146 - CORPOREIDADE AS SYNONYMOUS OF QUALITY OF LIFE

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INTRODUCTION

Currently we observed in our society, through common sense, that much of Teachers of Physical Education, must have quality of life, due to the fact that bind your knowledge specific sports, as a synonym for professional athletes, who consequently has a standard body close to the ideal (body lean and strong) and can develop its activity with comfortable clothes indumentário of sports. Will this work has quality of life? Does quality of life is restricted to physical activity? Will all these professionals are happy? Or, is that all teachers are happy? Is that professionals can experience the quality of their lives? On this hypothesis, we decided to ask for Teachers of Physical Education, the Municipal Education Network in the municipality of Campinas, SP: WHAT IS QUALITY OF LIFE FOR YOU? This question generator produced answers that were disclosed by "Technical Analysis of Elaboration and Content" (MOREIRA; SIMÕES; PORTO 2005). Before leaving for the comment on data from the research, we decided to start it in a theoretical framework on the central theme.

QUALITY OF LIFE

The quality of life is understood by the interactive balance between having and the being (DEMO, 1994). In such a way, we can acquire infrastructure, corporeal properties and money, health, this are on to the direction of having, to possess, but it does not guarantee fully that we can usufruct of these goods, as well as being happy is not health guarantee. As well as to have health does not mean that its quality of life is assured. The agreement of quality of life in the common sense is what makes relation with the rationality **[1]** separated of our society in the ones of the one fragmented vision of everything what we know, not giving an understanding of the functioning of all. This value takes in them to believe that the addition of the parts if of the o all, and when if searchs an agreement complete, we have difficulty of enxergar the result, the interests, the manipulation that is inlaid in this action (MORIM, 2005). To the times, without exit our society withholds the standards, and preconceived ideas, of its fragmentos and concepts. An example of that is the understanding of quality of life on the physical activity, or the health, or to the work, or the leisure, or the family. The consequence of this vision could be a enaltecimento of a aspect in detriment of the other. In this context, we mix the benefits that practises we relate it of exercises as synonymous of quality of life. This vision of quality of life is placed as a modismo, that has as purpose to search a body consuming, perfect and healthful. In this exactly aspect, the body was explored by the consumption society, that in some situations is worried in vender in relation to corporal well-being, Palma clarifies, “the body is today, at the same time, “consumer” and “object of consumption”. The strategies of “sales”, as it could not leave of being, perpassam for the creation of new products, of new necessities”. Demonstrating a promising market, that not only has space for the products, or physical activity, but also for the plastic surgeries (PALMA, 2001, p.27). This industry of the body puts into motion billions of dollar forming a attractive yield of the consuming market that makes with that the people compulsory search an objective of perpetual youth. In such a way, a perpetual youth searchs and, of a bigger life expectancy he is a synonymous one of health. According to common sense, the health is equivalent to the illness absence, this agreement is of imaginary domain of the social one, also is found in the speeches of the health professionals (PALMA 2001). On the other hand, the concept of the World-wide Organization of Saúde (OMS), is: “a welfare state physicist, mental and social and not only the absence of illness or disease” **[2]**. The health can be understood as the welfare physicist, alone prioritizing the life time, forgetting the perspective to give life to the years, in the direction of living with joy, or satisfaction to feel itself integrated to the society. In this idea, “the manifest body not if only as I propagate of the appearance, but, before, as a place of seduction, allure, creation of aesthetic pacts that produce the love and the pleasure” (PALMA, 2001, p.26).

