161 - FORMATION AND THE JOB MARKET AT GYMS IN THE CITY OF PELOTAS

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The intervention of research professional: the job market and the formation.

The present work comes from a research that focuses the complexity of the physical education professional's field. The choice for this topic was because of the physical education expansion - the job market and the increasing search by the areas in the selective process of the university, recent profession regulation, and the creation of the national and regional councils, curricular changes from the state to be changed from 2004 and the future discussions in the curricular division that will support the implementation of new courses and its demands based on the job market.

The substantiation of this growing in the area points to the necessity of new studies that bring the emergent questions of these transformations while they refer to the social, epistemological, pedagogical and cultural plans. The question to be treated is a cut at this panorama and there is as a background the relation between the university formation and the job market.

It is necessary to section the job market considering only the gyms of Pelotas to move on this discussion about the professional and his formation during classes of Research Methodology II. This work is composed by interventions done in the classrooms and at the gyms of the city, considering the following topics: health, job market and formation; which support this research continuity.

At the first step of the research, we diagnosed quantitatively and qualitatively mapping the infra-structure conditions of the gyms and their offered services through a questionnaire. Then the second step, which is still in process, intends to analyze deeply some of these questions, related to the teachers of the gyms and their respective students and still based on the diagnostic results. Specially at this article, we focus on the gyms, their realities, and its curricular, discursive, and non discursive applications to deepen the complex relations between some concepts considered historically and culturally important for the Physical Education, specially those at the job market regarding health, teaching, education. These concepts feature a micro political productionof some forms of subjectivity, related by Guattari (1996), to this continuous process of ruptures lived by this professional.

Gyms in the city of Pelotas: discussing a context.

We used the students questions to collect the data for the research about "the job market at the gyms" and we also counted on the students of the Research Methodology II of the first semester of 2005; this work was based on a conception of how to stimulate the students into the research practices at the scientific initiation; collect data to a possible diagnostic reading the job market at the gyms in the city of Pelotas; divulgate the research practice as a essential tool of the autonomous and creative professional exercise, whose base is in the capability to intervene and to elaborate answers to the questions of the problems they live everyday.

We haven't ignored a series of tools in favor of the main questions of our professional practices, whether it is beginning or already in a context of formation and at the job market.

We self nominate writer-researcher students while a group that sees the university under the optic of intervention; so, based on "this" we need to define how to start this uncommon discussion at this area, dealing many times with the "empty discourses" about the quality of life, and the constant search of this area professional; we left behind the discussion about the body system and focused on a substantiation, not only theoretical, but visceral discussion, which would move the professional identity that works with health. We nominated a discourse as a common sense, which faces health as physical activity; it means that the science and the communication make us believe that if we practice physical activities we are free of everything else, leaving behind other aspects of the social life. Or still, another speech that appeals to the pragmatism related to the pleasure and to the esthetical models, which ones are extremely profitable to the fitness industry.

Afterwards, we started mapping the gyms in the city of Pelotas that offered at least fitness, there were selected 25 gyms among them all.

1 Titled: "the process of teaching and the university formation: a gym diagnoses at the gyms of Pelotas", that has been happening at the cultural group of studies at the Physical Education College of the Federal University of Pelotas - UFPel since 2004.

2 Currently this procedure is followed at the Supreme Court (ADI 3428) that previews the system extinction CONFEF/CREF.

3 Questionnaire done at gyms in the city of Pelotas, the questions were made by the trainees during their fortnightly meetings, such as: how many graduated professionals are there at the gym? How many trainees are there? What is the trainer situation? How many students are there? What are the services offered by the gym? How much are they? Has the CREF visited the gym? How many times and when? Have you joined CREF? How long have you been opened? How many partners are there? How much is the wage? Among other questions.

4 The micro politics under a foucaldian analyses is focused on the institutional practices, on the "games" of the university at the meetings, during the classes, at the discussions of a curricular reform and etc. (FOUCAULT, 2002).

