156 - SELFPERCEPTION OF THE BODY IMAGE AND THE MEANING OF THE BODY IMAGE IN ACTIVE PRACTICING OF THE ACADEMICS OF PHYSICAL EDUCATION OF CARIRI REGION IN CEARÁ STATE.

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INTRODUCTION: The physical Education is an area that relates the school education, the citizen formation, the health and well being, every day it is going to grow to offer the society a better style of life and more healthy. Today there is a endless searching by healthy behavior, longevity, quality of life, finally, benefic habits, for the professional in area to renew. Yourselves always, searching new knowledges. Every days the number of surgeries related to beauty increases, musculation academy, of gym, attracting more and more people to invest high values to to get a ideal fit, new appearance, body of athlete, and for it, the caution to the body is a of the more seen characteristics in modern society. There are several kinds of evaluation of body image, and Matsou et al (2007) says that a from methods very used to investigate the body perception is the SMT (Silhouette Matching Task) or test for the evaluation of the body image introduced by stunkard et al (1983). The SMT is formed by group of nine figures of every genre of the thin and fat person, introduced through individual cards. The construction of the body image is surround by restrictions and uniformizations preventing thus self wish of the individuo, so he feels the necessity of to be to according with the target of the media, magazines, all that is considered fine and this is happening with the most of people, and, one of the worrying is like the professionals and academics of Physical Education are or they are going to face this reality. The frequent searching for the better physic appearance of the people that practice physic exercise is a phenomenon of the society and culture many times with more meaning of that the self economy satisfation, affective or professional (NOVAES *apud* DAMASCENO *et al.,* 2005*)*. With it the insatisfation with own body, or better with the image that has of the same, maybe be one of the cause mains that take the people to start a program of physic exercise. With this thinking, the main problem that the research tried to explain was: how the academics of Physical Education realize your body image through of the self perception of body image, such as the sense/meaning of the body image at active practice? Like says Russo (2005) the own conscience based in recognition of the own image, including its fisiologic, social and affective aspects, it is a promising way for the transformation of the object-body at a subject-body at context of the social significative and merry life.

METHODOGY: The research IS characterized for a transversal study, quantitative and qualitative, probabilistic. The sample was formed by seventy seven academics of the last semestre of the discipline of Physical Education of the free and private universities of Cariri region in Ceará state.

Chart 01 Distrubuition of the sample by Universities

	F(x)	FLS	URCA	CEFET	UVA	% Relative	% Accumulated
Womanly	37	5	10	12	10	48%	48%
Manly	40	8	5	8	19	52%	100%
	77	13	15	20	29	100%	

For the evaluation of the body image a questionnaire was introduced by Stunkard *et al apud* Tritschler (2003 p. 461) that suggests nine different kinds of silhouette for sex both, and question about the nowadays physic appearance, the that they would like to have and the appearance that they had one year ago, related them with the introduced images in instrument. We used a subjective question about the meaning of the body image at active practice, for that there is a useful discussion about the related theme. At firstly we went to selected universities with the aim of to ask permission to responsables for the creation of the research after we todd the sample, the research aims and asked that everybody to sing the free and clear permission therm (TCLE) to according to National Council of the Health, haw 196/96 (BRAZIL, 1996) for the voluntary participation of the research. During the process data collecting, the participants were informed of the any doubts, but the participants, opinion was not changed. A package of data was made in Excel program for Windows 2003, where we selected the descriptive statistic of measures of posição (average, minimum and maximum) measure of variation: standard deviation (DP), level of trust (NC) and percentages (relative and absolute) and we compared the data and concluded answers with the literature, the frequent reallity in region and with the influences that the media says about a conception of ideal body.

RESULTS AND DISCUSSION: In chart 02 we introduced the descriptive statistic of the age weight, height variables and IMC for the academic group, and they were separeted by genre (manly and womanly).

Chart 02: Descriptive Estatistcs of the age, amount body, height and IMC variables.

