63 - CRITICAL CONSTRUCTION IN THE LESSONS OF PERTAINING TO SCHOOL PHYSICAL EDUCATION

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Introduction

The excess of weight and corporal fat has demonstrated to be a problem of great concern in adolescents, not only in reason of the immediate effect to the organism of the adolescents, but also in reason of the potential negative impact in long stated period, with serious repercussions in the adult age. The complications of the weight excess also reach the social experience of the pupil, therefore called pupils "gordinhos" are discriminated by the other pupils and even though by the professors. Arguing the Pertaining to school Physical Education as inserted in the body of you discipline that they compose the public education of basic and average education. He considers its insertion in the informacional and after-modern society. He also raises the importance of same in the development of abilities demanded for the society and the insertion of the pupil in the corporal culture of movement. This inside of a critical pedagogia, that has as objective the disruption of the dominant ideology, or either, the construction of critical and reflective pupils

Justification

Such described complications above show the relevance of the work, since the practical emagrecimento and á of physical exercises, do not have to search aesthetic only the corporal one, but yes an improvement of the physical and psychological condition, increasing the disposal for the daily activities, without doubts for the children and adolescents.

The work has na education the principle do to know and not to know, already that a learning considers the previous knowledge, and also carrying the ignorance do apprentice, therefore when if they consider those as synonymous the same one does not happen.

Leaving of the point that the learning must consider in such a way what the pupil knows, how much what it does not know, comes the necessity to inside study the construction of the corporal conscience of the corporal culture of movement.

This being all the historical production cultivated by the men and transmitted through the formal and informal education.

As Guedes (1998) the excess of weight and the obesidade contribute negative for the pointers of arterial pressure, triglicérides, cholesterol, resistance to the insulina, intolerância the glucose, cardiac efficiency, incidence of ortopédicos problems, respiratory efficiency, depressive state and construction of auto-esteem. In the pscioemocional field "studies carried through with preschool, of one list of 40 characteristics, the obesas children had been described for ugly, dull, dishonest and sluggish the colleagues não-obesos as" (Staffieri apud GUEDES, 1998, p.251).

The author still shows through the citation of some research, that the complications of the excess of corporal weight that acomete the young rees-echo in the health of the adults, leading the raised indices of mortality, particularly to the cardiovascular disfunções. He also tells that exactly with control of the corporal weight in the adult age the mortality indices continue, therefore the negative effect to the health result more directly of the aggressions in long stated period in young ages.

The proposal of the National Curricular Parameters (PCNs), clarifies that the Physical Education would have to be treated as a corporal culture, this approaching the contents as expression of cultural productions, as knowledge historicamente constructed, and that it must give to chance to all the pupils independently, without discrimination, valuing all the pupils of its physical aptitude, color, sex or social level. The PCNs has as objective to introduce pupils in the corporal culture of movement, to stimulate critical to the standards the taxes (as of beauty and consumption), and to differentiate the objectives of the sports with the ones of disciplines, or either, the Pertaining to school Physical Education does not have as end the domain of the esportivos gestures and yes as half for practical of corporal movements searching the conscience of this practical, the significant learning, the reflection and the formation of the critical citizen.

In accordance with Darido (2003), appears some models of the physical Education, as it follows:

§ The Construtivista-Interacionista Boarding, that has as main author João Freire Baptist in its book "Education of Entire Body", published in 1989, disrespects the especificidade of disciplines, being this a way to assist in the learning of other substances;

§ In the Desenvolvimentista Boarding, of Tani (1987) and Manoel (1994), the Physical Education must privilege the learning of the movement, being the main objective the learning of the motor abilities, respecting the development of the pupils;

§ Crítico-Superadora de Jose Libâneo and Demerval Saviani, considers disciplines it with the called content of corporal culture, that has as subjects: the game, the gymnastics, the sport and the capoeira;

§ For Betti, main author of the Sistêmica Boarding, the end is to integrate and to introduce the pupil in the world of the physical culture, formed the citizen who goes to usufruct the culture of the physical activity.

Tani et al. (1988), it considers a Physical Education based on biological principles of the motor activity, basic and specific motor learning of activity, motor development, cognitivo development and affective-social development, that the development of the pupil respects, searching the development of percipient-motor and physical capacities. The work of these authors gives great importance to the physical, social and psychological development of the child: "the observance of these characteristics does not lead, frequently, to the establishment of objectives, methods and inapropriados contents of education" (Tani et al. 1988, p. 2).