5 CONFEF letter; A Brazilian letter of Physical Education; the ethical code; Magazines of the CONFEF/CREF system; magazine articles; internet discussion pages; the CBCE; gym list joint to SEURB; Telephone Book of the city of Pelotas; law of CONFEF creation (9.696/98); CONFEF resolution nº 052/2002; project of law 7370/02; CREF2/RS statute; interviews and visits at the gyms; our experience at gyms; our curiosity and interest in thinking about the Physical Educator formation.

6 To see more: speech of SANTIN, Silvino. Body Culture and quality of life, 2001. (Mimeo).

7 The discussion about the identity in the Cultural Studies is well worked at SILVA, Tomaz Tadeu da (Org.) Difference and Identity: the perspective of cultural studies. Petrópolis: Vozes, 2000.

8 The following article is an example of this model: Partnership with gyms replaces class in São Paulo. Tired of lack of interest of the adolescents, the principal of the school Renascença, in Higinopolis , dismissed this year the physical education teachers from the eighth grade on, and sent everybody to the gym. The school settled a partnership with the gym Bio Ritmo, which is just few meters of the institution, in order to the students attend it instead of the physical education ordinary classes. The principal João Carlos Martins tells the students aren't supposed to pay any extra for the special classes and most of them are very happy with the new classes. "Our intention was to motivate them for the physical education class. Boys always want to play soccer and most of the girls don't like to practice sports". Among the possible options, they can practice martial arts, dances, aerobic and fitness.

9 The students of the school are oriented by the gym teachers. The gyms are suggested by the National Curricular Parameters (PCNs), which suggests also the diversification in the physical education classes.

The obesity and the sedentariness of Brazilian children and adolescents is one of the worries worked on the text. The PCNS orients physical education to be more like physical conditioning. Source:O Estado de São Paulo 22/3/2006.

Because of the focus of this article, we chose not to deepen all the collected data in the research, even so we consider interesting to mention some of them: the price paid to a teach varies from R$ 2,00 to R$ 15,00 for an hour of work, this price is related to the teachers modality of work at the gym, which are worse paid those who deal with fitness; most of the gyms have already been visited by CREF, some more than once and some gyms have their professionals joint, many of the gyms criticized CONFEF/CREF system during the interview and also during informal talks; few of the gyms don't have trainees and just a reduced number of them offered to the trainees a training contract; the youngest gym is 2 years old and the oldest one is 22 years old. Most of them have 1 or 2 owners and the price of attendance varies from R%$ 12,00 to R$ 100,00 depending on the modality chosen. All collected data are at the training report "the work market at the gyms" (ESEF/UFPel).

The collected data from the questionnaires nurtured our discussions about the macro politic level of these analyses, as well as the existent relations between the formation and the great search for this market even in such conditions

Health as a concept...

In order to subside our choices, we priories the discussion of health to compose our devices and to think about this professional formation, which is getting started in the job market without any preparation received in the university formation; also the discussion about the same formation, about the information of true discussions that defines slightly this professional profile.

We mainly used speeches of the midiatic mean, to contest and to reflect:

The capitalism denounces the social contract that was the base of the Fordist regime. The work comes from an activity more and more discontinuous. The periods of hyperactivity alternate with unemployment periods, the time of work and the amount of earnings are flexible and unpredictable. The professional that deals with this discontinuity at the work surfs from a job to another, without a stable job to be focused and concentrated into. All these professionals that work with money and merchandises compose a post-industrial proletariat class, the post-Fordist proletariat. (ANDRÉ GORZ. Magazine FOLHA DE SÃO PAULO, supplement MAIS, 30/01/2005. Lazy revolutionary. Page 7).

