146 - MONITORS FORMATION IN NIEATI: PERCEPTION AND PERSPECTIVE CONCERNING THEORETICAL SUPPORT FOR THE WORK WITH ELDERLY

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INTRODUCTION

Scientific advances in several fields have proportionate, in accordance with several sources, a life expectation increase. The population, thus, ages each day. The advances, nevertheless, attribute to science the role to proportionate vitality and autonomy to this population that emerges and already has demographic startling proportions, especially in a country where the conditions offered to the "lower" strata of society are inferior to those of the ones who live more. Then, affective actions, projects, programs and other alternatives enclose these achievements.

At the physical education center (CEFD) of Universidade Federal de Santa Maria (UFSM) there is no regular graduation subject (DCG) that focus its plan on the study about elderly. In consequence to this curricular lack, noticed by students and elderly, and also considering the existence of the Núcleo Integrado de Estudos e Apoio à Terceira Idade (NIEATI), - program working for more than 20 years at CEFD, is that we develop this study.

This labor, started in august 2005, proposed itself to contemplate the teaching and research. On the implantation phase and as a pilot, it showed a teaching character, providing the basic knowledge to the students that want to get involved with this population.

Following this, on the first semester of 2006, it became to be developed with a research character, characterized as descriptive and diagnostical, relying on the participation of two professors, a post-graduation student, who conducted the activities that determinate the teaching role of the project.

As goals, the study intended: - to consolidate, together with the students, a theoretical support basis to actions development, with teaching activities, with pedagogical focus on human movement, considering the aging process/phase and the possibilities that may support the proceedings directed to this age group. - To analyze, in two phases, (pre and post test) how the student faces this population group that is growing and composing a new job demand, and - to evaluate students' data classifying them by age group and semester, besides their knowledge about elderly, aging process and its consequences.

Thus, the justification to the development of this study its based on the need of young students that are beginning their education at CEFD, besides the fact of there be a big search for well prepared instructors, for the development of didactic and methodological actions that contemplate the practice of physical exercises and/or leisure activities with elderly.

When a study proposal that develops as its main theme the human aging and its subtleness and relations with pedagogical practices directed to elderly is contemplated, we consider indispensable some reasoning which support and place the theme with its real relevance on the professional formation.

Thus, the definition for aging, in Barbanti's words, 1990, is given as a natural and universal progress. All live beings concerning the vegetal and animal kingdoms, in bigger or smaller complexity, pass through it. (BARBANTI, 1990, p.109).

The same author even says:

Aging is universal, degenerately progressive and intrinsic. In other words, everyone gets older. Structural and functional loses are included in this process, which evolutes as time passes. This process may be considered innate and non pathological. There are evidences that there is a linear decline in most part of structural stocks of body systems, after 30 years old. Just as other life phases, aging presents a series of organic, mental and social changes. (p.109)

Either, aging is a phenomenon that happens during human life, as one more step of the development process and is defined by several biological, psychological and social changes.

BARBANTI (1990), considering the subject says:

If physical activity extends or not life, it won't be discussed now, but there is no doubt that it does improve quality of life of active people and the evidence for this can be noticed with the involvement of middle age and elder people on the "fitness wave" all over the world. Literacy suggests that the biggest threat to aging is not the aging process in itself, but inactivity. Physical activity won't influence longevity because it can't interfere into intrinsic mechanisms of regular aging; however, it's considered that regular physical activity is able to slow down the physiological declination that comes with aging in until 50 %. (p. 112)

Nowadays scientific researches prove the importance of constant and orientated physical activity in maintenance and improvement in quality of life, providing physical, mental and social well being. That's where the NIEATI work fits on, with its physical exercises programs dedicated to elderly.

"The organism, besides to be a result of a genetic program, also suffers the consequences of lifestyle and environment to which it is submitted". CANÇADO (1994, p. 34). The practice of physical exercises by elderly has a fundamental aspect when it's considered that the obtained improvements may proportionate them independence and autonomy, essential to daily activities (AVDs), allowing them such capacity that make them to remain independent the most time as possible. Many elderly still deprive themselves from this possibility because they keep some concepts impregnated on population, and not because of self experiences, and that appears as a negative point of extreme denial for life: "Several elderly under estimate their physical and motor potentials due the strong negative social feeling about old age, incorporating a sensation of incompetence for movements". OKUMA, 1997, p. 43.

Researches and public opinion indicate that, health and its problems always are placed as first priority on population's concerning. If we consider this context it seems natural that individuals, when they start to discuss corporeal activities, make it beginning from health. LACERDA, 1995, p. 63.