	Age			*Weight*			*Height*			*IMC*		
	General	Man	Woman	General	Man	Woman	General	Man	Woman	General	Man	Woman
Average	25,61	27,08	24,05	65,74	74,42	56,35	1,66	1,72	1,60	23,52	24,97	21,94
DP	5,36	6,41	3,42	13,37	12,21	6,46	0,08	0,07	0,05	3,12	2,89	2,57
Mÿnimum	20	20	20	43	51,8	43,0	1,47	1,59	1,47	18,55	19,47	18,55
Maximum	49	49	34	115	115	70	1,86	1,86	1,68	33,97	33,97	27,53
NC(95,0%)	1,22	2,08	1,14	3,03	3,90	2,15	0,02	0,02	0,02	0,71	0,92	0,86

We verified that the average of age is to 25,61, or the group was characterize like young-adult, where Waldvogel *et.al* (2003) says that are classified like young-adult, those with age between 15 and 29 years. We realized that the average values that were found according to IMC were for the general group of (23,52 ± 3,12); man (24,97± 2,89), e womanly (21,94 ± 2,57). According to classification of the OMS *apud* Petroski (2007), the people that are at target of normality, they are between 18,5 a 24.9 kg/m². According to Torrens & Santos (2003) the society, has the media like parther, the Physical Education teschers should show their adequate shape standard, because they are seen like health and beauty brand.

Chart 03: Classification of the IMC

CLASSIFICATION IMC									
	General			Womanly			Manly		
	F(x)	%Relative	%Accumulated	F(x)	%Relative	%Accumulated	F(x)	%Relative	%Accumulated
Low Weight	0	0%	0%	0	0%	0%	0	0%	0%
Normal	55	71%	71%	32	86%	86%	23	58%	58%
Overweight	20	26%	97%	5	14%	100%	15	38%	95%
Obesity 1	2	3%	100%	0	0%		2	5%	100%
Obesity 2	0	0%		0	0%		0	0%	
Obesity 3	0	0%		0	0%		0	0%	
	77	100%		37	100%		40	100%	

There was a predominance in level “Normal” , involving 71% of the analised people, that is excellent as to the well living of every person like for the his image in front of the society, with all we had a significative number of people, with obesity and overweight. According Petroski (2002) the overweight is declared like the body weight that is over of the normal weight or standard of a specific person and the obesity refers the condition in what the person introduces a excessive amount of body fatness, evaluated at percentage of the whole weight. To affirm that people with overweight and obesity , beyond to be able to contracts sickness, they can perhaps to show your untidy body, because the same valorizes the body, independent the place where they act like your profession. We realized that the most of the women were classified like normal, we know that the woman have a huge worrying with the body, the beauty, this worrying increases when your body is target of discurssion between pupils, and it can have bad meaning. Gittelsonhn et.al *apud* Gonçalves (2007) says for us that the woman since the primordios already there was a preocupation with your body image and nowadays this preocupation is bigger yet. But the men, the most was classified at target of the normality, but the levels of overweight and obesity are significatives, this weight excess becomes easier the person contracts sickness from chronic and degenerative kind, putting the health in risk, nowadays the populations of men is worrying more and more with the appearance, searching forever trying to be stronger, and it is very important, of way that doesnot disturb in kis knowledge and mainly in his profession. When they were asked about the perception of the nowadays physical appearance, that they would like to have and the appearance that they had one year ago, we had the subsequent results.

