59 - THE RHYTHMIC GYMNASTICS IN UERJ - PERSPECTIVES OF WORK EXTENSION AND RESEARCH.

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Introduction:

The Rhythmic Gymnastics, both as a modality Olympic or physical activity at school, is conquering new areas and become increasingly important in the holistic education of our youth.

In UERJ, particularly in the course of Physical Education, this trend is being felt, a fact which led the author to develop a project for the creation of a laboratory that could become a center of concentration and integration of the studies on this Discipline / mode, where work will be performed on the activities rhythms inherent in the human being, opening up new fields of research and providing new opportunities for the graduates of the Institute of Physical Education and Sport / UERJ and other IES. The activities and work extension officers and research that have been made, 10 years ago, the current Core of the Rhythmic Gymnastics UERJ are aggregated to LAMGRES "Multidisciplinary Laboratory of Rhythmic Gymnastics with focus on education and health" newly created and approved by the Departments Departmental officials and the Council of the Institute of Physical Education of UERJ.

For the promotion of activities in a multi approach, interregional and cross, account with a small library (about 300 volumes); Collaborating with two of the Course of the UERJ Pedagogy; With two stock of extension and two-stage internal complementary; With the production on the part of the team involved in the drafting work with broad spectrum theme aimed at holistic training of the individual. It has been programmed schedule of lectures to be given by specialists in various areas of interest.

Two decades ago, the Institute of Physical Education and Sport of UERJ, began the activities of extension with the advent of the Meeting School of Rhythmic Gymnastics of Finance / UERJ. During this period several activities were aggregated to the original proposal, suggesting the creation of the Core of Rhythmic Gymnastics representative of the UERJ. This went to work as a comprehensive project, housing various works of extension and research; Survey statistical data; Proposal for a language teaching set to the mode of teaching in schools; Participation of stock with entities care of children, among others.

Impact:

The activities of the Core of Rhythmic Gymnastics have produced significant results. Several of the League of Finance / UERJ interest for the activity and the mode today are teachers in various schools of the state. It is also, with teachers teaching the prisoners Institute of Discipline in teaching 3rd grade, to train teachers of the courses for Physical Education. In these activities, the presence of these professionals has been a constant. The School Meeting, held annually, has submitted an index of more than 50% of teachers trained by the house, in charge of the schools participating. Consider the fact that in the first meeting held, saw themselves with approximately 50 athletes from the public (mostly) and particularly for education. There has been a gradual increase for the involvement of young people from various communities participating, culminating with the presence of 320 athletes in the event in 2006. Whereas it is a discipline / mode of little area of newly registered graduates, such participation is positively surprising. Please note also, the increasing participation of boys in the activities of the Core and the lessons of the Rhythmic Gymnastics Finance / UERJ, breaking paradigm of a long tradition exclusive to the practice of male activity, stifling the full training of future teachers males.

Goals that would the creation of the Laboratory:

As for education:

Enabling access to new ways of learning, in addition to subjects in the teaching curriculum. Providing the opening of workshops, bringing a new type of approach to GR for the graduates. Summoning users so that through its activities and extension officers to search, transform themselves into agents incentive and multiplier of the new achievements and successful experiences.

Encouraging graduates in the study and research in related areas; Increase your critical sense making them capable professionals and individuals more effective in the search for new alternatives of life. Allied to this process of the search for better understanding of Rhythmic Gymnastics seeks to continue gathering data for the understanding and systematization of Discipline, besides offering new teaching-learning process, bringing the University of the demands of society.

Increasingly it is expected of graduates of the course of Physical Education of the Institute, professionals coordinated with the time and the place where they live, interacting with their socio-cultural reality, with sharp capacity reflexive and critical analysis.

All actions of this laboratory should be together in the perspective of Health, through the study of the activities inherent in the practice of sports mode and undeniable benefits that it provides the full development of the human body in all its dimensions, and of its interaction with the Education .

As for the search:

In the field of research are being developed three projects, to field work, in addition to several articles concluded already recorded in the annals and magazines indexed to national and international congresses.