About the multiplicity of the discursive field, the vehicles of communication contribute for the production of health, life, quality and social values, which ones are extremely scientific, dealt as an understanding of the body and its healthy practices, as describes the complexity in favor of the scientific investigation:

Many researchers alert to the pharmaceutical industry power, whose marketing transmit the idea that its medications are able to solve all the patient problems. It is like they said: "have you lost someone and you are sad? Don't waste your time, take an antidepressant". To Maria Rita Khel, "this easiness of medication any psychic discomfort, empty the subjectivity". Bezerra emphasizes that suffering is not the only target growing nowadays. The childhood, the sexual pleasure, the leisure, the eating pleasure, and infant education, among other aspects of the existence "that are under the specialists attention". He explains that with the utopia of the perfect health and the demanding of happiness which evolve us constantly, to suffer is a question of existential inefficacy or physical chemistry dysfunction, which should be as fast as possible treated. He believes that it also happens because of social and cultural causes not only because of the pharmaceutical industry; however, its role is determinant. To Bezerra, the medication is appropriated "when it is able to help the person to take up the reins of his/her existence". It is very important to correct physical states: "it is not supposed to treat the brain, but the person". It is clear that if we take a chemistry substance we reach the brain. As wellas, if we use words, he concludes. (the medication for suffering. Revista Ciência e Cultura: topics and tenderness. Revista da SBPC, year 56, number 4, November and December of 2004).

To think in health nowadays doesn't only demand an effort of locating the scientific positivism, the sanitarian-medical traditions and the politic conservativeness, but also try to bind the learning practices to the research practice in the university, and by considering it, we realize that presently many other professions have been prescribed the practice of physical education and have been evolved in the question of how to improve the quality of life.

The Physical Education while area that also deals with health matters often discusses the work market inclusion, in other words, consume through physical activity such as the personal training who is in this logical, from the collective to the individual. Insiders of a capitalistic system, we think in those who are not producing, are at the public schools, are in the edge of the society, are underfed, are overweight, etc.

The media uses a speech based on the Pedagogy of Fear and Guilt, where everything is remediable, where the promise of an eternal life is an easy conquest, how many of our professionals research at the "Boa Forma" magazine? How many of us reduce health into a unilateral treatment?

Denise Sant'anna (2002) discusses the currently search about the body as producer of pleasure, she reflects on some questions made by the mega industry of beauty about the body, the nutrition and the health, everything that can be consumed, treated and desired, such as the self-help books, tranquilizers, and antidepressants; the fear of getting sick, the advanced technology in the gene studies, cells and embryos make us desire the eternity of the body, or at least, the postpone of the body deadline.

As the publicity and the marketing evolve the social relations, and the selling of "democracy kits", there is still the question of the social cleanness: if you consume this brand, you are saying NO to prejudices", "if you buy our products you are helping that ecological entity", wouldn't it be eugenic? Is it different of the previous health conceptions? If we still don't penetrate into health and quality of life matters, we realize how empty and unilateral the university formation is. It is necessary another urgent conception. It is necessary to shake the conceptions of the professional who works with health and quality of life matters.

Our first questions are about health concepts in the formation: health opposed to sickness, death, as longevity; is it in our curriculum? Where? In what discourses? In what practices? Where, how or by whom is the sick body defined at the Physical Education practices? Is it possible to point out some faults in the professional formation when a health concept is concerned to the complexity of the job market at the gyms, for example? It is possible to diagnose the use or not of specialized magazines in health and body themes by this professionals? In what way is this knowledge important to the professional formation? Where do professionals search supports to plan their classes?

Most of the youth avoids the mirror to neglected the own body. A syndrome without cure in 53% of thirteen-year-old girls and in 78% of seventeen-year-old girls since 1830: the fear of the mirror. These numbers are based on a research made by the North American Carol Gilian. The historian Joan Jacob Brumberg who teaches at the Cornell University in New York, USA says the reasons are related to the period. Last century, girls didn't organize their lives considering the body. Nowadays, girls have changed the good behavior of the previous centuries to a good appearance. The historian use examples taken from diaries

10 To see more: ANTUNES, Alfredo César. Professional profile of gym and fitness instructors. Magazine Digital Buenos Aires, year 9, n° 60, may 2003.