On this perspective, with reasoning that support our actions, we try to highlight, as a way to characterize the research problem of this study, which is the student's perception about the development of theoretical sustentation proposals for the work with the elderly, in a perspective of education and health through human movement.**METHODOLOGY**

This research has a diagnostic and descriptive nature, in words of TRIVINOS, 1987, p.110, "Descriptive studies require from the researchers several information about what is going to be studied".

This study's population comprehended CEFD's students that were enrolled on the project "Formação de Monitores" registered in GAP: nº 017836 from CEFD/UFSM.

The sample was composed by 23 students, intentionally selected through volunteer participation of each interested.

Instruments: entrance form and some questions about the academic knowledge about elderly, aging and its

consequences.

On the entrance form the following data were required: name, birthday, age, semester, enrollment number, identity, CPF, address, e-mail and phone number.

The questioning was performed at the places of the project's development, on the first class day of the first semester of 2006 (since May 18, 2006 until the end of the semester, September, 2006). And on the second semester of 2006 (since October 16, 2006 until February, 2007). We consider that this work may be extended to other semesters, aiming to obtain more conclusive results.

The chosen key-words to define the purpose were: elderly, aging, gerontology, geriatrics and old age.

As part of the questioning we also inquired: Do you have will to work with this kind of public? Do you think is needed a special pedagogy to this proceeding? Which are the special cares you think are necessary to have with this public? Do you have any special matter beyond what is already in the chronogram?

On the post-test we developed the following purpose: We'd be glad if you report if material that was given to you on the last class improved your knowledge about the matters.

And more: if you consider that any blank remains on the proposed materials, suggest it, so on next semester we can fill it.

The statistical treatment consisted of the descriptive analysis of the assessments with the percentiles and standard deviation.

RESULTS AND DISCUSSION

Concerning the sample characterization, we focused, overall, on the age mean and the semester witch the students is coursing, the results are shown on the following charts:

Chart 01 - classification of the sample according to the age

Age Group	Nº of students	%	Age mean/standard deviation
18 to 20	10	43,5	19,1 +/- 0,87
21 to 24	10	43,5	21,6 +/- 0,7
25 to 30	3	13	26,7 +/- 2,9

Chart 02 - classification of the sample according to the physical education semester they are coursing

Semester	Nº of students	%
Second	8	34,8
Third	3	13
Fourth	9	39,2
Sixth	1	4,3
Seventh	2	8,7

The identification, then, showed that most part of the students is between 18 and 24 years old and are in the first semesters at Physical Education College at UFSM, what reveal some interest on the theme already on the first contacts with academic life. The strong presence of NIATI in the context of the institution, in special, the noticeable presence of elderly at the university, may be factors that brings curiosity, and, as a consequence, the idea of possibility to work with different groups and contexts.

The demographic alteration due to the increase on the elder population, in Brazil and in the whole world, and its large disclosure made by media and society, also collaborate for the students get into university already with real notions of work possibilities with several populations.

Concerning the instrument that proposed some concepts related to specific terms and some opinions about the teaching proposal, from 23 students only one said that she doesn't aim to work with elderly (she argues that she wants to know better the field to decide if she is prepared for that). The others showed interest to work with elderly.

All the interviewed students think, in addition, that a special pedagogy is necessary to work with this kind of population.

Only one student didn't write about all the key words. The others showed concepts (even diverse) about all or at least the most part of the words.

Six students suggested other subjects to be discussed besides the ones already proposed they were: diabetes, cholesterol and psychological issues.

The declaration of student's opinion concerning the subjects, work methodology and proposal acceptation can be analyzed on the following chart, classified be percentage:

Chart 3 - evaluative classification of the proposal

Classification	Nº of students	%
Insufficient	0	-
Regular	01	4
Good	06	26
Very good	16	70
Excellent	0	-

Therefore we can conclude that most part of the sample considered the hints, videos and subjects well elaborated, solving their doubts; considering that 70% (16) considered them very good, 26% good and 4% regular.

Previous knowledge, from common sense, were deepened, thus, by scientific/academic concepts elaborated and fundamented, enlarging the possibilities to support students in practice and theory, promoting seriousness and security to a work that is assigned to be consolidated on the formation and habilitation of professionals that will be able to educate, through movement, not only elderly, but human beings, in which the "olds" can't be ignored anymore.