As for the extension:

Refers to the "Manual of Standards and Procedures" prepared by the Department of Extension / UERJ that says, "as academic activity, the extension should also be a means of learning, a field of experience to the development of actions that articulate different areas of knowledge, promoting interdisciplinary, work as a team and the contact with aspects of reality that can contribute to a technical training and citizen of our students, teachers and staff "; In the laboratory, it is understood that the community surrounding the University, in its geographical size and socio-cultural, is the basis of participatory actions at all stages of the investigative process, planning, implementation and evaluation. So that

community participation becomes necessary condition for sustainability of the project.

It is intended, with the creation of the new space, giving continuity to the following TARGETS and ACTION already implemented:

Encouraging the graduates of Physical Education greater experience social, political and pedagogical through multidisciplinary and inter activities, offering, even, an improvement of the educational precepts learned in the course of graduation, to be used in teaching basic and medium of our schools through a gradual social inclusion in their profession. Offer them the opportunity to work with the community outside, living with their problems, in the search for solutions.

Encouraging the practice and dissemination of this modality in entities care of children and schools for teaching basic and medium of public and private networks of the state, expanding the scope of work of professionals for Physical Education.

Providing material and human resources that enable the production of the publication of scholarly works and research of stock and teachers participating in the laboratory;

Answering the demand for graduates and teachers who use the external Laboratory, requesting guidance on the formulation of projects for the creation of specialized courses in Rhythmic Gymnastics, information on new trends and news about the Discipline / mode; In addition to its institutional goals, the executors of the project should be sensitive to the problems and demands of social groups with which they interact. The specificity of the University requires a constant search for balance between the demands that are required and the knowledge and innovations arising from the work of their teachers, students and servers.

It seeks to be identified and inserted into society, transforming the laboratory a place of reflection of the social aspects and issues that arise from its own activities, whether related to education, research and extension. That line program seeks to interact with new multi experiences, and inter transdisciplinary. It has been encouraged domestic partnerships, through the granting of scholarships for the Course of Education, among other actions.

In addition to the goals already set, the shares of Laboratory is proposing to:

A. Provide integration with the school through the Disciplines, Gymnastics Rhythmic (GR) and Methodology of GR, generating new disciplines (Stage Curriculum of GR), and by transferring to other experiences (Background I and II of GR, Special Topics);

B. Interact with the search, to the extent that its activities are concurrent. Generate, too, lines and other fields of interest, such as those already presented in congress and / or edited in the annals;

C. Perform during the development, the generation of other projects, in addition to the already significant and / or in progress; Ex Courses to update training;

D. Enabling the interaction with other laboratories that have similarities with the goals of this; E. To promote various forms of integration of external partners, which in addition to receiving the students, part of the definition of priorities and activities;

F. Continue with the external partnerships that have generated a demand positive, in moving children to the activities of the Laboratory. They also have offered their facilities as necessary;

G. Pursue the development of activities that are benefiting fully endorsed the public. Moreover, it has atendendido groups of needy children, students and the teaching fundamental medium of public schools and private and Physical Education teachers from participating in the courses and other events sponsored by the Laboratory; H. To enable users of the project to continue in receipt of benefits, be it directly or indirectly and contributing to redirect its reply to the questionnaires investigative and agree to be target of assessments that are made on a systematic and continuous, addressing qualitative and quantitative aspects . Registration sheets are taken collectively and individually, patterned on the performance of each;

I. Elaborate videos that have been shown to the student body and in the event "UERJ without walls" versions 1999 to 2007;

J. The Seminar held Extensionista of Finance, based above all on experiences living in the Nucleus of Rhythmic Gymnastics;

Rolling Case:

The project "laboratory" was one of his first strands perform, when the completion of First Meeting School of GR. At the seminar, which occurred before the presentations, with the teachers responsible for teams from schools, have been raised many issues of interest to the Disciplinary / modality, which raised without delay, the completion of a survey of statistical data, which could offer an assessment of the obstacles mentioned more consistent.