Extending this idea, the Bento author explains the direction of life through the sport and the physical activity for the prolongation of the years of existence, searching to give to life to the years, adding new relationships, in the search of one lives deeply happy, communicative, fighting attitudes and behaviors to the isolamentos, extending itself the one desire to live fully and human (BENTO, 1991). On the other hand the people will be leaving to exist, wanting to live more years, exactly that it is its proper meaningless experience, “the dream of wanting to have a long life and not to be old it is a dream that folloies the man since has centuries”. Centered in the biological conception of the human being, the modern society, he attributes to the practical one of exercises, in the common sense a factor of extreme importance in the life prolongation as well as complement for the disfunções of the body. In the same way, this society technology makes with believes that the development and the capacity of the techniques guarantee the functioning and in the experience of the modern man (BENTO, 1991, P. 47). Different of the agreement that the practical one of exercises, or it by itself is not the solution of the health problems as a panacea, that is a vision of resolution of all males of the life (MOREIRA, 2001). The effect is to transform the Physical Education into the agreement of practical of physical exercises. Fellow creature the effect of the awaken sport in the interest of the governing in the health search, in many cases, as one forms economic. Soon, to invest in prevention of illnesses, in this context, is signal of reduction of public expense. An only investment is cheaper as the physical aspect of the health, of what to think about the human being with quality of life, of what to provide its autonomy with conditions of a welfare state. In this logic, is cheaper to invest in a aspect of the health **[3]**, as they are the cases that relation with the physical movement keeps, for the fact that, already is known that many people die, or are sick for the problems associates (cardio-respiratory obesidade, illnesses), this great growth of sick people means an increase of expense for the State, who consequently tie propagandas that if they justify for the awareness of the quality of life that they hide its true intention. As already I mentioned, the true autonomy will have been treated on this important subject, in the society, will be been a chaos for the fact that will be questioned the reasons that take the population or part of it not to be able to usufruct its desires of leisure, of travel, to leave, to walk, or to choose something that wants. Unhappyly, what it hinders people to be able them to live widely are the best wages, worthy housing, health and education. She will be that the people whom she withholds of the purchasing power are happy with the things that have, or they make use of the appearance? You would obtain to be happy, or to keep the calm thought if she needed to buy a medicine and she did not have enough money? It will be that a defense mechanism exists that is through the joy the people obtains to surpass itself? On the other hand, it will be that the money brings

happiness? Or alone the joy already is enough? For the people whom money has and is unhappy, it will be that its values of accumulations are so great, that they reproduce in its lives the points of being a barrier in relation to its amusement, if live in a moralista society, that to the times, forbids the amusement as a bad aspect it human being? As that for these subjective answers they could be elucidated with an advisory research. Therefore, we must according to clarify that the problems of health of the population are not on solely and exclusively to the porting aspect, Bento author, who in its critical positioning raises excellent considerações on this question: "We can attribute without reserves such function to the sport? It will not be this integrant part of sociocultural reality e, as such, imbuído of the principles, values and orientações that determine the domínios remains of the life" The sport cannot be considered the supreme factor to acquire health, as well as the Physical Education must not have the health agreement much less the health to be synonymous of absence of illness as in the past. We must thus, to surpass this restricted traditionalism, to go beyond the biological knowledge adding the physical, psychological and social aspect. Being able, in this context, to consider its subjective, decurrent side of a quality of individual life, that it aims at to fill the requirements of the universe of leaves experience (BENTO, 1991, P. 11). In this manner, the health model suffers a more complex intervention, contemplating aspects of the social life, however this vision demonstrates a lack, therefore the social aspects also depend on the other human beings and not only to the individual one, if we are speaking of social aspects necessarily we have that to take in consideration questions that independem of our will. Some studies have in the shown one that the conception of health was restricted to a biological scientific vision, rejected if this agreement is on the domain of some professionals and in the common sense (BENTO, 1991). It is evident that the common sense has very of what is health, which had a restricted vision the fact that science, through the logical thought of the rationality, in gave to the idea of cure through a miraculous aspect that is the remedy, or medical techniques to them. Not that the medicine is not important, but reducing its reach for the cause and effect, distanciou our organic thought of process, that is, in the human being does not only exist an agency, or an ill region, where whose logical it is to substitute the sick place, as a machine substitutes the defective part. However, exactly if you to substitute part compromised, not go to advance if all she is affected, as already he is boarded for the psychosomatic aspect that an unhappy life can reveal in its physical aspect, materialized as illness. We can advance in this idea if think about the holistic and sistêmica vision of the biological, psychic and social aspect (CAPRA, 1991). The holistic relation is also the proposal of the corporeidade and quality of life for the fact that the human being will be able to make gift I obtain and with the world if it to obtain to reach all the aspects of its life (bio-psico-social), in other words glad it being, happy and satisfied for the fullness feeling; e consequentemente having structural conditions (wage, igualitárias housing and chances). To have quality of life she is necessary "to manejar the necessary amount, as base and condition of the quality; this cannot exist in condition of poverty, lack and hunger," and also, "inside construct the possible quality of the given conditions, as a workmanship common human being" (DEMO, 1994, P. 21).