Concerning the last proposal, where we requested opinions about probable blanks and new suggestions to continuance of the actions, the opinions were diverse. Some, raffled and literally described, may characterize with more fidelity the profile of the answers:

"I learned many new concepts, that maybe, if I haven't made this course I wouldn't study and learn". (Student 1)

"It was very worthy to my academic formation and life". (Student 3)

"To me excellent is 100%. Then I consider it very good, with the aim to renovate more each time. I loved the classes,

the hints, the videos and the opportunities to show works, the attention. The subjects well elaborated. I congratulate everyone who contributed for the classes to happen in such a pleasant way". (Student 5)

"The issue about the frequency on the course must be more charged. If this happens people will take it more seriously". (Student 3)

We also highlight, in conclusion, that the student that considered it regular thought that many subjects related to the theme were missing. The biological and social aspects should have been deepened it were missing to more practical classes. In the end she apologizes for missing some meetings.

The answers' analysis had, overall, the aim to notice the concepts that conduct the academic/professional formation of the interviewed, supporting this way, the need of instrumental and pedagogical intervention for the formation of conscientious and critical professionals with a new concept of patients - the elderly.

Therefore, the tendencies, perceptions, concepts and perspectives awaken in this study are the ones that we intend to follow when we hear the speeches that exalt the dimensions of knowledge as influent factors on the practices developed with elderly in the university context.

According to the results we intend to maintain the teaching and research project on this field and to evaluate other students to earn deeper and more pertinent reflections.

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"MONITORS FORMATION IN NIEATI": PERCEPTION AND PERSPECTIVE CONCERNING THEORETICAL SUPPORT FOR THE WORK WITH ELDERLY

Abstract

Nowadays some scientific researches have proved the importance of constant and guided practice in the life quality matenance and betterment, to supply autonomy (the most basic necessity) and well-being to everybody. Then there is the "Nucleo Integrado de Estudos e Apoio à Terceira Idade" (NIEATI) with its research/extension projects. This study propose the teaching and research, having as corpus 23 Physical Education students, who want to work with elderly, developing physical activities for this people. With some aims, we desire: -To prepare, with the students, some bases of theoretical sustentation to the actions development, with activities which characterize real teaching proposals, with the human movement pedagogical aim; - To decompose in two parts (pre and post-tests) how the students of our study face this part of the population that is increasing and composing a demand of work and - To characterize the students through data like age and semester, besides their knowledge about elderly, the oldness and its consequences. The identification has indicated the majority is among 18 and 24 years old and study the three first semesters. About the questionnaire, we asked 6 definition words. In the pre-test, 22 indicated some concepts about all of them. The majority has considered the advices, the videos and the contents well elaborated, achieving their doubts, 70 % (16) has considered very good, 26%(6) has considered good and 4%(1) has considered regular. We could conclude our experience was valorous, and we intend to continue this work in each semester, by students' solicitation.

Key- Words: Academic Formation, Physical Education, Elderly

FORMATION DE MONITEUR AU NIEATI: DE LA PERCEPTION ET DES PERSPECTIVES SUR LA SUSTENTATION THÉORIQUE POUR LE TRAVAIL AVEC LES AGES

Rèsumé

Aujourd'hui des recherches scientifiques montrent l'importance de la pratique constante et guidée dans la manutención et amélioration de la qualité de vie, en favorisant l'autonomie (sa besoin la plus basique) et bien-être à tous les individus. On trouve là le Nucleo Integrado de Estudos e Apoio à Terceira Idade (NIEATI) avec ses diverses projets de recherche/extension. Cet étude a comme but l'enseignement et recherche, en ayant comme corpus 23 académiciens au cours d'Éducation Physique, qui veulent travailler avec des agés, en faisant des activités physiques et de loisir pour cette population. Ce qu'on veut: former, avec les académiciens, des bases de sustentation théorique pour le développement des actions, avec des activités qui puissent caractériser des vrais propositions d'enseignement, avec le cible pédagogique du mouvement humain; - Analyser en deux phases (pré et post-test) comment l'académicien sujet de notre étude, face cette population qui est en croissance et compose une démande de travail et - Caractériser l'élève, à travers des informations comme l'âge et le semestre d'étude, en plus, sa connaissance par rapport l'agé, le vieillement et ses conséquences. L'identification a montré que la plus part se trouve entre 18 et 24 ans et suivent les trois premiers semestres. Le questionaire a 6 mots à fin de recevoir une définition. Dans le pré-test, 22 ont montré quelques conceptes sur tous elles. La plus part a consideré les indications, les vidéos et les contenus bien faits, en completant leurs doutes, que 70% (16) a consideré trés bien, 26% (6) a consideré bon et 4%(1) a consideré régulier. On a eu comme conclusion la conquête de notre expérience, et chaque semestre on a envie de donner séquance à ce travail, par solicitation des academiciens.