Daolio (1995), in its book "Of the culture of the body", analyzes the performance of professors of Physical Education of the public net, having as referencial theoretician the Social Anthropology that studies the man in its social relations. It takes in consideration the moral values of the professors, and not only the formation in the college, or either, its resume, being this necessary, but not enough one. Such moral values, the way as they had been educated influence in its pedagogical performance. In the informacional society that we are inserted, the access and processing of the information, the polyvalence, the autonomy, the work in group are abilities that must be gifts in discipline them, also in the Physical Education. The corporal conscience and the taking of decisions from the proper idiosyncrasy, constitute an important point that it must be white of quarrel and analysis.

Objective

To analyze practical the pedagogical one of the professor of Physical Education that acts in the state public net of basic education, allowing to the pupils the taking of corporal conscience through the evaluation of the percentage of fat and its relation with social factors.

Methodology

The work is about a practical, on research to the práxis, or either, to practical the historical one in terms of scientific knowledge for explicit ends of intervention, using as qualitative method to the research-action, since it is intended to intervene with the reality, specifically the reality of the lessons of Pertaining to school Physical Education.

Pupils of 7ª had participated of the research series of Basic Ensino and 2ª series of Average Ensino of the EE Filomena Scatena Christófano de Alfredo Marcondes. Sample of 19 men (47,5%) and 9 women (15,5%), of Basic and Average Ensino, period morning, in a total of 98 pupils, being 58 women and 40 men. They had been submitted to an evaluation of the corporal composition, through the method of the Thickness of Cutaneous Folds. The ratios of fat in relation to the corporal weight, gotten by means of information proceeding from thicknesses of the cutaneous folds measures in the regions of tríceps and independent leg had been involved as changeable.

The Protocol of T.G. Lohman was used, 1987:

G% Men = 0,735 (he adds of the cutaneous folds) + 1,0

G% Women = 0,735 (he adds of the cutaneous folds) +5,1

Table 1 - Individuals below of 18 years of both the sexos

Classification	% OF FAT (feminine)	% OF FAT (masculine)
Low	7-11	8
Very Low	14	10
Ideal	18-25	13-20
Moderatebly high	29	20-24
High	32-38	28-31
Very High	39-43	31-42

Results

Of the evaluated pupils of the feminine sex, a average of 41% of corporal fat was gotten, representing a high result very. For the boys a average of 17% of corporal fat, considered ideal.

Being that the pupils of the masculine sex of 2ª series of Average Ensino had presented a average of 14% of corporal fat, considered ideal. E the girls, of the same series, had presented 41% of corporal fat, much high. The results of the pupils of 7ª series of Basic Ensino had been homogeneous, being 12% for masculine sex and 41% for the feminine one.

Table 2 - Average of the percentage of fat of the pupils of the masculine and feminine sex.

Sex	Percentage of fat
Masculine	14%
Feminine	41 %

Quarrel

The data disclose that the boys present levels of lesser obesidade of that to the girls. A continuation of the research fits now analyzing the alimentary and corporal habits of these pupils.

Some hypotheses that can be raised, this in the practical greater of corporal movements (games, sports, dance, tricks) that they demand greater great expense of energy of that the girls.

As the research has as intention to intervene with the reality, in practical the pedagogical one of the professor of Physical Education, the prompt actions send the critical reflection on the importance of practical of physical exercises and the alimentary control in the control and prevention of the weight excess and together obesidade with alunos.

Understanding the pupils as protagonists of the lessons, concomitant to the professors, the construction of this knowledge, allows the professor not only, but also the pupils, the critical conscience of the influence of the habits of exercises physicists and feeding in you practise partners, you want either in the school, house or the street.

The use of the compass of cutaneous folds and the elaboration of the data in the computer allow to the pupils the development of abilities related to computer science and the technology, having access the new knowledge. Being that the data of the research had been argued with pupils, making exactly to reflect on the corporal culture movimento.

Arguing the Pertaining to school Physical Education as inserted in the body of you discipline that they compose the public education of basic and average education. It considers its insertion in the informacional and after-modern society. It also raises the importance of same in the development of abilities demanded for the society and the insertion of the pupil in the corporal culture of movement. This inside of a critical pedagogia, that has as objective the disruption of the dominant ideology, or either, the construction of critical and reflective pupils.

Imbernón (2000) discourses on the influence of powerful, great minorities conglomerated of economic agents multinationals in educational and social the scope, that question the democracies constructed in century XX. The author analyzes the influence of this panorama in the performance of the professors, where, these, will have great difficulties in educating in the values of solidarity, honesty, sincerity since they will be collating with other values gifts in the society, as individualism, competitiveness, violence, conformismo, disinformation.