In the reasoning of the rationality that we mention at the beginning, that according to confuses conception of two concepts that is in a structure of values, as of the essential and of the superfluous one, made with that the vision of amount as synonymous of long life, great house, good wage, satiated food, years of studies being expressions that do not need quality; I can have all these aspects and not usufruct in the direction to remain imprisoned in the process of search for having **[4]**. But, also I can not have quantitatively nothing and to be happy, having disposal to relate, to festejar, to take a walk, to play, to give laugh that is on to the qualitative aspects (DEMO, 1994). Therefore, that these expressions quality cannot be separate for the amount, that is, it is interesting to live very and still to live well. As it is a choice that is on to its subjective side, it will have person that I will choose to live little and well, of what to live very and badly. Exactly there, a dichotomy can exist that is explained by the simple fact that I eat I can live long, or intensely without no extensive base (DEMO, 1994).

The essencialidade of an experience of the human being in the condition of corporeidade, as practical of its existence of a being in the world alone will be able to happen in the quali-amount, that is, to live well be derived from happiness, having added the dignity and the respect. Therefore, the corporeidade alone exists in the respect of the condition human being (MOREIRA and SIMÕES, 2006). The body object inspired by our society of consumption alone if reproduces in the alienation, or non-political state that is next to the condition of manipulable, or controlable, of what participativo it is against the corporeidade and the quality of life. On the other hand, the participation of the human beings in its process of life does not keep a relation without meaning for and with the society, absenting of history and conserving in the life. The search of this overcoming could be for intermediary of the quality of life, in the ample direction of the being and possessor to have in the condition of an existing body. In this perspective, the existencializado body is a body present in the world and endowed with antropológico direction, in the intention of being sign, creative and transforming agent of its culture, or quality politics that makes a relation with participation, values, ideologies, partidarismo and ethics. We will have as starting point the reformularization of a culture more human being, remodelling our concepts and values of a world that does not reign the force, but the depth, sensitivity and creativity (DEMO, 1994). Although that the concept quality of life has in its cerne the subjectivity, that is strict on with its condition of life front its perception and sensitivity will be able to make with that the people can have different positions on this thematic one. On the other hand, we can forget that the agreement of quality of life must be atrelado to the concept of human development of the ONU (Organization of United Nations) as chance and that many do not have choices. In such a way, we believe that chance takes in them to the agreement of freedom of the corporeidade in being, having choices in condition of equality between the human beings (DEMO, 1994).

The choices could be revealed through the leisure as an option of free choice at its available moment. We understand that the choices do not have to be a funcionalista aspect of recovery of work force, but of a moment its to make what to want as tourist cognitivas, cultural, social, manual activities, physicist-esportivas and. Also being able not to make nothing, as to think about the life, or as already we mention to think about nothing, or to contemplate, or to imagine; making possible this choice without no preconception, or dogma, therefore the human being needs a moment for itself (MARCELLINO, 2000). In our country, the chance lack is a reality where nor all the people have the same right to the access the education, habitation, basic sanitation, health, as it searchs of one lives deeply of an environment in its ample direction, therefore corporeidade also means life in its relation with the environment (MOREIRA and SIMÕES, 2006). The relation of the corporeidade, environment and quality of life not only make possible in taking care of of the natural reserves, more to add a worthier life and structuralized in such a way "Quality of life it means, over all, the humanização of the reality of the life (DEMO, 1994, P. 22)". As one human being can live deeply its full corporeidade of the subject body, if it is imprisoned to a aspect as the income concentration, by means of a wild search, all the cost, that many times not allowing to exercise the freedom, our participation, our equity for terms democracy. For speaking in equity, or equality of rights and duties, I ask: when our social values are not on to the monetary ones of the logic of more the value? An exit it human being to exist by means of the corporeidade is to establish connection it quality of life, therefore its potentialities are recognized, in the measure where let us can live deeply them in the perspectives of new values questionadores of the social reality that if presents, in the paradigm change to formulate to our perceptions, visões and values (MOREIRA, 2001).

METHODOLOGY

The objective of this research is to analyze the quality of life of the Professors of Physical Education of the Schools of the Region the Northwest of the municipal Net of Education of Campinas-SP, to know if it has, or it lives deeply in its life, with the interest to know on its vision and conception. In this way, we search the methodology for a qualitative Technique of Elaboration and Analysis of Units of Meaning for the interpretation of the meanings of the speeches of one citizens determined phenomenon, Moreira; Simões; Porto (2005). We choose the Professors of Physical Education because its area of performance has a relation with the Quality of Life. With this, we carry through the collection with 8 (eight) Professors, above of 30 (thirty) years, being interviewed the 1 (one) professional of each pertaining to school unit, component of the 5 (five) schools of the Region Northwest. At last, we use a generating question: HOW IT IS ITS QUALITY OF LIFE?

