113 - PROGRAMME OF WORK FOR EMPLOYEES OF GYMNASTICS SCHOOL HALL OF BASIC EDUCATION JOSEPH FRANCIS DE ANDRADE, SANTANA DO IPANEMA, ALAGOAS, BRAZIL

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One. BACKGROUND

Capitalism as it allowed the development brought more comfort and amenities to our lives. The technology facilitates the day-to-day, but also in holding chores that steal our time, reducing or eliminating the leisure and physical activity.

With the lack of physical activity comes the risk factors for the onset of diseases that gradually, people applying for medical assistance and various therapies to liven muscle pain and for the treatment of severe diseases.

Through this context it is noted that a program of Gymnastics, and propose a better quality of life, it ends with the sedentary lifestyle of employees to improve their performance every day in the workplace.

Parallel to this process, the Department of Education, Sports and Culture in the municipality of Santana do Ipanema, Alagoas, is starting to recognize the importance of investing in human capital, a concern that, based on a humanistic view of people management, focused on decreasing the serious consequences generated by changes in the workplace and the increase of risk factors, both for employees and for the Secretariat.

According Milk and Mendes (2004), the art of gymnastics is exercising the body and mind of the worker, through the use of exercises easy to perform, and that causes pleasure to the employee, thereby increasing their willingness in performing the tasks for which they are proposed .

The practice of offering Gymnastics Compensatory continuously for education professionals in schools needs to be priority health worker.

According to Mendes and Milk (2004), the practice of Gymnastics, covering its various types, helps workers can improve posture and movements made while working to increase resistance to central and peripheral fatigue in promote the general welfare, improving the quality of life, decrease pain localized to combat sedentary lifestyle and reduce the stress generated by the occupation labor.

The social benefits are obvious. We can imagine the following question: if the company cares about the welfare of his employee and society actively knows and agrees with this position, hence the company's image is positive. The interpersonal relationship is also developed in the practice of gymnastics, because there is greater interaction, which will bring better progress of activities through teamwork. (MILK and MENDES, 2004).

2nd. OBJECTIVES

Contribute to improving the quality of life of employees of the Municipal School of Basic Education José Francisco de Andrade Santana do Ipanema, Alagoas, through the implementation of the program of Gymnastics.

3rd. SPECIFIC OBJECTIVES

Promoting a sense of mood and well-being for the workday;

Improves interpersonal relationships, fostering social relationships and teamwork.

Check changes in the quality of life of workers by Gymnastics (GL);

Lowering the costs of the institution as a result of the number of absences from work (absenteeism) and the incidence of occupational diseases

(RSI / WMSD).

4th. PUBLIC - TARGET

Teachers living in their school, vigilant, general services and staff.

5th. METHODOLOGY

A questionnaire will be Anamnesis, in order to know the habits of the participants. The socioeconomic status will be analyzed through the ABEP / ABIPEME (OROZCO, 1999 - ANNEX A) Test Lipp (LIPP, 2000 - APPENDIX B) to analyze symptoms of stress, and the Test - Checklist for Diagnosis of Disease Hurry the (Seiwert, 2004 - APPENDIX C). Employees participated in Gymnastics Compensatory three times a week for 10 minutes in the middle of the workday, being developed stretching exercises, motor coordination and strength and circle dances.

5.1. Application of Initial Questionnaire (IQ) - Characterization of Target Sector

Then, from the definition of the target sector (by QPS) should proceed to characterize this, ie to identify the profile of the study population and characteristics of the process in question, such as population characteristics (sex, age, personal habits and other) tasks performed, work schedules and cycles.

Thus, firstly, it is a survey of the preliminary information Sector Target, via questionnaire called Initial Questionnaire (IQ) - Annex B, which is divided into two items. The first deals with the characteristics of the industry itself and the second on the assessment of satisfaction, motivation and physical state of current workers.

Thus, the item 1 is applied to characterize the target sector. In this, the answers should be objective, pointing out the correct alternative or complement to answer in writing.

With regard to item 2, assessment personnel and labor - general physical condition, should be applied as follows:

- If there is a system in the company breaks with exercise, apply the item 02 rating.

Personnel and Labor, in an integral manner;

- Inexista if such a system, item 2 also apply without issues 2.2.5 (satisfaction in participation), 2.2.6 (satisfaction with respect to application times), 3.3.1 (available for work during the hours of breaks) and 3.3.3 (willingness to participate in the exercises). This section responses are presented gradually with scores of 1 to 10, which are evaluated in accordance with the frequency with which relates the response.