Chart 04: Perceptive Evaluation of the body image

	Perception of the nowadays image			*Appearance they would like to have*			*Appearance 1 year ago*		
	General	Man	Woman	General	Man	Woman	General	Man	Woman
Average	3,22	3,40	3,03	3,12	3,50	2,70	2,97	3,33	2,59
DP	1,19	1,32	1,01	0,84	0,91	0,52	1,36	1,37	1,26
Mÿrimum	1	1	1	1	1	2	1	1	1
Maximum	6	6	6	5	5	4	7	7	7

We perceived that the sample introduced average of the perception of the nowadays to (3,22±1,19), manly (3,40 ± 1,32) and womanly (3,03 ± 1,01) the silhouette 03 chosen like reference. According Damasceno et al. (2005) people that prefer the silhouette 03 there search thinner body and with smaller amount body than the recommendations of the health. Sousa et al. (2006) says that the choosing this silhouette can act like sign of a life style with few health, when do not food according, and don´t practice of physic exercise, and when feel frequently stress, and others, that are similar do not contribute to behavior changes. About the appearance that would like to have, the average results that were found were by silhouette 3 for the sample and manly, and 2 for the womanly. Cachelin *et al. apud* Damasceno (2005) perceived that women probably choose the smaller silhouettes than the nowadays. It was importante to perceive that 41% of women are not glad because they show to prefer a smaller silhouette than the nowadays silhouette. 14% showed that they would like to have more a silhouette than they have today. And 47% are gland with their bodies, where they said that they are what they would like to be. About the man group we perceived that 37,5% they would like to increase the silhouette. Realized studies by Pope Jr. *et al. apud* Damasceno (2005) show that the sex man is easier to have a body with bigger amount and smaller fathess in body. It perceives that the most of shows themselves with bigger silhouettes appearing the wish to have bigger amount of totality body. 27,5% prefer to decrease the silhouette to reach target average (silhouette 4) and finally 35% are gland with their bodies, it includes those that are overweigh level. About the physic appearance from one year ago, the general average of the group was the silhouette 2, man the silhouette 3 and woman the silhouette 2. it is important to notice that the women always considered themselves thinner than they are nowadays, or 48,5% of the academic women. 38% say that they are nowadays change less the same that they were one year ago. And 13,5% of the women, were classified fatter than nowadays time. And related to men, 40% think themselves thin people or, with thinner silhouettes than the nowadays silhouettes. The same percentage is related too to those people said they did not change during a time one year ago to nowadays time. And 20% say that they were fatter than they are today. In analysed group we perceived that there is a significative distortion at self-perception of the body image when related to IMC. Motives that take the people to show mistake at self-perception of the appearance of the body are the high valorization of low fathess level in body to reach the wished bodies that they are showed at media, the comparison between the people that go to the same place, beyond of opinions of own family. With sure this distortion of body image can be made by media that describe the beauty target with weight to the height very similar to people that have food problems like nervous anorexia and bulimia. These beauty models that are showed by media have big effects about the behaviour and the permanence of food habits (KAKESHITA e ALMEIDA, 2006). In the last item of the questionnaire, we asked: Do you think that your body image will influence at active practice? Why are the motives? We shared the answers between yes and no and after we talked about the answers. In chart 09 we hane the general result of the answers and after we shared them by sex.

Chart 05: General Results Subjective Question

	Yes	Percentage	No	Percentage
Manly	26	52%	14	52%
Womanly	24	48%	13	48%
General	50	100%	27	100%

It is important to affirm thet thay did not change the speech, because to “transcribe means, a new experience of the research, a new way in which all its processing is restarted, (…) and it requires to research the meaning of any used term by informer” (QUEIROZ *apud* BARROS, 2001 p. 127). It is important to advice that this subjective answer was made to obtain knowledge about the opinion of the professionals of the future about the meaning / significance of body image at active practice. In any moments of the collecting the evaluated people asked about how would be this active practice, being that any affirm that the term is referent to formal teaching (schools, colleges) of the Physical Education, or Licenciatura. On this occasion, active practice in Physical Education is the act is to practice the transmission of development of the teacher for the pupil/client. Independent of the place where the professional acts. If he is a teacher of frequent Physical Education, consequently he realize his practice in any place, schools, academies, evaluations trainings etc. With this since, we confronted the answers yes and no, where these data were analysed and separated by themes, thus the several approaches were used distributed to the development of all the text of the research.

"Yes, a good body image transmits to our clients more safety, trust and above all a state of health and well being" (Evalueted 32).

