriptive-exploratory method with a historical study approach which has as characteristics to observe, register, analyze, describe and correlate facts or phenomena that occurred and its relations to other facts. This study can embrace some forms related to the approach the researcher desires for his/her study (MATOS, ROSSETO E BLECHER, 2004).

3 – ANALYSIS AND DISCUSSION OF RESULTS

3.1- Actions of the UNISC Weight Training Project in teaching, research and extension

Over the years the weight training room has been structured with a variety of equipment aiming to serve also the clienteles in the morning and afternoon shifts, providing opportunities for general development in the practice of aerobic and resistance exercises. Thus, for an adequate occupation of this space the "UNISC Weight Training Project" was created. Currently the work done by the project in the referred shifts is coordinated by three professors of Physical education with the help of three scholarship students.

3.1.1 – The teaching

The contribution of the UNISC Weight Training Project to the teaching of the subjects of the Physical Education course – Bachelor Degree is varied. Many students/interns seek for the gym to teach classes of certain subjects of the course to users, as well as develop their internship of Bachelor, according to Table 1below.

Table 01: Internship of Bachelor done along with the UNSC Weight Training Project, period from 2000 to 2012.

Nº	Titles of internships	Years
01,02 and 03	**Internship – Internship in Deepning in Physical Activity and Health**	2007 2009(2)
04, 05 and 06	Complementary Internship for Deepening.	2008 2010 (2)
07, 08 and 09	Internship I – Physical Activity and Health.	2009 (2) 2011
10	Internship Specific in Physical Activity and Health.	2012
11	Internship III – Complementary Internship for Deepening.	2012

Source: Reports of the UNISC Weight Training Project.

3.1.2 – The research

As research monographic study, some students sought for subsides and guidance from the Project Coordinator aiming their final approval in the Physical Education course, in a perspective to link the teaching a research activities as it can be seen in Table 2.

Table 02: monographs done along with the UNSC Weight Training Project, period from 2000 to 2012.

Nº	Titles of the monographic researches	Years
01	Physical conditioning with a personalized monitoring: a case study.	2001
02	Postural profile of the female users of the weight training gym at UNISC: a study in Santa Cruz do Sul – RS.	2005
03	Treinamento aeróbio e resistido em um indivíduo com diabetes, hipertensão e obesidade em decorrência do transplante de fígado: um estudo de caso em Santa Cruz do Sul-RS.	2010
04	The physical training of male users of a weight training gym regarding their overweight rating.	2010
05	Resistance training in improving postural correction and blood pressure: a case study in Santa Cruz do Sul – RS.	2012

Source: Reports of the UNISC Weight Training Project.

In Table 3, many scientific abstracts that were presented in general events can be seen, allowing many students to research about their preparation in the categories: brief introduction, objectives, methodology, analysis and discussion of results and conclusion, demanded by the organizers. These abstracts also allowed research learning regarding the way of presenting them, poster or orally, as well as contact with other presenters and different works.

Table 03: Abstracts of Scientific Research presented by members of the UNISC Weight Training Project in the period from 2000 to 2012.

Nº	Titles of the reaserches	Years
01	Profile of the target public of the weight training project 99/00 - UNISC.	2000
02	*Personal Trainer* – Personalized Physical Conditioning.	2001
03	Satisfaction level of the users of the UNISC Weight Training Project 2002.	2002
04	Weight training Project of UNISC – a place/network that transcends the body appreciation.	
05	The BMI of weight training users.	2004
06	The VO_2 max of weight training users.	
07	Postural profile of female users of the weight training gym of UNISC.	
08	UNISC Weight Training Project: a look over the VO_2 max of female users.	2005
09	Profile of postural shoulder protraction – an analysis of users of the weight training gym of UNISC.	2006
10	Trait anxiety – comparison of indicators in people who workout in gyms.	2007
11	The body mass index of users of the weight training gym of UNISC.	2008

12 13	Walking and running: a viable way to compare caloric expenditure. Weight training project: a look over the purpose of the practice of resistance exercises by users that integrate the Program ASAS of UNISC.	2009
14	The physical training of male users of a weight training gym regarding their overweight rating.	2010
15	Aerobic and resistance training in an individual with diabetes, hypertension and obesity due to a liver transplant: a study in Santa Cruz do Sul – RS.	2011
16	Organizational and functional structure of the UNISC Weigh Training Project: an insight on teaching, research and university extension.	2012

Source: Reports of the UNISC Weight Training Project.

3.1.3 – The extension

The UNISC Weight Training Project offers the possibility for scholarship holders to work and defray their educational expenses, therefore fulfilling its social commitment. It is currently composed of three scholarship students who work in the service to users. These students put into practice the knowledge acquired throughout the course.

In this sense, the Pro-Rectors Forum (2006) discusses that one of the goals of the universities is to see the extension as an integrating part of the democratization process of the academic knowledge, once through it this knowledge returns to the University tested and reworked.