It has been seeking closer the various currents of the practice of GR in our state, through various events previously scheduled and in the calendar of activities.

It is using as main bases, as well as access to the literature search, the experience of this author, in the training of teachers specialists in this area, for nearly thirty years, but also in the technical experience at international level for more than two decades. The project comes to few, expanding its field of action such as the creation of the Office and School (classes tuition), Gymnastics Rhythmic "intra-and extra-UERJ walls."

The coordination of the laboratory is engaged in the structuring of a considerable body of: MATERIAL BIBLIOGRÁFICO PARTICULAR AND SUPPORT, subdivided in the following topics: Rhythmic Gymnastics; General Gymnastics, Corporal expression, Rhythm and Related; Education-Education,; Philosophy, Ethics and Sociology; Recreation; Health, Anatomy, Physiology and Medicine; Genre; Administration, Organization; Legislation and Vision Science; Human Mind, Motivation and intelligence; Guidance for Monographs, Dissertations, Master, Doctoral Thesis of; Marketing and Communication, totaling up to now more than 300 copies of national and international authors. Account was also made fully cataloged, with national technical journals; International technical journals and magazines and programs for competitions (mostly international); VIDEOTECA with more than 100 hours of recording of international competitions, Rhythmic Gymnastics, as Olympics, championships global, national (of various ages), friendly presentations of national teams, practice presentation of the students of Finance, among others. BANK DATA, ACQUIS MUSICAL over a hundred CDs, subdivided and registered by some thematic groups, such as film and novel; Holiday dates; Hymns, marches and themes for parades; Dance music; Music Northeast; Samba, pagoda, and MPB; rock national and international; reggae, black music and country music; the piano solo, music for harmonization, classics; international, pop, cited for a total of 10 GROUPS, (all provided by the Coordinator). MAGAZINES TECHNIQUES IN GENERAL, classified in six categories: Philosophy, Gender, Human Mind, Education (Teaching), History and Other; Articles in newspapers, magazines cataloged into groups and specific subjects: Gender, Ethnicity, Sexismo, Elderly, Pregnant, Carriers the Special Needs in addition to operation of other relevant activities. Throughout the academic year the awardees and the alunato in general will have ample opportunity for the application of

theoretical knowledge acquired in the disciplines of graduation cooperating decisively to obtain the expected results. The actions already implemented and those that have will be to our graduates will acquire new knowledge, the academic confronted with the practical, political and social vivenciarem practices, understand the social integration of its new professional activity, implement actions multidisciplinary, in addition to development from the point of view of staff.

Main activities:

- The project activities are providing their integration with the teaching, research and extension, moving experience - Meeting School, working with heterogeneous groups of children and young people and other multi and interdisciplinary activities;
- Effective participation of the stock in all activities under schedule, surpassing the most optimistic expectations;
- Participation in project activities at the event "Showcase of Extension" since its creation in 1998;
- Participation of stock and graduates volunteers at the event "Showcase of Graduate" since its creation in 2001;
- Preparing, organizing and conducting annually, the Meeting School of Rhythmic Gymnastics, with the participation of more than three hundred students of the schools invited;
- Establishment of the book "Meeting School-15 years of success," the author and printed at the expense of the Coordinator. Copies were distributed to teachers participating in the XV Meeting School of Rhythmic Gymnastics;

The project has continuously evaluated its activities through meetings with the stock market and the public outside, represented by teachers and students from the public and private schools of Rio de Janeiro, through questionnaires previously prepared. These evaluations are found mainly in the achievement of the events;

- Filming at the expense of this coordination, and external events, promoted by the project. The material is displayed and analyzed during lessons;
-Expertise highlighted the stock in class for Physical Education for children of welfare agencies;

The project has provided the graduates of the University of Physical Education greater experience social, political and educational, through the activities, particularly in integrating with the public outside;

- It has enabled the stock and graduates of Ed Physics employ the precepts teaching strategies in the course of graduation, during preparatory stages and implementation of the Meeting School of GR;
- Talk to teachers of recognized professional competence especially invited;
- Courses update / recycling in Rhythmic Gymnastics for teachers of Physical Education;

The process involves multiple methodological employee shares and favors the characteristic multi and cross the project. There is a constant process of self-evaluation of activities planned, through weekly meetings and the coordination between the members of the Laboratory, in addition to the demonstration, wherever possible, the teachers involved, partnerships and public internal and external. The stock is continuously evaluated by the coordination, in addition to self-evaluate through questionnaires previously prepared.