"No, in my opinion the important is the knowledge and the way like you teach to pupils, the image is not too important" (Evalueted 28).

According to Cardoso Junior (2006) the ideal is that is always a relation ship of trust between teacher / pupil and the opposite. To trust means to offer safety and good concept that transmits to people of probity, ability, discretion, independent to you be thin or fat, the trust is relates to meeting, privacy between pupil and teacher. The safety and trust between teacher and pupil increase in time that the teacher incentives, stimulates and believes in his pupil, having like result the motivation to try again any that he did not get firstly (CARDON, 1998). The trust is a feeling that should be kept between teacher and pupil, it is obtained every day,

independently if he works at formal area or non formal of the Physical Education. It is correct to say that the people, nowadays notice a lot the body fit, but it is interesting to change thir think and only the Physical Education professional can do it.

"Yes, because the pupil always tries to copy in prof. ed. Physics thus he will have to stay with a good body" (Evalueted 70)

"No, because I intend to transmit knowledge and do not beauty" (Evalueted 26).

The figure that the teacher should be to pupil is about the knowledge and capability like sample Meyer (2006) as in non formal practice as in formal: "The pupil should notice, during the exercitation, likethe body should be related to space and of the or segments of the body with aim to improve the movement and domain of the body "and" thus why are not us, teachers, the mirror that is missing in classroom! We that educate, we can copy the experiences of the famous scientists, we can copy the mind of the famous thinker, the wisdom of the famous philosophers, the theories of the famous Pedagogue". In literature, the mirror that to have is not related to the body and yes to knowledge of the teacher. However we know that when a pupil meets a fat or thin teacher, the first thinking is: *"This teacher does not care himself, how can he care others"!* Because it never we are wanting to say that the image is not important, neither who is right or wrong, the our aim is to show that the image is important, but never it will can´t stay above the knowledge.

"Yes because the appearance is the soul of mirror of the jobness" (Evalueted 30).

"No, I believe the physical appearance is not essential in active practice, the knowledge is paramount" (Evalueted 65).

Who does not want to have a good appearance? It is possible that the most of people does not "spend" an hour or more, caring themselves, training or being pacient at surgeries room? This is clear. The people search an pleasant appearance to satisfy themselves and to show the society the your feature. However, when this search becomes frequent, the teacher, the most handsome that to be the teacher if he does not doe versatile, he will spend hir trust with the pupil and certainly, the pupil. But it is clear that there are people and place to work that search a teacher with a good appearance, therefore, only the owner professionals of Physical Education can change it. To talk with pupil and owners, several factors about physical exercise and physical appearance, comparing to reality, the teacher will be changing the way of think about relationship between physical exercise, physical appearance and health, increasing thus the realtionship of compromise of the Physical Education with the health and the well bling. (DEVIDE, 1996 p. 51-52).

"Yes, the pupils sees us linke promoter of health and the prevention of sickness, mainly those related to the hipocinecias between of her motives" (Evalueted 29)

"This no has any relation the feacher must show to the pupil that the more important is the knowledge that the feacher transmits" (Evalueted 59)

The people have not already seen the Physical Education with good eyes and if the teachers think thus, how will we change this reality? We know that this profession has like abbligation, to improve the health and to prevent sickness like says Darido et al (2001 p.22) “the Physical Education contributes to formation of the critic, independent, reflective, sensible and atuant citizen”. And Furtado (2007) complements: the scientific knowledge and the capability of communication of physical education teacher with the pupil is enough significative to themselves, or this fact offers more hope and iteration between two, changing the relationship, the motivation and living to better. The pupil has in his head the draw of the teacher, with his attitudes like he show himsll to be.

“Unfortunately yes, because there is in people's head that the physical education teacher for to be a competente person should be with a envy body, where the his real knowledge starts to be heard with hope less“ (Evalueter 03)

“No, if the Physical Education teacher has teoric/practice knowledge, he is not going to be evaluated by his physic characteristic” (Evalueted 07).