CATEGORIES OF ANALYSIS OF THE REPLY

We create the categories, or grouping of meanings, or opinions of values emitted for the interviewed professors of Physical Education. These categories will be a form to visibly facilitate the result of the collected data, organized in sequence decreasing.

Cat./Prof	1	2	3	4	5	6	7	8	Percentage
Good	X	X	X			X			50%
Bad				X		X	X		40%
It did not answer								X	10%
Physical activity	X	X	X			**X**			50%
Leisure	X		X			X			40%
Feeding (Healthful Habits)	X	X				X			40%
Work			X	X					20%
Family	X	X							20%
Health		X							10%

*Distribuição of the Answers on the meaning of Quality of Life of the Professors of Physical Education/Region the Northwest of the Municipal Net of Education of Campinas-SP.

ANALYSIS AND QUARREL OF THE SPEECH OF THE PROFESSORS

The analyses of the speeches had been carried through on two aspects: at a first moment it was if the professors of Physical Education of the Municipal Net of education have or not quality of life and as he is to relate its concept with its synonymous ones. The interviewed professors had mentioned in its majority in a 50% total (fifty percent), that he has quality of life. A number next to 40% (forty pro one hundred) of the professors said that it does not have quality of life. Another position was that only 10% (ten percent), that is, a professor did not answer. This first moment demonstrated that the professors of Physical Education are divided in having, or not to have quality of life, being that in these initial proposals they could be contradictory in its speeches that will be analyzed in the following stage. In the intention to search an agreement of these professionals on its knowledge and its it lives deeply of quality of life we will make as a moment, an analysis of its synonymous ones. This category explicated for the professors as Physical Activity predominated enters the professors of Physical Education, that is, 50% (fifty percent) of these professionals has the vision of Physical Activity for the biological, similar agreement of the term used for the doctors without a concern, or orientation of the conditions of this activity. Therefore, Bento it suggests that the adequate term is sport, as a vision macro of activities as the sport, the games, the gymnastics, the dances, with a concern of the previous orientation of the conditions, the adequacies, the possibilities and the welfare of this practitioner, being more adjusted for the pertaining to school reality (BENTO, 1991). It is evident in the story of professor 5: “I am certain that through the physical activity people can yes improve our physical conditions, emotional, at last our quality of life.” We perceive in speaks that the physical activity is understood as a panacea, or a prescription for all the problems of the life in the direction that through it if only obtains to arrive at the Quality of Life, in the context, panacea has the agreement that by means of the Physical Activity we will only be able to decide all males of the world (MOREIRA, 2001).

The feeding and the leisure had been the second detached category more, represented for 40% (forty percent) of the professors who relate with its healthful habits. According to Blessed the agreement of healthful habits, they are half to acquire health and not to have illness, being that this parameter is subjective and varying of person for person (BENTO, 1991).

In such a way, it is understood exactly that it is not specified the healthful habits for other professors 5 and 6, professor 1 of understanding that the good habits are: “you to have a healthful life, ah…, thus…, moderate behaviors, are… a good feeding, ah…, if protecting of the sun, she is… having a secular physical activity, ah…, is… being able to enjoy of moments with its family, being able to participate actively with the growth of the children, ah…, at last a series of other things, is to be able…, to enjoy of its professional life with pleasure, power to conciliate all the things, its professional, financial life, with its emotional, ah…, social side, I find that he is very complex”.

Being evident in the speeches of the professors who to have quality of life are to have healthful alimentary habits 1, 2 and 6, it is clearly that only professors 2 and 6 possess good alimentary habits. We find this resonance in speaks of professor 2: “my feeding is good, I try to have good habits, and in this direction it is good”.

The leisure is associated with the being, that is, related in its choice at its available moment, being able to be for activities (physicist-sportive, manual, social, intellectual, artistic and tourist), or to use this time for contemplation (MARCELINO, 2000). In this aspect, it could be faced as a choice habit. An example is the uprising of Professor 3: “It looks at! Today if I to compare with some years behind it am very better, mainly because of my relation with the work, am… I changed my professional activity very, I find that only he improved, brought me possibility to be seeing other things, am, giving a bigger time to me to go behind my things, time to be able to rest and not to make nothing, time to search other possibilities of exercises, or art culture, this type of thing”.