MOTS CLES: Formation académique, Education Physique, Agé

"FORMAR MONITORES EN EL NIEATI": PERCEPCIÓN Y PERSPECTIVAS EN RELACIÓN AL SUSTENTO TEÓRICO PARA EL TRABAJO CON MAYORES.

Resumen

Actualmente trabajos cientificos prueban la importancia de la practica constante y orientada en manutención y mejoría de la calidad de vida, proporcionando autonomía (la más basica necesidad) y bien estar a todos individuos. Se encuadra aquí el Nucleo Integrado de Estudios y Apoyo a la Tercera Edad (NIEATI) con sus diversos proyectos de investigación/extensión.

El presente estudio considerado diagnóstico y descriptivo, propuso enseñanza e investigación, teniendo por muestra 23 academicos del curso de Educación Fisica, que añelan trabajar con mayores, desarrollando actividades fisicas de ócio para esta población. Como objetivos, vislumbramos: _ Formar junto a los académicos, bases de sustento teórico para desarrollar acciones, con actividades que caractericen propuestas concretas de enseñanza con enfoque pedagógico del movimiento humano; analizar en dos fases (pré y post-test) cómo el académico, sujeto de nuestro estudio, encara esta parte de población que está creciendo y forma una demanda promisora de trabajo y _Caracterizar el alumno, a través de datos como, edad y semestre cursado, además de su conocimiento en relación al mayor, el envejecimiento y sus consecuencias. La identificación mostró que la mayoría se encuentra entre los 18 y 24 años y cursan los 3 primeros semestres. La encuesta, constó de 6 palabras a ser definidas. En el pre-test, 22 presentaron algún concepto sobre todas, aunque adverso. La mayoría consideró las pistas, videos y los conceptos bien elaborados, complementando sus dudas, siendo que 70% (16) les consideró muy buenos, 26% (6) les consideró buenos y 4% (1) regulares. Concluimos que nuestra experiencia fue exitosa, y a cada semestre pretendemos dar sequencia a este trabajo, por solicitud de los própios academicos

Palabras-clave: Formación Academica, Educación Fisica, Mayores

FORMAÇÃO DE MONITORES NO NIEATI": PERCEPÇÃO E PERSPECTIVAS ACERCA DA SUSTENTAÇÃO TEÓRICA PARA O TRABALHO COM IDOSOS

Resumo

Atualmente trabalhos científicos provam a importância da prática constante e orientada na manutenção e melhoria da qualidade de vida, proporcionando autonomia (sua mais básica necessidade) e bem estar a todos aos indivíduos. Enquadra-se aí o Núcleo Integrado de Estudos e Apoio à Terceira Idade (NIEATI) com seus diversos projetos de pesquisa/extensão. Este estudo, considerado diagnóstico e descritivo, propôs ensino e pesquisa, tendo como amostra 23 acadêmicos do curso de Educação Física, que almejam trabalhar com idosos, desenvolvendo atividades físicas e de lazer para esta população. Como objetivos, vislumbramos: - Formar, junto aos acadêmicos, base de sustentação teórica para desenvolvimento de ações, com atividades que caracterizem propostas concretas de ensino, com enfoque pedagógico do movimento humano; - Analisar em duas fases (pré e pós-teste) como o acadêmico sujeito de nosso estudo, encara esta parcela da população que está crescendo e forma uma demanda promissora de trabalho e - Caracterizar o aluno, através de dados como faixa etária e semestre cursado, além de seu conhecimento em relação ao idoso, o envelhecimento e suas conseqüências. A identificação mostrou que a maioria encontra-se entre os 18 e 24 anos e cursam os três primeiros semestres. Já o questionário, constou de 6 palavras para serem definidas. No pré-teste, 22 apresentaram algum conceito sobre todas elas. Ainda que adverso. A maioria considerou as dicas, os vídeos e os conteúdos bem elaborados, complementando suas dúvidas, sendo que 70% (16) considerou muito bons, 26% (6) considerou bons e 4% (1) considerou regulares. Concluímos que nossa experiência foi exitosa, e a cada semestre pretendemos dar seqüência a este trabalho, por solicitação dos próprios acadêmicos.

Palavras-chave: Formação Acadêmica, Educação Física, Idosos.