The muscle bodies represent the ideal of superiority of the modern man, the usual body became itself any honor less, but the women searches to be thin person and to have envy bodies (GOMES & FILHO apud NOVAES, 2007 p.47).

Therefore the Physical Education teacher should show that to have a beautiful body does not mean to have health, he can be a consequence, but requests exercise, to food according and persistence.

“Yes, unfortunately you sell what you are. If you are untidy probably you will have difficulties to get a work” (Evalueted 48).

“I think that no, slverald professionals that work well can be untidy body (Evalueted 25)

We know that there are teachers very thin or very fat, ant that every day overcome himself in his profession. The teacher himself is who draws his success, it is enough that the teacher fells glad with himself, showing to the pupil that the his knowledge is above any expectative.

“Yes, the body image says what kind of person you are at least in 90% of the situation. The body requests cores at related to physical exercise and food that you have of course that image is hot all but the first sight is which stays” (Evalueted 18)

“No, because firstly the professional has enough “knowledge” to development a good work. The body image is a complex question, because is hot always that the professional that show a fitness, will have enough capability for to be a good professional” (Evalueted 27)

We know that to food according is necessary for the health any person be a professional in health area or don't be. The food helps to prevent several sickness and, like consequence, the body show its alterations. It's interesting to say that the first sight is which stays”, but heither always a professional with excellent feature has capability to satisfy to pupil.

“I belive that yes, because the population requests by every professionals of physical education a fit body.” (Evelueted 19)

“I think that no influence, because the most important are the knowledges that will be transmitted and the way like be delived to his pupips” (Evelueted 24)

The idea of fit body nowadays interferes in concept of image of body, if the physical education teacher does not have a body like describes the media his teaching can be bad understand. These practices and the body image are over, many times to does not lost positive relationship the teacher should interfere through of your knowledge, speaking, and snowing measure less about the health.

Last Considerations: During the research we showed several information about the theme, if can thus analyse about the aspects related to body image. With sure, our research deoesn't get to solve the problems related the theme, but it tries to pit in discussion the related matter. The research is based in the sample had permitted to conclud that: like we analysed people at the last semestre of the discipline of physical education, we got moticed that the group é homogeneous related to IMC, when we know that the predominance was classified like normal, the most can be met in a use full standard for the health. And if w ego to relate the body shape, we notice that in general way the group introduces a good fit by itself. When we had separated by six, we noticed that the group of men has a good perception, showing that they like of the their nowadays appearance. But the women do not have a good fit by themselves, where the most says that does not have the appearance that they want to have, and they always are searching of the thinnest silhouette. About the subjective question, the most f people affirmed that the fit influences in active practice, being that this result was not a surprise for us, because it is a matter of opinion of every person, in despite we are not waiting any question created about the related matter. It waits that our research increases at active practice of the teacher futures, for that the related teachers understand that they trust have a worrying with the fit, appearance, with it without exaggeration, for that the pupil, instead to look at the appearance, joy our capability like a respectable professional, ethnic and that know several matters.

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SELFPERCEPTION OF THE BODY IMAGE AND THE MEANING OF THE BODY IMAGE IN ACTIVE PRACTICING OF THE ACADEMICS OF PHYSICAL EDUCATION OF CARIRI REGION IN CEARÁ STATE.

Abstract:

It is indispensable that the teacher of Physical Education hás his body image (IC) well developed, because it will contribute at conscience of the meaning of the body manifestations, in your active practice. Our aim was to analyse the self-perception of the body image of academics of graduatíon of Physical Education of Cariri region and the meaning of the body image (IC) in its active practice. Methodology: The research was characterized like quantitative, the sample was formed by seventy seven academics, forty

