108 - GYMNASTIC GENERAL: SEARCHING OF A POSSIBLE RELATIONS WITH THE HEALTH

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INTRODUCTION

Nowadays, there are eight gymnastics recognized by the International Federation of Gymnastics (FIG), among these, seven are competitive, as for instance, the gymnastics artistic, rhythmic, acrobatic among others, and only one is demonstrative, the General Gymnastics (GG). According to the Souza (1997), GG is understood as corporal culture welcoming the different corporals manifestations, integrated into the others forms of the human being expression, in a free and creative way. Still, authors as Ayoub (1999), Barbosa (1999), they emphasize the importance of to know and to vivid the general gymnastic, meaning the knowledge, the existence, the study, the understanding, the perception, interpretation, the confrontation, the problematize, learning, the countless interpretations of the gymnastics for, with base in this learning, looking for new meanings and senses, besides propitiating new possibilities of gímnica expression. Another aspect no less important is that this manifestation of the corporal culture can be worked in associations, schools, clubs, universities, among others, in other words, the area of the Physical Education starting from GG could come to participate in the promotion of health.

They are several, the expressions of the corporal culture, that can be welcomed by GG, for instance, the rhythmic gymnastic, aerobic gymnastic, aesthetic gymnastic, circle gymnastic, rope skipping, dances, fights, sports, capoeira, among others. Finally, this practice presents own characteristics and it was built starting from knows enrolled in the popular culture, in the philosophical knows, artistic know, and also scientific know (BARBOSA-RINALDI, 2004). It involves all and any type of corporal manifestation, valuing the dynamic, the beauty and mainly the free and spontaneous form of creating new gestures and gímnicos movements starting from a simple object or material, could be these, traditional or not. It can be practiced by everybody, in all age because don't have any rigid rules as characteristic.

The general gymnastic is understood by FIG (1993) like the part of the gymnastic that is guided for the leisure, in which people of all the ages participate, mainly for the pleasure that it practice provides. It contributes to the physical and psychological well-being, besides developing the health, the physical condition and the social interaction to the apprentices, offering in this way, a vast area of activities, respecting the characteristics, interests and traditions of each people, expressed through the variety and beauty of the corporal movement.

However, we centered our understanding in the fact that it simply is not enough to practice general gymnastic for it contributes with the promotion of the health.' For so much, we believed to be necessary a task differentiated with this gímnica manifestation, which goes besides a restricted understanding of health.

That restricted understanding of health that we referred is present of form hegemonic in the society and it transmits the health just in the biological aspect. In this sense, the physical activity incorporates this speech. Like this, according to Caspersen et al. (1985), the physical activity can be understood like any form of corporal movement with energy expenses above the rest levels. About the subject, Nahas (2001) points out that the physical activity includes physical exercises, sports, tasks activities, household, displacements and other physical activities in the leisure.

Several studies have been demonstrating that the physical activity not only it reduces the risk of one individual to develop several chronic diseases, but also of improving the functional capacity through the same, besides providing other benefits in the social and psychological area. As prominence, we can mention the work of Nahas (2001), among others.

Authors as Caponi (2003), affirm that the understanding of health transmitted by several means of communication and even for the World Organization of the Health (OMS) it defines health as a complete state of physical, mental and social well-being and not just the absence of illnesses or diseases. This definition however, according to Palm et al. (2003, p. 19) it is "an implicit form of indicating the impossibility of reaching this goal, once it dashes with a difficulty of reaching a complete well-being". Besides, according to the same author, although the concept of OMS brings the social mark, it seems to do, only, to incorporate one of the dimensions of the human life, without, however, to emphasize the dynamic character and relevance to understand the phenomenon in an including way.

According to Bagrichevck and Palm (2004) such fact brings serious implications making a partial and/or distorted interpretation of the reality, not taking into account factors relevant contextuals to each individual's life in the daily, for instance: income unequal, unemployment level, home conditions, feeding, sanitary basic, (un)availability of free time, access to the health services, among others, the ones which, shape the human life and, therefore, they need to be considered by equal in any research that looks for to establish more general interferences about the public health.