11 To see more: GOULD, Stephen Jay. The false measurement of the men. São Paulo: Martins Fontes, 1999. At this book the author discusses an old question related to the body preparation to the war, the species selection, the science and its determinisms, where by publishing his racial discoveries, he evidences that science, or the scientists seize certain concepts to trace a pattern of the normality, of the perfection, or still of the species improvement, a determinist biological vision of the man, health and life.

12 To see more: JR. MATIELLO, Edgard and GONÇALVES Aguinaldo. Between the bricolage and the personal training service, or... the ethical relation between physical activity and health. In: Anais do XII Congresso Brasileiro de Ciências do Esporte, 2001.

13 To render problematic a research to our group implies make it clear, a scientific vision, a perspective, a way of viewing, of asking, of making hypothesis, of analyzing, of organizing the knowledge. This explains the theoretical-methodological choices that we do, the given directions dependent on different or even antagonistic interests. From this conception on, we tried to make available the magazine articles, the teacher's discourses at ESEF/UFPel about the health conception, the student's point of view, the gym teachers who also offered us a conception. The antagonistic discourses, which show us how the discussion about health is more complex than we think, also show us that simple reductions are not consistent to a thought and to a consequent production about a thematic that demands a multidisciplinary view.

14 This discussion in the text: "talk to yourself: subsidies of a plan for ethical, esthetical and political eminence of the concepts in health". RIGO, Luiz Carlos, PARDO, Eliane Ribeiro e SILVEIRA, Tatiana Teixeira. Revista Brasileira de Ciências do Esporte, vol 27, n° 3, p.57-71, 2006.

15 Nietzsche does some reflections on the conceptions of a great health, in the book "human, over human" Volume I.

of adolescents. In 1892, an adolescent desire: not speak about her and her feelings, think before speaking, work seriously, be restrained when talking and acting". In 1982, almost a century after, the desires were:"…lose weight, buy new contact lenses, have a new haircut, have new clothes and accessories". It doesn't mean that there wasn't in 1830 worries about beauty, but they were different. Overweight was virtue and to the twenties slimness was seen as sickness. At the twenties, it was discovered the "calories", then diets, frustrations, anorexia and bulimia. Nowadays, many projects to our body evolve orthodontia, dermatology, diets and exercises. (Folha de São Paulo, COTIDIANO, third section, page 1, São Paulo, Sunday, 10/25/1998).

The choice to work with cuts and articles in classroom and then render problematic a polemic topic like health is to question who produces the discourses, the truth about the healthy body, and how does it happen in the formation? By rendering problematic the formation we put in relation, we deal with researchable questions, we organize our own itinerary, the ethical ride. It is also to establish the political, ideological, moral, scientific and epistemological bases from where came those questions and not others, as well as, to establish them in a certain way and not in another (the theoretical fundaments, the data, the collect instruments, the analyses, etc.).

After this first considerations, we connected the quantitative data already collected and discussed in the group, considering the health concept based on ethics, and we qualified the discussion about what the professional formation is in a battlefield of concepts, which molarize the teaching production of the teacher of Physical Education (Deleuze & Guattari, 1996). To Santin (2001): "to love the body is the first commandment of a body culture and the only way to reach a quality of life. That is why I restate, as body culture as quality of life is more concerning to ethics than science".

The ethic dilemma as a solution?

Some of these questions that evolve the work market of this professional and consequently academic formation bring dilemmas to the ethical plan when confronted to some of these health concepts, for instance: those that operate at the subjectivity and experimentation of this professional. Any way, if we aren't crazy, are we alive? Are we kidnapped by the consumerist furor, if we are not kidnapped by our desires? At the point where we unavoidably ask: questions? Will we be happy one day? Future? Will it really be our time? What are we doing of four lives lately? Are we or not sick of senses? We don't cry, we don't smell, we don't touch. How many people stroke for the Candelária boy's death? For the slaughter fo Capão Redondo? Where are you? How do we "gain life"? We are also suffering for the sickness of speaking. In excess or absence. The real fact is that we don't listen properly what the others want to say. On the other hand, we feel sometimes that nobody listens to us. We wish to speak and get tired to listen too fast. Sometimes we love and sometimes we hate. Sometimes we confuse everything. We don't listen the scream of the Tsunami deaths, but as excess and threat.