The work and the family were another boarded aspect represented by 20% (twenty percent) of the professors as basic aspects that respect says its existence. Soon, in the current society the necessity to work is essential for the fact that, you to feed, to live, to have a good education, medical attendance, orientation of physical exercise, and constitute family the people you need money you to get these aspects. The half of the professors had only indicated that the work in the quality of life is important, and two professors 3 and only stand out it to 4. The first aspect is that the work for all the professors of physical education not to demonstrate as much importance, for the fact that all are effective professors and have a stability and a reasonable wage, that

according to speaks of professor 2: “the work if allows to make”. In another aspect, professor 2 leaves clearly that the work alone if can be revealed by the balance between the work and the moment of available time: " where that you work nor much that cause stress and nor very little that you if also feel you useless, would be the health, to have a good health, in the feeding, to have a good feeding, he practices of physical activity, he practices of activity of leisure, ah. of activity varied to go cinema pro, theater, to have a purchasing power also to be able to feel part of the society and the economy of the place that you are inserted”.

Interesting data of the research were that the professors had stranded out the necessity to have a moment for the family as synonymous of quality of life. Although the speech to demonstrate this aspect, the research proves its impossibility in living deeply it. This situation is evidenced, except for the speech of professor 1: “today I live in a good house great, dog, I I have space to play with my son, to tan my family”, being clearly that this professor existentialist the being in relation to its next ones to a conviviality of one forms harmonious and happy.

The agreement of health, pointed for 10% (ten percent) of the professors, is related to the practical one of the physical activity, that according to professor 2: “lately I have not practiced much physical exercise, it took what me to a decline of my health, when I say health not that I am sick, but that force who I had before, that disposal lowered a bit, I I meet, in this point I I got fat very also, I gained weight that necessary to take off, then in this direction my quality of life lowered a bit”.

The research demonstrated that the professors confused and are divided on the concept of its quality of life, for the fact to relate for the synonymous ones as: physical activity, healthful feeding, leisure, work, habits and health. Reaffirming on what he was raised in the literature that defines the concept quality of life in the balance between the being and having, and the professors had make a speeches only the aspect of having.

FINAL CONSIDERAÇÕES

The result of the research pointed that of the eight (8) of the interviewed professors of Physical Education; the half, that is, four (4) professors have good quality of life; e that three (3) of the professors have a quality of bad life and one (1) did not know to answer. It is evident that the vision of these professors of Physical Education, on quality of life alone could be acquired through the physical activity (1º); feeding and leisure (2º); work (3º); Healthful habits and Health (4º). Demonstrating that predominant the biological aspect for these professionals who had detached more aspects of the care with the body and the healthful appearance and had not standed out the being in the perspective in the happiness search, except professor 1. The physical activity is alone to have health, the work is alone to have money and the leisure is alone to recoup of the fatigue of the daily one, in specifies of the work. In such a way, this three aspects are faced by these professors inside of a functionalist perspective to remain gift in this society. The study it concluded making a relation of what it is, and as Region is its quality of life for the Professors of Physical Education of the Municipal Net of Campinas/the Northwest that stops the ones that has, or does not have quality in its lives that, the physical activity is a very important attribute, followed of the healthful feeding, leisure, work, habits and health. It demonstrates with this panorama that has disequilibrium between having and the being. As suggestion, the professors will have that to break its paradigm to only value the biological aspect, but extending it in the search of its psychic and social side. To search the happiness, the welfare and the pleasure of life could be a sufficiently interesting possibility for these professionals.