Caponi (2003), affirms that should not reduce the health to a mere adaptation capacity or balance, it can be defined as the group of safeties in the present and of insurances for the future like the possibility to be sick and of recovering. Implicating for this time, "much more than the possibility of living in accordance with the external way, it implicates in the capacity to institute new norms in new situations" (p.129). Before this, the definition of health done by OMS dashes in a utopian concept emphasizing still, that this state is unattainable, because people don't constantly stay in well-being state.

The Utopian concept of health related with well-being, doesn't take into account all the development humans' dimensions being them: emotional, physics, psychological, moral and social of the individual, besides the several socioeconomic factors, because, it is almost impossible that all these, they are in constantly harmony, and because this it seems to be necessary to understand health like a process, the promotion of the health, that according to the Palm et al. (2003, p.28) it is "destined to act about decisive of the health and to create healthy alternatives for the population".

The physical activity potentially can contribute in the process about the promotion of the health, because, it can create a favorable atmosphere for the development of the creativity, of the corporal domain, companionship, safety, courage, sociabilization between people and of the knowledge socialization beyond a space for the culture. As example, we can mention the artistic-motive activities, in other words, theater, dance, gymnastic, circus activities, among others.

In this study we chose the general gymnastic as focus, because it is a physical activity that can contribute with the promotion of the health because their characteristics. Because, besides GG can propitiate the well-being, usually brings possibilities of study, of knowledge changes and experiences, among others. Another very important characteristic to be considered is that the general gymnastic is not competitive, therefore there are no excessive loads of trainings, which differ of the

competitive gymnastics.

Based in the exposed until here, we throw the following subject nonreader of this study: What the concept of health of the apprentices' general gymnastics of the group GG of DEF/UEM, because it is considered by FIG as a practice that contributes to their apprentices' physical and psychological well-being, besides developing the health, the physical condition and the apprentices' social interaction? Will it be that only for practicing, do the gymnasts enlarge the concept of health? And, as general objective: to analyze the relationship that the members of the Group of General Gymnastics of DEF/UEM establish with the health. Specifically, it was looked for to identify the reasons that take the individuals to practice of the general gymnastics, to verify which the understanding of health of the individuals studied and finally, to investigate which the understanding of the general gymnastics as activity promoter of health. It is in this meaning that the research in matter goes back to study a possible relationship between the general gymnastics and the health.

METHODOLOGY

The research is characterized as qualitative of the descriptive type. The research method is descriptive and proposed by Thomas and Nelson (2002), in this exploratory study is accomplished through a questionnaire. Being part of the sample 22 individuals, 9 male and 13 female. In this, makes part academics and physical education teachers belonging to the Group of General Gymnastics of the Department of Physical Education of the State University of Maringá (DEF/UEM). About the inclusion criterion, it chose for sample the individuals that are part of the Group of at least 12 months. The measure instrument was a questionnaire with questions structured concerning the general gymnastic and a possible relationship with the health. The collections of facts were accomplished in a class of the group. The completion was accompanied by the researchers and collected immediately after finish, avoiding interpretation mistakes and incomplete devolution. The obtained results were analyzed through the methodology of Bardin (1977, p.38), by which the content analysis is understood as "group of techniques of analyses of the communications, that uses systematic and objective procedures of description of the contents of the messages".

RESULTS AND DISCUSSION

For better understanding opted to divide in three blocks, analyzing a question one by one, through the rising of the categories. It follows the presentation of the categories below:

Concepts of health of the members of the group of general gymnastics of the one of DEF/UEM

In the first question analyzed, "Do you consider yourself a healthy person? Why?", we obtained 16 affirmative answers, six (6) answers partially negatives and 1 no justified. Among the affirmative answers, it was verified that the members are considered healthy for several reasons, among them the more mentioned were, for being careful with the health through physical fitness, following for cares with the feeding, well-being sensation and cares with the physiologic parameters. According to the partially negatives answers more mentioned were, for not having a balanced feeding, following for life very disturbed.