5.2. Step 3 - Implementation System Breaks with Exercises - Gymnastics Program (PGL)

According to the scheduled start of the workday, develop and deploy the exercise protocol (Table 2) establishing timetables for achievement (Table 3), the duration (Table 4). In turn, the application frequency is always defined as daily, and the number of replications per day (two times per shift).

The exercise protocol should be based on three fundamental steps: heating, stretching and relaxation. This step must imperatively be performed by a qualified professional in Physical Education, and this adequará the exercise protocol, considering the characteristics of the activities performed in Sector Target. Moreover, the protocol must provide physical activities covering all segments muscles: neck, shoulders, arms, hands and wrists, torso, legs and feet.

Exercises are done individually, in pairs or in groups, according to the needs and the protocol established by the professional. However, he must seek favor integration and socialization between people. Classes can be conducted in the workplace, using material resources in the environment - support for tables and chairs. It is recommended, however, that a musical background is used to motivate and relax the participants during the exercises.

5.3. Application of the Week Assessment Questionnaire (SAQ)

At the end of each week, should be applied Weekly Assessment Questionnaire (SAQ) - Annex C, with questions aimed at assessing the modality applied Gymnastics week in question. Questionnaires should always be applied with the same people, from the beginning to the end of 4 weeks. Should be excluded from the data evaluation, the questionnaires of people who, for whatever reason, have been disconnected from the industry during the evaluation period.

5.4. Implementation of Final Questionnaire (FAQ)

Last week (4a) should be applied Weekly Questionnaire (SAQ), plus the Final Questionnaire (FAQ) - Annex D, which evaluates the exercises with breaks applied last week and also compares the methods of Gymnastics held during the 4 weeks evaluation.

Follow up:

Reports will be prepared with data on the progress and evolution of Gymnastics Program (frequency, occurrences, specific cases, etc..).

The Gymnastics Program is untimed, with breaks in January and July.

6th. PROJECT PARTNERS

Municipality of Santana do Ipanema;
Department of Education, Sport and Culture, and
Municipal School of Basic Education José Francisco de Andrade.

7th. HUMAN RESOURCES

01 Physical Education Teacher

Eight. EVALUATION

The comparison of the data obtained each week seeking to know what is the best way to apply breaks with exercise - Gymnastics. In interpreting the data - Evaluation Personnel and Labor, must be observed:

a) 2.1 - 20 questions, the lower the score the better;
b) 2.2 - 6 issues, the higher the score the better;
c) 2.3 - 3 issues, the higher the score the better.

For the interpretation of data obtained in items 1, 2 and 3 of Final Questionnaire (FAQ) must be determined what the best modalities applied during the four weeks:

1 - issues related to physical comfort, the higher the score, the better;
2 - issues related to job satisfaction, the higher the score, the better;
3 - issues related to the willingness to work, the higher the score, the better.

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PROGRAMME OF WORK FOR EMPLOYEES OF GYMNASTICS SCHOOL HALL OF BASIC EDUCATION JOSEPH FRANCIS DE ANDRADE, SANTANA DO IPANEMA, ALAGOAS, BRAZIL.

ABSTRACT

The present study aims to contribute to improving the quality of life of employees of the Municipal School of Basic Education José Francisco de Andrade Santana do Ipanema, Alagoas, through the deployment of Gymnastics Program.

Teachers living in their school, vigilant, general services and staff.

A questionnaire will be Anamnesis, in order to know the habits of the participants. The socioeconomic status will be analyzed through the ABEP / ABIPEME (OROZCO, 1999 - ANNEX A) Test Lipp (LIPP, 2000 - APPENDIX B) to analyze symptoms of stress, and the Test - Checklist for Diagnosis of Disease Hurry the (Seiwert, 2004 - APPENDIX C). Employees participated in Gymnastics Compensatory three times a week for 10 minutes in the middle of the workday, being developed stretching exercises, motor coordination and strength and circle dances.

The comparison of the data obtained each week seeking to know what is the best way to apply breaks with exercise - Gymnastics. In interpreting the data - Evaluation Personnel and Labor, must be observed.

KEYWORDS: Quality of life, habits and daily exercise.

PROGRAMME DE TRAVAIL POUR LES EMPLOYÉS DE L'ÉCOLE DE GYMNASTIQUE HALL DE L'ÉDUCATION DE BASE DE JOSEPH FRANCIS ANDRADE, SANTANA DO IPANEMA, ALAGOAS, BRÉSIL.