Thus, the UNISC Weight Training Project in a partnership with the ASAS Program of the Institution – quality of life program, weekly guides 45 employees-professors of the University with a physical training along with other institutional projects.

Regarding the research, according to the Pro-Rectors Forum (2006), the perspective brought by the extension is the need to consider for what purposes and interests new knowledge to transform the society is sought.

Summarizing these considerations, it is possible to focus on what (Costa, Almeida e Freitas, s/d) point out: the teaching depends in the research to support and improve it. The research articulates the work done at the University with sectors of the society and the extension needs these contents seized as a starting point for new discoveries.

4 – CONCLUSION

With the results obtained in the different actions of the UNISC Weight Training Project, it is proven its importance as a way for social action articulated to the teaching and research, providing at the same time health and quality of life for all who participate.

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ORGANIZATIONAL AND FUNCTIONAL STRUCTURE OF THE UNISC WEIGH TRAINING PROJECT: AN INSIGHT ON TEACHING, RESEARCH AND UNIVERSITY EXTENSION

ABSTRACT

With the creation of the University and the Physical Education course the weight training room of UNISC was assembled, located next to the ludic-educational gym, and received a few equipments for resistance training and exercise bikes initially aiming the teaching of subjects of the Physical Education course. The general goal of this research is to report the organizational and functional structure of the UNISC Weight Training Project, with a view toward teaching, research and extension at the University. The methodology used in this study was a documental analysis of projects and reports presented from the year 2000 to 2012. Over the years the weight training room has been structured with a variety of equipment aiming to serve also the clienteles in the morning and afternoon shifts, providing opportunities for general development in the practice of aerobic and resistance exercises. Thus, for an adequate occupation of this space the “UNISC Weight Training Project” was created as an extension project and social function, articulating teaching, research and extension. Currently the work done by the

project is coordinated by three professors of Physical education with the help of three scholarship students. As for teaching the project has contributed in helping professors and/or students to develop works from subjects of the Physical Education course. The research has allowed students to participate in the selection, elaboration and presentation of abstracts and/or articles for publication as well as be in touch with researchers and works of other teaching institutions. The weight training project has contributed in the service of other institutional programs and projects, as well as to the members of the general community. As teaching action the research monograph work of a scholarship student was transformed in an article and published in an international level magazine with the title: “Aerobic and resistance training with an individual with diabetes, hypertension and obesity as a result of liver transplantation: a study in Santa Cruz do Sul, RS, Brazil”. It is believed that these data show the contribution the UNISC Weight Training Project had as social function, articulating teaching, research and extension in the institution.

KEY-WORDS: weight training, teaching, research, extension.

STRUCTURE ORGANISATIONNELLE ET FONCTIONNELLE ET DU PROJET DE MUSCULATION UNISC: APERÇU SUR L'ENSEIGMENT, LA RECHERCHE ET L'EXTENSION UNIVERSITAIRE

RÉSUMÉ

Avec l'édification de l'Université et le cours d'éducation physique, a été élaborée la salle de musculation de l' UNISC, situé à côté de la salle de gym ludo-éducative, qui a reçu du matériel pour la formation d'endurance et de vélos d'ergométrie, initialement destiné à enseigner les disciplines du cours d'Éducation Physique. L'objectif général de cette recherche était de rendre compte de la structure organisationnelle et fonctionnelle du Projet Musculation UNISC, avec une vue diversifiée vers l'enseignement, la recherche et l'extension dans l'université. La méthodologie utilisée a été une étude théorique des projets et les rapports présentés de 2000 à 2012. La salle de musculation au fil des années a été structurée sur une variété de dispositifs destinés également à des clientèles du matin et après-midi, offrant des possibilités pour le développement générale avec des exercices de résistance et aérobic. Ainsi, un travail adéquat de cet espace a été créé «Projet de musculation UNISC", comme projet d'extension et de fonction sociale, en articulant l'enseignement, la recherche et l'extension. Actuellement, le travail realisé à travers le projet est coordonné par trois professeurs d'éducation physique, avec l'aide de trois étudiants boursiers. En ce qui concerne l'enseignement, le projet contribue à aider les enseignants et / ou des étudiants à élaboration des disciplines du cours d'éducation physique (diplôme et baccalauréat). La recherche donne l'opportunité aux boursiers à participer à la sélection, l'élaboration et la présentation des résumés et / ou d'articles pour publication, ou bien en contact avec des chercheurs et d'autres travaux des établissements d'enseignement. Le projet musculation contribue à des programmes et d'autres projets institutionnels, ainsi que des membres de la communauté en général. Comme résultat d'enseignement le travail de recherche de monographie d'un éléve boursier a été transformé en article et publié dans une magazine à niveau international comme titre: "Aerobic and resistance training with an individual with diabetes, hypertension and obesity as a result of liver transplantation: a study in Santa Cruz do Sul,Brésil ". On croit que ces données montrent la contribution du Projet Musculation UNISC comme une fonction sociale, combinant l'enseignement, la recherche et l'extension dans l'instituition.

MOTS-CLÉS: musculation, l'enseignement, la recherche et l'extension.