It was evidenced through these facts, which the justified concept of health for the members of the group of general gymnastics, relapses on the search of the same road physical fitness and cares with the feeding, being this, a vision that doesn't take in consideration all the determinants that it promotes a health condition. This condition, according to Mendonça (2001, p.699), it is resulted of factors "social, environmental, cultural, economical and psychological". With that, the search for the health condition according to the same author doesn't depend on only the individual, statement this, that it was not verified in the questionnaires. It was also discovered that some individuals mentioned all the determinants to reach a health condition, but the same ones didn't justify that it should also be taken into account the collectivity.

Picture 1 - Rising of the categories.

	Categories	Units of meaning that composed the category	Sum of the frequency
01	Care with the health through physical fitness	2, 6, 9, 13	15
02	Care with the feeding	1, 2	10
03	Sensation of well-being	4, 12	6
04	Care with the physiologic parameters	7, 10, 11	5
05	Social and harmonic coexistence	8, 14	2
06	Basic conditions of survival	3	1
07	Don't have a balanced feeding	15	6
08	Life very disturbed	16, 17	2
09	Inadequate conditions in the work (physical and sociable)	18	1

Reasons for the adherence to the practice of the general gymnastics

In the second question analyzed "Which the reason that took him to the practice of the general gymnastic? Justify", it was observed that the members of the group like of gymnastics for admire something especial in the same or by the fact they have likeness, in other words, facility of accomplishing movements or only have been an athlete, being these, the reasons more mentioned. The fact of the general gymnastics to receive the activities of the axis expression and rhythm that the according to Oliveira (2004), include the artistic-motive activities, being them, dance, theater, corporal expression among other activities, this is one of the several attractions that motivate the members of the group to the adherence to the same, being the third reason more mentioned. **Picture 2 - rising of the categories**

	Categories	Units of meaning that composed the category	Sum of the frequency
01	To like of gymnastics or to have likeness with the same	3, 4, 7, 8, 10, 14	20
02	To be former-gymnast or already to have practiced	5 , 6	8
03	To like of activities related to the axis expression and rhythm *	11, 12, 16, 17, 18,	6
04	Activity that promotes the well-being	9	4
05	Motivation for known people of the group	2	3
06	Curiosity	1, 15	3
07	Modality no competitive	20	1
08	To have a weekly activity	13	1
09	To feel well in the Group	19	1

Promotion of physical activities related to the health

In the third question analyzed, "Do you think the physical activities as the general gymnastics can be promoters of health? Why?", it was verified that 20 members answered affirmatively and two answers were negatives partially. The affirmatives more mentioned are related to the well-being, following for cares with the health through physical fitness and cares with the physiologic parameters. Evidence that the answers more mentioned after well-being sensation are those that designate the health knowledge, and they were not very different of the mentioned in the question 1. Maybe this is because the fact that these individuals have (had) strong influence of their graduation about health, being this concept supplied by teachers that have strong influence of the area of the biological sciences. This group leads in consideration the search for the health through physical fitness, physiologic parameters and feeding, not considering other decisive.

Picture 3 - rising of the categories

	Categories	Units of meaning that composed the category	Sum of the frequency
01	**sensation of well-being**	2, 3, 4, 5, 6, 7, 9, 10	27
02	**care with the health through physical fitness**	1, 8	12
03	**care with the physiologic parameters**	12, 11, 17	9
04	**modality no competitive, no gone back to the income and trained in an appropriate way**	20, 21, 22	4
05	**social and harmonic coexistence**	23, 24	4
06	**combat to the stress**	15, 16	2
07	**activity promoter of new experiences**	16	1
08	**activity promoter of several of the corporal culture**	15	1
09	**cares with the feeding**	13	1
10	**activity physics without exaggeration make the badly health**	14, 18	4
11	**isolated physical activities are not promoters of health**	19	1