men (27,08 ± 6,41) and thirty seven women (24,05 ± 3,42). We had evalueted the self perception of the Ic through of the silhouette scale introduced by stunkard et al apud tritscheler (2003 p. 461). We used a subjective question about the influence of the IC in active practice for provocate a discussion more useful about the theme. We had introduce the results through of percentage charts and we had compared the answers with the pertinent literature related the theme. Results: Related the perception of the IC in referent to appearance physical actual the group had identified by itself like the silhouette of numbers 3, in second inquiry the physic appearance that would like to have, the men has identified themselves with the silhouette three and the women with the two, in third question the physic appearance that they had there was one year the manly group didn't introduce difference af image, while that the women had introduced a insatisfation with the image. And related the subjective question, the group had affirmed that the image influences in active practice. It is important that the professional futures in your active practice, they understand that, should have a working with the appearance, with it, for that the pupils instead to look at the appearance, enjoy our capability like a respectable professional, ethic and that know several matters.

Key - words: Physical Education, body image, active practice.

SELF IMAGE CORPORELLE ET LE SENS DE LA SIGNIFICATION DE L'IMAGE DU CORPS DANS LA PRATIQUE UNIVERSITAIRE DE PROFESSEUR D'ÉDUCATION PHYSIQUE DE CARIRI CEARENSE

Resumé:

Il est essentiel que le professeur d'éducation physique a son image corporelle (CI) bien définie, car cela permet à la conscience de la signification des expressions corporelles dans leur pratique pédagogique. Notre objectif était de analysent l'auto-perception de l'image du corps du cours académiques de l'éducation physique dans la région de CARIRI et de la direction / sens de l'image du corps (CI) dans leur pratique pédagogique. Méthodologie: La recherche est caractérisée comme une quantité de la qualité, le spectacle était composé de 77 chercheurs, 40 hommes (27,08 + 6,41) et 37 femmes (24,05 + 3,42). Discuter de l'autonomie par le biais du CI échelle de profils proposés par Stunkard et al apud Tritscheler (2003, p. 461). Nous utilisons une question subjective sur l'influence de la JI dans la pratique pour les enseignants d'avoir une discussion plus large sur ce sujet. Nous présentons les résultats sous forme de tableaux, de pourcentages et les réponses face à la littérature pertinente à ce sujet. Résultats: En ce qui concerne la perception de l'IC en ce qui concerne l'apparence physique aujourd'hui le groupe est identifié avec la silhouette du numéro 3; Dans la deuxième préoccupation l'apparence physique que vous désirez avoir, les personnes identifiées avec le profil 3 et les femmes avec un 2 ; Troisième édition, de l'apparence physique qui a été une année le groupe a opté pour les hommes et les femmes figure 3 pour 2. 64,94% ont dit que l'image des influences sur l'enseignement pratique et 35,6% en désaccord. Conclusion: Le groupe des hommes ne présentaient aucune distorsion de l'image, tandis que les femmes montrent une insatisfaction à son image. En ce qui concerne le subjectif, le groupe a dit que l'image des influences sur la pratique pédagogique. Il est important que les futurs professionnels dans leur pratique pédagogique, de comprendre que nous devrions prendre un sujet de préoccupation au sujet de son image, mais pas trop afin que l'élève, au lieu de chercher à l'image, notre capacité de jouir d'un travail décent , À l'éthique et des connaissances dans différentes matières.

Mots-clés: Fitness, l'image corporelle, la pratique des enseignants.

AUTO-PERCEPCION IMAGEN CORPORAL Y EL SENTIDO/SIGNIFICADO DE LA IMAGEN CORPORAL EN LA PRÁCTICA ACADÉMICA DE PROFESOR DE EDUCACIÓN FÍSICA DE CARIRI CEARENSE

Resumen:

Es esencial que el profesor de Educación Física tiene su Imagen Corporal (IC) bien definido, ya que esto ayudará en la conciencia de los significados de las expresiones corporales en su práctica docente. Nuestro objetivo fue analizar la auto-percepción de la imagen corporal de los cursos académicos de la Educación Física en la Región de Cariri y dirección / sentido de la imagen corporal (IC) en su práctica docente. Metodología: La investigación se caracteriza por ser una cantidad de calidad, el show estuvo integrado por 77 académicos, 40 hombres (27,08 + 6,41) y 37 mujeres (24,05 + 3,42). Discutir la autodeterminación a través de la industria de la escala de los perfiles propuestos por Stunkard et al apud Tritscheler (2003 p. 461). Usamos una cuestión subjetiva acerca de la influencia de la JI en la práctica para que los maestros tienen un debate más amplio sobre este tema. Se presentan los resultados en forma de tablas, porcentajes y hacer frente a las respuestas a la literatura pertinente al tema. Resultados: En cuanto a la percepción de la IC con respecto a la apariencia física hoy en día el grupo se identifica con la silueta del número 3; En la segunda preocupación de la apariencia física que le gustaría tener, personas identificadas con el 3 y el perfil de las mujeres con un 2 ; Tercera cuestión en el aspecto físico que fue un año el grupo ha optado por hombres y mujeres figura 3 para 2. 64,94% dice que la imagen influye sobre la práctica docente y el 35,6% en desacuerdo. Conclusión: El grupo de sexo masculino no mostró la distorsión de la imagen, mientras que las mujeres muestran una insatisfacción con su imagen. Con respecto a la subjetiva, el grupo dijo que la imagen influye sobre la práctica docente. Es importante que los futuros profesionales en su práctica docente, entiendo que debemos tener una preocupación por su imagen, pero no demasiado para que el alumno, en lugar de mirar a lo que parece, nuestra capacidad para disfrutar de un trabajo decente , Éticos y conocimientos en diversos temas.

Palabras clave: Fitness, la imagen corporal, Práctica Docente.

AUTOPERCEPÇÃO DA IMAGEM CORPORAL E O SENTIDO SIGNIFICADO DA IMAGEM CORPORAL NA PRÁTICA DOCENTE DOS ACADÊMICOS DE EDUCAÇÃO FÍSICA DO CARIRI CEARENSE

Resumo:

É imprescindível que o professor de Educação Física tenha sua Imagem Corporal (IC) bem definida, pois isto contribuirá na consciência dos significados das manifestações corporais, em sua prática docente. Nosso **objetivo** foi analisar a auto-percepção da imagem corpórea de acadêmicos dos Cursos de Educação Física da Região do Cariri e o sentido/significado da Imagem Corporal (IC) na sua prática docente. **Metodologia:** a pesquisa se caracterizou como quanti-qualitativa, a mostra foi composta por 77 acadêmicos, 40 homens (27,08 ± 6,41) e 37 mulheres (24,05 ± 3,42). Avaliamos a autopercepção da IC através da escala de silhuetas proposto por Stunkard *et al apud* Tritscheler (2003 p. 461). Utilizamos uma questão subjetiva sobre a influência da IC na prática docente para que houvesse uma discussão mais ampla sobre esse tema. Apresentamos os resultados na forma de tabelas, percentuais e confrontamos as respostas com a literatura pertinente ao tema. **Resultados**: Com relação à percepção da IC no referente à aparência física atual o grupo se identificou com a silhueta de número 3; No segundo quesito a aparência física que gostaria de ter, os homens se identificaram com a silhueta 3 e as mulheres com a 2; na terceira questão a aparência física que tinha a um ano o grupo masculino optou pela figura 3 e o feminino pela 2. 64,94% afirmaram que a imagem influencia na prática docente e 35,6% discordam. **Conclusão:** o grupo masculino não apresentou distorção de imagem, enquanto que as mulheres apresentaram uma insatisfação com a sua imagem. Com relação à questão subjetiva, o grupo afirmou que a imagem influencia na prática docente. É importante que os futuros profissionais em sua prática docente, entendam que, deve-se ter uma preocupação com a sua imagem, contudo, sem demasia, para que o aluno, em vez de olhar para a aparência, aprecie nossa capacidade como um profissional digno, ético e conhecedor de diversos assuntos.

Palavras-chave: Educação Física, Imagem Corporal, Prática Docente.