ESTRUCTURA ORGANIZACIONAL Y FUNCIONAL DEL PROYECTO MUSCULACIÓN UNISC: UNA VISIÓN SOBRE ENSEÑANZA, PESQUISA Y EXTENSIÓN EN LA UNIVERSIDAD

RESUMEN

Con la creación de la Universidad y del curso de Educación Física, se creó el salón de musculación de UNISC, ubicado junto al gimnasio ludo-pedagógico, que ha recibido algunos aparatos para ejercicios resistidos y bicicletas ergonómicas, visando inicialmente la enseñanza de asignaturas del curso de Educación Física. El objetivo general de la pesquisa fue relatar la estructura organizacional y funcional del Proyecto Musculación UNISC, con una visión volcada para la enseñanza, pesquisa y extensión en la universidad. La metodología utilizada fue un análisis documental de los proyectos y relatorios presentados desde 2000 hasta 2012. El salón de musculación a lo largo de los años, se ha estructurado con una variedad de aparatos objetivando atender también a personas en el turno matutino y vespertino, oportunizando el desarrollo general en la práctica de ejercicios resistidos y aeróbicos. Así que, para una adecuada ocupación de ese espacio, fue creado el “Proyecto musculación de UNISC”, como proyecto de extensión y función social, articulando enseñanza, pesquisa y extensión. Actualmente el trabajo realizado por el proyecto, es coordinado por tres profesores de Educación Física, con la ayuda de tres alumnos becantes. En cuanto a la enseñanza, el proyecto hay contribuido en el auxilio a los profesores y/o alumnos para el desarrollo de trabajos de asignaturas del curso de Educación Física. La pesquisa tiene oportunizado a los becantes participar de la selección, elaboración y presentación de resúmenes científicos y/o artículos para publicación, así como en el contacto con expertos y trabajos de otras instituciones de enseñanza. El proyecto musculación hay contribuido en el atendimiento de otros programas y proyectos institucionales, así como a los miembros de la comunidad en general. Como acción de enseñanza el trabajo de pesquisa monográfica de un alumno becante fue transformado en artículo y publicado en una revista a nivel internacional con el título “Aerobic and resistance training with na individual with diabetes, hypertension and obesity as a result of liver transplantation: a study in Santa Cruz do Sul, RS, Brazil”. Se cree que esos datos evidencian la contribución del proyecto Musculación UNISC como función social, articulando enseñanza, pesquisa y extensión en la institución.

PALABRAS CLAVE: musculación, enseñanza, pesquisa, extensión.

ESTRUTURA ORGANIZACIONAL E FUNCIONAL DO PROJETO MUSCULAÇÃO UNISC: UMA VISÃO SOBRE ENSINO, PESQUISA E EXTENSÃO NA UNIVERSIDADE

RESUMO

Com a criação da Universidade e do curso de Educação Física, montou se a sala de musculação da UNISC, localizada junto ao ginásio ludo-pedagógico, que recebeu alguns aparelhos para exercícios resistidos e bicicletas ergométricas, visando inicialmente o ensino de disciplinas do curso de Educação Física. O objetivo geral da pesquisa foi relatar a estrutura organizacional e funcional do Projeto Musculação UNISC, com uma visão voltada para o ensino, pesquisa e extensão na universidade. A metodologia utilizada foi uma análise documental dos projetos e relatórios apresentados de 2000 a 2012. A sala de musculação ao longo dos anos foi se estruturado com uma variedade de aparelhos objetivando atender também clientelas no turno matutino e vespertino, oportunizando o desenvolvimento geral na prática de exercícios resistidos e aeróbicos. Assim, para uma adequada ocupação desse espaço foi criado o “Projeto musculação da UNISC”, como projeto extensionista e função social, articulando ensino, pesquisa e extensão. Atualmente, o trabalho realizado pelo projeto é coordenado por três professores de Educação Física, com o auxílio de três alunos-bolsistas. Quanto ao ensino, o projeto tem contribuído no auxílio aos professores e/ou alunos para desenvolvimento de trabalhos de disciplinas do curso de Educação Física (licenciatura e bacharelado). A

pesquisa tem oportunizado aos bolsistas participar da seleção, elaboração e apresentação de resumos científicos e/ou artigos para publicação, bem como no contato com pesquisadores e trabalhos de outras instituições de ensino. O projeto musculação tem contribuído no atendimento de outros programas e projetos institucionais, bem como aos membros da comunidade em geral. Como ação de ensino o trabalho de pesquisa monográfica de um aluno-bolsista foi transformado em artigo e publicado em uma revista a nível internacional com o título: “Aerobic and resistance training with na individual with diabetes, hypertension and obesity as a result of liver transplantation: a study in Santa Cruz do Sul, RS, Brazil”. Acredita-se que esses dados evidenciam a contribuição do projeto Musculação UNISC como função social, articulando ensino, pesquisa e extensão na instituição.

PALAVRAS CHAVE: musculação, ensino, pesquisa, extensão.