By one hand, we are tired of saying what we should do when growing. What should we do, think, say? How to do it? Why to do it? We consume daily forms to live with quality where life and health are normative concepts, introduced at the discourses and scientific, publicist and business practices, subjective imposts on very high costs under an existence based on obligations and pleasure. At a very happy ending everybody wishes. Fairy tales that was told to us. Our every day lacks. Our romanticized childhood. Ways of well living where the idealized forms of health are sold into reasonable prices, and acquires an existence, true value, turning us hostages of a dangerous potentiality because it is the only reality and not its diligent image. By other hand, we still believe in the next day. However, we have acquired some cellulites, fatty acid, adipose tissue in the stomach, calories, tired muscles, exhausted brain, spoilt teeth, acnes; sick body of fears, hunger and work; and our heart is hurt. Sometimes our eyes shine. Heart beating. Dropping tear. Why is that? Life is pumping. The great health demands fresh air to breath by itself. To say health means also to defend a way of existence, to be in the world, to establish a presupposed for an intervention, for managing the indispensable which is life with quality.

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THE ACADEMIC FORMATION AND THE JOB MARKET AT GYMS IN THE CITY OF PELOTAS

Abstract: this article is part of a research about the work market - gyms in the city of Pelotas - and the professional formation of Physical Education. We use the resources of scientific initiation to create the bond between the research and the teaching process; both topics are interesting to the professional who is getting started at the job market.

Key words: professional formation, job market, health.

LA FORMATION ACADÉMIQUE ET LE TRAVAIL VENDENT DES GYMNASES DANS LA VILLE DE BALLES

Résumé: Cette article est partie intégrante d'une recherche sur marché du travail - les gymnases de la ville de Pelotas - et le professionnel de formation de l'éducation Physique. Nous avons utilisé les ressources de l'initiation scientifique pour créer l'attache de la recherche et de l'enseignement dans cette intervention qui essaie de discuter ces deux thèmes qui commencent de la parole de la santé dans la complexité du champ de la connaissance qui le même professionnel pénètre quand entrer dans le marché du travail.

Mots-clés: formation professionnelle, marché du travail, santé.

LA FORMACIÓN ACADÉMICA Y EL TRABAJO COMERCIALIZAN DE LOS GIMNASIOS EN LA CIUDAD DE PELOTAS

Resumen: Este artículo es parte íntegra de una investigación en el mercado del trabajo - los gimnasios de la ciudad de Pelotas - y el profesional de formación de educación Física. Nosotros usamos los recursos de la iniciación científica para crear la atadura de la investigación y de la enseñanza en esa intervención que intenta discutir esos dos temas que empiezan del discurso de la salud en la complejidad del campo de conocimiento que el mismo profesional penetra al entrar en el mercado del trabajo.

Palabras-claves: formación profesional, mercado del trabajo, salud.

A FORMAÇÃO ACADÊMICA E O MERCADO DE TRABALHO DAS ACADEMIAS DE GINÁSTICA NA CIDADE DE PELOTAS

Resumo: Esse artigo é parte integrante de uma pesquisa sobre mercado de trabalho - as academias de ginástica da cidade de Pelotas - e a formação do profissional de Educação Física. Utilizamos os recursos da iniciação científica para criar o vínculo da pesquisa e do ensino nessa intervenção que procura discutir esses dois temas a partir do discurso da saúde na complexidade do campo de conhecimento que esse mesmo profissional adentra ao ingressar no mercado de trabalho.

Palavras-chave: formação profissional, mercado de trabalho, saúde.