Target audience:

The greater importance of a laboratory with these characteristics is to put the debate in Rhythmic Gymnastics and its expressions more significant. Read the entire academic community and society in general. Whereas one of the major goals of UERJ, integration with society Fluminense, the laboratory will be available to foreign teachers, students of all levels, researchers from several areas of the humanities and other interested parties.

Linking:

The Laboratory is bound `the following instances within the UERJ:
- Departments of Gymnastics and Sports Individual (DEGIN DESIN E);
- Institute for Physical Education and Sport (MDG);
- Center for Education and Humanities (CEH).

As Program of Extension:
- Department of Extension (DEPEXT);
- Sub-Rector of Extension and Culture-SR-3.

As laboratory research:
- Sub-Rector of Post-graduate and Research-SR-2.

The operational dynamics has been giving as follows:

Two general-weekly meetings, one at the beginning and another in the middle of the week, with huts and reading their records;

- Disposable individual spot and pre are mapped to knowledge and control of the working group;
- Distribution of assignments for short and medium term and accountability, have been given during the weekly meetings;
- The general assignments for each function are disclosed when the signing of the contracts (types of scholarships, for example)
- There is set to knowledge of all members of the team at work, their schedule, and organizational flowchart for use of the facilities of the current Core;
- Developing a layout of the room and the mapping of existing material;
- Were established for this coordination, some parameters of philosophical order to guide the work in / the team,

TIMELINESS OF INSTALLATION OF LABORATORY (IN MONTHS):

ACTIVITIES	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º	11º	12º
Physical installation, painting, electrical installations and others	X	X	X	X								
Furniture	X	X	X									
Library	X	X										
Video	X	X										
Music	X	X										
Database	X	X	X	X	X	X	X	X	X	X	X	X
Computer	X	X	X	X	X	X	X	X	X	X	X	X
Case permanent conservation *	X	X	X	X	X	X	X	X	X	X	X	X

* Procedure for permanent preservation of the facilities and the achievements of Laboratory

Finals considerations:

The production academic guided by this author, although that has been passed relatively recently, has had excellent performance. It has been sought encourage graduate in their respective areas of interest, providing them correlate with themes "Universal" of undeniable importance in the formation of holistic individual. Guided there are always considered, the peculiarities socio-cultural and economic in our country, especially the state of Rio de Janeiro.

The activities are being developed with suggestions and results not only in the medium and long term as had been planned initially, but in the short term. The team of work produced more than two dozen works of research that were published in conferences and similar events intra and extra walls UERJ.

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THE RHYTHMIC GYMNASTICS IN UERJ - PERSPECTIVES OF WORK EXTENSION AND RESEARCH.

ABSTRACT:

Objectives: The Interdisciplinary Laboratory of Rhythmic Gymnastics with focus in Education and Health consists in a central region of concentration and integration, where studies related to rhythmic activities that are inherent to the human being will continue to be conducted. It's understandable that the University external community, in its geographic and social-cultural dimension, is the base of the actions in all the phases of the investigative process, planning, execution and evaluation. The Physical Education graduates are expected to be professionals that are synchronized with the moment and the place where they live, interacting with their social/cultural reality with reflexive and critical analysis capacity. All the actions of this Laboratory will have to be congregated in the optics of Health, through the study of the inherent activities connected to the practice of this sports modality and of the undeniable benefits that it offers the full development of the human body, and of its interaction with the Education. It is also intended, to provide the users a chance to act next to the external community, living their problems to discover solutions together. Methodology: To stimulate in the undergraduates of Physical Education bigger social, pedagogical and political experiences by means of activities that involve multiple disciplines and institutions, offering them an improvement of the learned pedagogical rules in the graduation course, to be used in the primary and secondary educational systems of our schools by means of a gradual social insertion in its profession. Results: Events that are extensive to other educational institutions and communities, as the “Encontro Escolar de GR” in its 19ª edition; the Symposiums of Extension, lectures; more than 20 research articles produced and published in congresses and similar events. Structuring physical adequacy and implementation of the new laboratory. Final considerations: The actions of the Nucleus/Laboratory have fomented the practice and the spreading of the modality in social entities of children and the primary and secondary educational system - public and private systems extending the professional possibilities of the Physical Education professionals.