Therefore, bringing the problematic one for the especificidade of the physical education, through the corporal conscience stimulating the critical sense, a future favorable can be produced. In concrete terms, the work has as pretension to protect the physical conditions of the pupils, so that these are not a product more of the ideological trends of the market, or worse, the disastrous consequences of the search whatever the cost of the power, or in other words, the collateral effect of the industrialized food consumption and not the knowledge of the corporal culture of movement.

Search to call the attention the pupils of whom practical of the corporal culture of movement, including the healthful habits of life (as feeding), provide, beyond a healthful life, one practical one that it goes against the ideology of the informacional society, that conditions the people to be more time without carrying through movements (not to be to type, to press buttons and to direct or to seat in an automobile) and the acquisition of nutritional fast foods and little. Perhaps somebody can question, saying that the media influences practical of exercises through propagandas and the esportivos programs, however, we know that the esportivos propagandas and programs, in the majority of the times, stimulate the esportivos clothes consumption e, as one monoglota, reduces the corporal culture of movement to a game of soccer, or scarce form voleibol and less still the basketball, or

some another event of international largeness, as the races of cars.

Final consideration

Having as objective greater to the practical analysis of the pedagogical one of the professor of Physical Education, this is perhaps a good beginning, therefore analyzing the results of practical one it can be arrived at the cause. Being thus, the results supply subsidy to analyze and to intervene with the ways used for the professors in its lessons, since "to teach it is always to teach to that it does not know, and who does not inquire, evidences and deplores the other people's ignorance cannot be professor, no matter how hard it knows" (Savater, 200, p.36).

It brings the quarrel of the Modern Physical Education (income, physical aptitude) and Progressive (critical-superadora and critical-emancipatória). It has as premise to the constatação of the ignorance of the pupil, or either, considers the previous knowledge of the pupils, being these the starting point for the work in classroom.

Leaving of the premise of that knowing is constructed from the ignorance of a pupil, or either, of the other people's knowledge to the same ones, the work shows the importance of the collection of information brought for the pupils, not only those said and written, but the data that reflect the conscience of the pupil, its experience, its habits and its idiosyncrasy corporal. Of this form the professor of Physical Education tam in its hands a very strong weapon to fight the speech "that gives in the same one to know and not to know".

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Summary

The excess of weight and corporal fat has demonstrated to be a problem of great concern in adolescents, not only in reason of the immediate effect to the organism of the adolescents, but also in reason of the potential negative impact in long stated period, with serious repercussions in the adult age. The complications of the weight excess also reach the social experience of the pupil. The work shows, through the analysis of the percentage of fat, that the individuals below of eighteen years of the masculine sex, have amounts of lesser fat of that the girls. Arguing the Pertaining to school Physical Education as inserted in the body of you discipline that they compose the public education of basic and average education. It considers its insertion in the informacional and after-modern society and the critical construction of the pupil. It also raises the importance of same in the development of abilities demanded for the society and the insertion of the pupil in the corporal culture of movement. Search to call the attention the pupils of whom practical of the corporal culture of movement, including the healthful habits of life (as feeding), provide, beyond a healthful life, one practical one that it goes against the ideology of the informacional society, that conditions the people to be more time without carrying through movements (not to be to type, to press buttons and to direct or to seat in an automobile) and the acquisition of nutritional fast foods and little. This inside of a critical pedagogia, that has as objective the disruption of a dominant ideology, or either, the construction of critical and reflective pupils.

Word-keys: to know and not to know, corporal culture, corporal conscience.