RÉSUMÉ

La présente étude vise à contribuer à l'amélioration de la qualité de vie des employés de l'école municipale de l'éducation de base Francisco José de Santana do Ipanema Andrade, Alagoas, à travers le déploiement du programme de gymnastique.

Les enseignants qui vivent dans leur école, vigilants, les services généraux et le personnel.

Un questionnaire sera Anamnèse, afin de connaître les habitudes des participants. Le statut socio-économique sera analysé à travers l'ABEP / ABIPEME (Orozco, 1999 - ANNEXE A) Essai Lipp (LIPP, 2000 - ANNEXE B) pour analyser les symptômes de stress, et le test - Liste de contrôle pour le diagnostic de la maladie Dépêchez-vous l'(Seiwert, 2004 - ANNEXE C). Employés ont participé à Gymnastique compensatoires trois fois par semaine pendant 10 minutes dans le milieu de la journée de travail, en cours d'élaboration exercices d'étirement, la coordination motrice et la force et des danses en cercle.

La comparaison des données obtenues chaque semaine chercher à savoir quelle est la meilleure façon d'appliquer rompt avec l'exercice - Gymnastique. En interprétant les données - l'évaluation du personnel et du travail, doivent être respectées:

PROGRAMA DE TRABAJO PARA EMPLEADOS DEL AYUNTAMIENTO DE ESCUELA DE GIMNASIA DE EDUCACIÓN BÁSICA JOSÉ FRANCISCO DE ANDRADE, SANTANA DO IPANEMA, ALAGOAS, BRASIL.

RESUMEN

El presente estudio tiene como objetivo contribuir a mejorar la calidad de vida de los empleados de la Escuela Municipal de Educación Básica José Francisco de Andrade Santana do Ipanema, Alagoas, a través de la implementación del Programa de Gimnasia.

Los maestros que viven en su escuela, vigilantes, servicios generales y el personal.

Un cuestionario será Anamnesis, con el fin de conocer los hábitos de los participantes. El nivel socioeconómico se analizarán a través de la ABEP / ABIPEME (Orozco, 1999 - ANEXO A) Prueba Lipp (Lipp, 2000 - ANEXO B) para analizar los síntomas de estrés, y la prueba - Lista de verificación para el diagnóstico de la enfermedad Date prisa la (Seiwert de 2004 - ANEXO C). Los empleados participaron en Gimnasia Compensatoria tres veces por semana durante 10 minutos en medio de la jornada laboral, se están desarrollando ejercicios de estiramiento, la coordinación motora y la fuerza y danzas circulares.

La comparación de los datos obtenidos cada semana tratando de saber cuál es la mejor manera de aplicar rompe con el ejercicio - Gimnasia. En la interpretación de los datos - El personal de evaluación y laborales, deben ser observados.

PROGRAMA DE GINÁSTICA LABORAL PARA FUNCIONÁRIOS DA ESCOLA MUNICIPAL DE EDUCAÇÃO BÁSICA JOSÉ FRANCISCO DE ANDRADE, SANTANA DO IPANEMA, ALAGOAS, BRASIL.

RESUMO

O presente estudo busca contribuir para melhoria na qualidade de vida dos colaboradores da Escola Municipal de Educação Básica José Francisco de Andrade de Santana do Ipanema, Alagoas, através da implantação do Programa de Ginástica Laboral.

Professores residentes na respectiva escola, vigilantes, serviços gerais e demais funcionários.

Será aplicado um questionário Anamnese, a fim de conhecer hábitos de vida dos participantes. A condição socioeconômica será analisada através do questionário da ABEP/ABIPEME (OROZCO, 1999 - ANEXO A); o Teste de Lipp (LIPP, 2000 – ANEXO B), para analisar sintomas de estresse; e o Teste - Lista de Verificação para Diagnostico da Doença da Pressa (SEIWERT, 2004 – ANEXO C). Os funcionários participaram da Ginástica Laboral Compensatória três vezes na semana, durante 10 minutos, no meio do expediente, sendo desenvolvidos exercícios de alongamento, de coordenação motora e de forca e danças circulares.

A comparação dos dados obtidos a cada semana busca saber qual é a melhor forma de aplicação das pausas com exercícios - Ginástica Laboral. Para a interpretação dos dados obtidos - Avaliação Pessoal e do Trabalho, devem ser observados.

PALAVRAS-CHAVE: Qualidade de vida, hábitos do cotidiano e exercícios físicos.