NOTES

[1] Rationality is the value that is in ours in the knowledge, science and us, that is, in our society. It is the method created by the French philosopher Renê Descartes in séc. XVII, as one form of reduction of a comment, for its object, depriving of characteristics its other aspects that can place in doubts and, that it could not be explained by the logic and the certainty (DESCARTES, 2005). This method is contextado by the new thinkers, who consider paradigm changes, for the fact that the method is restricted for only stimulating a thought form and of position that had been harmful to human development (CAPRA 1992,1999; MOREIRA, 2001; KUHN, 1999). **[2]** This definition of “health” is of the Constitution of the World-wide Organization of Saúde (OMS/WHO). Made in the city of New Iorque in 22 of July of 1946, an only unit, made in Chinese, Spanish, French, English and Russian language, being each one of the texts equally authentic. The original texts are deposited in the archives of United Nations. The ONU (Organization of United Nations) I after had the idea of this Constitution for 1ª World-wide War, sensitized for the horrors, and its intention is to foment the health of all the peoples as an essential to obtain the peace and the security that is depends on the narrowest cooperation of the individuals and the States. **[3]** Peixoto author makes an intitled study Morbid-mortality for Arterial Hypertension in Santa Catarina, concludes that the detention and the control of this illness can result in a welfare for the patient, reduction of deaths and a lesser expense for the SUS (only System of Health). It recommends that “To adopt a new style of life to reduce the cardiovascular risk: (i) To keep the adequate weight. If necessary, to change its alimentary habits; (II) Not to abuse the salt; (III) To practice a regular physical activity; (IV) To use to advantage the leisure moments; (vi) To leave to smoke; (vii) To moderate the alcohol consumption; (viii) To prevent greasy foods. **[4]** Capra author makes a critical a society of consumption, revealed in the words of Nelson Rockfeller in 1976, that it affirmed: “More growth is essential so that all have chance to improve its quality of life”. Capra understands that Rockefeller did not speak in quality of life, but to the standard of living equalized to the material consumption. Synthecizing, it is the nonsense what we transform our lives into a harmful standard of competitive consumption, proportionate for propagandas millionaire. “The price that we pay for this extreme cultural habit is the continuous degradation of the real quality of life - air that we breathe, the social food that we eat, environment that we live and relations that constitute the tessintura of our lives” (CAPRA, 1982, p.206).

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CORPOREIDADE AS SYNONYMOUS OF QUALITY OF LIFE

ABSTRACT:
The present research has as objective to verify and to analyze the conception of quality of life of the Professors of Physical Education of the Municipal Net of Education of Campinas-SP, of the region the Northwest. The understanding of the phenomenon quality of life of these professionals was studied, for the speech of the same ones, in view of understanding it, for the methodology of Technique of Elaboration and Analysis of Meaning, elaborated for Moreira; Simões; Porto (2005). The research pointed with respect to a conception of quality of life making a relation of significação to its biological aspect.
Keys Words: Physical education, Quality of Vida and Corporeidade.

CORPORÉITÉ COMME SYNONYME DE QUALITÉ DE VIE

RÉSUMÉ:
Présente recherche a comme objectif de vérifier et analyser la conception de qualité de vie des Enseignants d'Éducation Physique du Filet Municipal d'Enseignement de Campinas-SP, de la région Nord-ouest. La compréhension du phénomène qualité de vie de ces professionnels a été étudiée, par le discours des mêmes, en vue de la comprendre, par la méthodologie de Technique d'Élaboration et d'Analyse de Signification, élaborée par Moreira ; Simões ; Porto (2005). La recherche a indiqué pour une conception de qualité de vie en faisant une relation de significação à son aspect biologique.
Mots Clés: Éducation Physique, Qualité de Vie et Corporeidade.

CORPOREIDADE COMO SINÓNIMO DE CALIDAD DE VIDA

RESUMEN:
Esta investigación tiene como objetivo verificar y analizar el diseño de la calidad de vida de Profesores de Educación Física Salón de la Red de Educación de Campinas, Sao Paulo, la región noroeste. Entender el fenómeno de la calidad de vida de estos profesionales ha sido estudiado por el mismo discurso, a fin de entender, la metodología para la preparación y el análisis de Significado, elaborado por Moreira; Simões; Porto (2005). La investigación se refirió a una concepción de la calidad de vida como una relación de importancia a su aspecto biológico.
Palabras clave: Educación Física, la calidad de vida y las Corporeidade.

CORPOREIDADE COMO SINÔNIMO DE QUALIDADE DE VIDA

RESUMO:
A presente pesquisa tem como objetivo de verificar e analisar a concepção de qualidade de vida dos Professores de Educação Física da Rede Municipal de Ensino de Campinas-SP, da região Noroeste. A compreensão do fenômeno qualidade de vida destes profissionais foi estudada, pelo discurso dos mesmos, tendo em vista compreendê-la, pela metodologia de Técnica de Elaboração e Análise de Significado, elaborada por Moreira; Simões; Porto (2005). A pesquisa apontou para uma concepção de qualidade de vida fazendo uma relação de significação ao seu aspecto biológico.
Palavras Chaves: Educação Física, Qualidade de Vida e Corporeidade.