It is verified that the answers partially negatives don't affirm that don't get to promote a health condition with the physical activity, but that the activities separately don't promote health, because, the promotion of the health according to Palm at al. (2003) it is destined to act on decisive of the health and to create healthy alternatives for the population. Like this, the educated individual for the health commits with itself developing corporal activities, recognizing and respecting the main physical characteristics of the motor acting, adopting attitudes to favor the health in general, besides to practice corporal expressions with autonomy and value the health as a good priceless (MENESTRINA, 2000).

CONCLUSION

The development of this research made possible to understand how the health, specifically the promotion of the health is present in the apprentices' of general gymnastics understanding, allowing to contemplate the interaction among those two objects of study of the Physical Education as possible fields of professional intervention: the general gymnastic as knowledge area and the promotion of the health.

Regarding the concept of health, it was verified that this was not considered in a wide way by the participants of the research, including all the determinants of a healthy state and the same happens when related to the concept of physical activities as the general gymnastics. In relation to the understanding of GG as an activity promoter of health, also was observed a limitation on the part of the participants of the research, that don't established a direct relationship of GG as an activity that potentially can participate in the promotion of the health of the individuals that practice.

Point out here that, the participants of the research, besides apprentices of general gymnastic, they are academic and / or professionals of the Physical Education. This way, their answers indicate that the formation in the area of the Physical Education continues evidencing a biologics vision of health.

However, starting from the facts collected, we noticed that the progress in the understanding of the promotion of the health in the Physical Education area lacks deepen academic scientific, by the part of the professionals, above all in educational performance, so that in fact the area can be seen in all potential as participant of the process of promotion of the population health.

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GYMNASTIC GENERAL: SEARCHING OF A POSSIBLE RELATIONS WITH THE HEALTH

ABSTRACT:
This study had as objective analyzes the relationship that apprentices of general gymnastic establish with the health. Characterized as of the descriptive type. The measure instrument was a questionnaire. It is concluded that the concept of health just includes some of their determinants and the general gymnastic can participate in the process of promotion of health.
KEY WORDS: general gymnastic, Physical education, health.

GIMNASIA GENERAL: EN BUSCA DE UNA POSSIBILE RELACIÓN CON LA SALUD

RESUME:
Cette étude a voulu analyser la relation que les pratiquants de gymnastique générale ont établi avec la santé. Caractérisée comme descriptive. L'instrument de mesure a été un questionnaire. On a conclu que le concept de santé ne couvre que quelques uns de ses déterminants et que la gymnastique générale peuvent participer au processus de la promotion de la santé.
MOTS CLE: gymnastique générale, éducation physique, santé.

GYMNASTIQUE GéNéRALE: à LA RECHERCHE D'UN POSSIBLE RAPPORT AVEC LA SANTé

RESUMEN:
Este estudio tuvo como objetivo analizar la relación que los practicantes de la gimnasia general establecen con la salud. Caracteriza como del tipo descriptivo. El instrumento de medida fue un cuestionario. Se concluye que el concepto de salud abarca apenas algunas de suyas determinantes y que la gimnasia general puede participar del proceso de la promoción de la salud.
PALABRAS-CLAVE: gimnasia general, educación física, salud.

GINÁSTICA GERAL: EM BUSCA DE UMA POSSÍVEL RELAÇÃO COM A SAÚDE

RESUMO:
Este estudo teve como objetivo analisar a relação que praticantes de ginástica geral estabelecem com a saúde. Caracteriza-se como do tipo descritivo. O instrumento de medida foi um questionário. Conclui-se que o conceito de saúde abrange apenas alguns de seus determinantes e que a ginástica geral pode participar do processo da promoção de saúde.
PALAVRAS CHAVES: ginástica geral, educação física, saúde.