CONSTRUCTION CRITIQUE DANS LES LEÇONS D'ÉDUCATION PHYSIQUE SCOLAIRE

Résumé

L'excès de poids et de graisse corporelle a démontré être un problème de grande préoccupation dans des adolescents, non seulement en raison des effets immédiats à l'organisme des adolescents, mais aussi en raison du potentiel impact négatif dans un long délai, avec graves répercussions dans l'âge adulte. Les complications de l'excès de poids atteignent aussi l'expérience sociale de l'élève. Le travail montre, à travers l'analyse du pourcentage de graisse, que les personnes au-dessous de dix-huit ans du sexe masculin, ont des quantités de graisse moindre dont les filles. En discutant l'Éducation Physique Scolaire comme insérée dans le corps de disciplines qui composent l'éducation publique de l'enseignement fondamental et moyen. Il considère son insertion dans la société informacional et pós-moderna et dans la construction critique de l'élève. Il soulève l'importance de la le même dans le développement de compétences exigées par la société et aussi insertion de l'élève dans la culture corporelle de mouvement. Cherche à appeler l'attention des élèves dont la pratique de la culture corporelle de mouvement, y compris habitudes saines de vie (je mange alimentation), fournit, outre une vie saine, une pratique qui va contre l'idéologie de la société informacional, qui conditionne les personnes à rester plus temps sans deréaliser des mouvements (excepté digitar, presser des boutons et diriger ou asseoir dans une automobile) et l'acquisition de nourritures rapides et peu nutritionnelles. Celle-ci à l'intérieur d'une pédagogie critique, qui a comme objectif la rupture de l'idéologie dominante, c'est-à-dire, la construction d'élèves critiques et réfléchissants.

Mots clés : savoir et non savoir, culture corporelle, conscience corporelle.

CONSTRUCCIÓN CRÍTICA EN LAS LECCIONES DE PERTENECER A LA EDUCACIÓN FÍSICA DE LA ESCUELA

Resumem

El exceso del peso y de la grasa corporal ha demostrado para ser un problema de la gran preocupación en adolescentes, no solamente en la razón del efecto inmediato al organismo de los adolescentes, pero también en la razón del impacto negativo potencial en período indicado largo, con repercusiones serias en la edad del adulto. Las complicaciones del exceso del peso también alcanzan la experiencia social de la pupila. El trabajo demuestra, con el análisis del porcentaje de la grasa, que los individuos abajo de dieciocho años del sexo masculino, tiene cantidades de poca grasa de eso las muchachas. Discutiendo pertenecer a la educación física de la escuela según lo insertado en el cuerpo de usted discipline que componen la educación pública de la educación básica y media. Considera su inserción en el informacional y la sociedad despue's-moderna y la construcción crítica de la pupila. También levanta la importancia iguales en el desarrollo de las capacidades exigidas para la sociedad y la inserción de la pupila en la cultura corporal del movimiento. Búsqueda para llamar la atención las pupilas de quienes práctico de la cultura corporal del movimiento, incluyendo los hábitos saludables de la vida (como alimentando), proporcione, más allá de una vida saludable, un uno práctico que va contra la ideología de la sociedad del informacional, que condiciona a gente ser más tiempo sin llevar con los movimientos (no ser mecanografiar, presionar los botones y dirigir o asentarlos en un automóvil) y la adquisición de alimentos de preparación rápida alimenticios y poco. Esto dentro de un pedagogia crítico, de que tiene como objetivo la interrupción de una ideología dominante, o cualquiera, la construcción de pupilas críticas y reflexivas.

Palabra-llaves: para saber y no saber, cultura corporal, conciencia corporal

CONSTRUÇÃO CRÍTICA NAS AULAS DE EDUCAÇÃO FÍSICA ESCOLAR

Resumo

O excesso de peso e de gordura corporal tem demonstrado ser um problema de grande preocupação em adolescentes, não somente em razão dos efeitos imediatos ao organismo, mas também em razão do potencial impacto negativo em longo prazo, com graves repercussões na idade adulta. As complicações do excesso de peso atingem também a vivência social do aluno. O trabalho mostra, através da análise do percentual de gordura, que os indivíduos abaixo de dezoito anos do sexo masculino, têm quantidades de gordura menor do que as meninas. Discutindo a Educação Física Escolar como inserida no corpo de disciplinas que compõem a educação pública do ensino fundamental e médio. Considera sua inserção na sociedade informacional e pós-moderna e na construção crítica do aluno. Levanta a importância da mesma no desenvolvimento de competências exigidas pela sociedade e também a inserção do aluno na cultura corporal de movimento. Procura chamar a atenção dos alunos de que a prática da cultura corporal de movimento, incluindo hábitos saudáveis de vida (como alimentação), proporciona, além de uma vida saudável, uma prática que vai contra a ideologia da sociedade informacional, que condiciona as pessoas a ficarem mais tempo sem realizar movimentos (a não ser de digitar, apertar botões e dirigir ou sentar em um automóvel) e a aquisição de comidas rápidas e pouco nutritivas. Esta dentro de uma pedagogia crítica, que tem como objetivo o rompimento da ideologia dominante, ou seja, a construção de alunos críticos e reflexivos.

Palavras-chaves: saber e não saber, cultura corporal, consciência corporal.