KEY WORDS: Laboratory; Education, Health

LA GYMNASTIQUE RHYTHMIQUE DANS LE UERJ - LES PERSPECTIVES DE TRAVAIL DE EXTENSIÓN ET DE PESQUISE

RÉSUMÉ:

Objectifs: Le Laboratoire interdisciplinaire de la gymnastique rythmique avec une attention particulière dans l'éducation et la santé consiste en une région centrale de la concentration et de l'intégration, où les études relatives aux activités rythmiques qui sont inhérents à l'être humain va continuer à être menées. Il est compréhensible que la communauté externe de l'Université, dans sa géographique et social - la dimension culturelle, est la base des actions dans toutes les phases du processus d'enquête, la planification, l'exécution et l'évaluation. Les diplômés de l'éducation physique sont censés être des professionnels qui sont synchronisées avec le moment et l'endroit où ils vivent, en interaction avec leur condition sociale et culturelle avec la réalité réflexive et critique des capacités d'analyse. Toutes les actions de ce laboratoire devront être rassemblés dans l'optique de la santé, par le biais de l'étude de la inhérente des activités liées à la pratique de ce sport et de la modalité d'indéniables avantages qu'elle offre le plein développement du corps humain, et de Son interaction avec l'éducation. Il est également prévu, pour fournir aux utilisateurs une chance d'agir à côté de la communauté extérieure, qui vivent leurs problèmes de découvrir ensemble des solutions. Méthodologie: Afin de stimuler dans le cycle de l'éducation physique plus important sociales, pédagogiques et d'expériences politiques par le biais d'activités qui impliquent plusieurs disciplines et les institutions, en leur offrant une amélioration de la pédagogie règles apprises dans le cours de la gradation, qui doit être utilisé dans l'enseignement primaire et secondaire Les systèmes éducatifs de nos écoles par le biais d'une insertion sociale progressive dans son métier. Résultats: Les événements qui sont étendues à d'autres établissements d'enseignement et les communautés, ainsi que la "Encontro Escolar de GR" dans son édition 19 º; Extension de la Colloques, conférences; Plus de 20 articles de pesquise établis et publiés dans les congrès et autres manifestations similaires. Structurer l'adéquation physique et la mise en oeuvre du nouveau laboratoire. Considérations finales: Les actions de l'Nucleus / laboratoire ont fomenté la pratique et la propagation de la modalité dans les entités sociales de l'enfant et de l'enseignement primaire et secondaire du système éducatif public et privé, les professionnels des systèmes d'étendre les possibilités de professionnels de l'éducation physique.
MOTS CLÉS: laboratoire; L'éducation, la santé

LA GIMNASIA RÍTMICA EN LA UERJ - PERSPECTIVAS DE LA EXTENSIÓN Y DE LA INVESTIGACIÓN

RESUMEN:

Objetivos: El laboratorio interdisciplinario de la gimnasia rítmica con el foco en la educación y la salud consiste en una región central de la concentración y la integración, donde los estudios se relacionaron con las actividades rítmicas que son inherentes al del ser humano continuará siendo conducida. Es comprensible que la comunidad externa de la universidad, en su dimensión geográfica y social-cultural, es la base de las acciones en todas las fases del proceso, del planeamiento, de la ejecución y de la evaluación investigadores. Se espera que los graduados de la educación física sean los profesionales que se sincronizan con el momento y el lugar en donde viven, obrando recíprocamente con su realidad social/cultural con capacidad reflexiva y crítica del análisis. Todas las acciones de este laboratorio tendrán que ser juntadas en la óptica de la salud, con el estudio de las actividades inherentes conectadas con la práctica de esta modalidad de los deportes y de las ventajas innegables que ofrece el desarrollo completo del cuerpo humano, y de su interacción con la educación. También se piensa, para proporcionar a los usuarios una ocasión de actuar al lado de la comunidad externa, viviendo sus problemas para descubrir soluciones juntas. Metodología: Para estimular en los estudiantes de experiencias sociales de la educación física, pedagógicas y políticas más grandes por medio de las actividades que implican a disciplinas múltiples y a instituciones, ofreciéndoos una mejora de las reglas pedagógicas doctas en el curso de la graduación, para ser utilizado en los sistemas educativos primarios y secundarios de nuestras escuelas por medio de una inserción social gradual en su profesión. Resultados: Acontecimientos que son extensos a otras instituciones educativas y comunidades, como el “Encontro Escolar de GR” en su edición 19ª; los simposios de la extensión, conferencias; más de 20 artículos de la investigación produjeron y publicaron en congresos y acontecimientos similares. Suficiencia y puesta en práctica de estructuración, físicas del laboratorio nuevo. Consideraciones finales: Las acciones del núcleo/el laboratorio han fomentado la práctica y el separarse de la modalidad en entidades sociales de los niños y el sistema educativo primario y secundario - público y los sistemas privados que ampliaban las posibilidades profesionales de los profesionales de la educación física.

PALABRAS CLAVES: Laboratorio; Educación, salud.

A GINÁSTICA RÍTMICA NA UERJ - PERSPECTIVAS EXTENSIONISTAS E DE PESQUISA

RESUMO:

Objetivos: O Laboratório Multidisciplinar de Ginástica Rítmica com foco em Educação e Saúde constitui-se num pólo de concentração e integração, onde continuarão a ser realizados estudos sobre as atividades rítmicas inerentes ao ser humano. Entende-se que a comunidade externa à Universidade, em sua dimensão geográfica e sócio-cultural, é a base das ações participativas em todas as fases do processo investigativo, de planejamento, da execução e da avaliação. Cada vez mais, espera-se dos egressos dos Cursos de Educação Física, profissionais sintonizados com o momento e o lugar onde vivem, interagindo com a sua realidade sócio-cultural, com aguçada capacidade reflexiva e de análise crítica. Todas as ações deste Laboratório deverão estar congregadas na ótica da **Saúde**, através do estudo das atividades inerentes à prática dessa modalidade esportiva e dos inegáveis benefícios que ela oferece ao pleno desenvolvimento do corpo humano, e da sua interação com a **Educação**. Pretende-se também, proporcionar aos usuários, a oportunidade de atuar junto à comunidade externa, convivendo com sua problemática, na busca de soluções conjuntas. Metodologia: Estimular nos graduandos de Educação Física maior vivência social, política e pedagógica, por meio de atividades multidisciplinares e interinstitucionais, oferecendo-lhes, ainda, um aprimoramento dos preceitos pedagógicos aprendidos no curso de graduação, a serem utilizados no ensino fundamental e médio de nossas escolas por meio de uma gradativa inserção social em sua profissão. Resultados: Eventos extensionistas, como o Encontro Escolar de GR, em sua 19ª edição; os Simpósios de Extensão, palestras; mais de 20 trabalhos de pesquisa e artigos produzidos e publicados em congressos e eventos similares. Montagem, adequação física e implementação do novo laboratório. Considerações finais: As ações do Núcleo/Laboratório têm fomentado a prática e a divulgação da modalidade em entidades assistenciais de crianças e nas escolas de ensino fundamental e médio das redes pública e particular do Estado, ampliando o campo de trabalho dos profissionais de Educação Física.

PALAVRAS CHAVES: Laboratório; Educação, Saúde.