177 - QUALITY OF LIFE AND EDUCATION FOR THE HEALTH: ANALYSIS OF THE PROFESSIONAL OF UNIVERSITY OF PHYSICAL EDUCATION OF SANTA CATARINA - BRAZIL

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INTRODUCTION

The Physical Education is an extremely important area for the development of the human being. However, during much time, mainly inside the schools, this modality of education was dealt with with extreme inaquality in relation to excessively disciplines, since the idea was created of that the school is the place for the development of the mind. E thus the body was left of side (CAPON, 1991; FREIRE, 1999).

Currently, with the constant growth of the concern with the health and quality of life, the profesional of Physical Education gained importance and prominence in the educational way, how much labor and in such a way social, since its formation allows it to work with the diverse instances of the health where it assists excessively in optimum physical and mental performance of the individuals (NAHAS & CORBIN, 1992; SALLIS, 1994; SHEPHARD, 1995). Thus, its presence in the most diverse areas made with that the universities that work in the formation of these professionals had to change its methodology and vision of as to prepare the people to work in a so important and differentiated area as is the Physical Education.

Effective standards however of quality of life in give the accurate notion to them of the reality that in the fence, since each time more people look to academies or personal trainers, among others forms to acquire improvement in its health and auto-they esteem (BUSS, 2000).

The schools of Physical Education have modified its formatting constantly to take care of to the new requirements of market, if inserting in the form context to prepare apt professionals to execute the most diverse activities. Today, the resume of these courses is directed for a bigger approach of the health, in detriment of the esportivas modalities, that were the main point of attention previously (NEIRA, 2005). In this point, this research will allow to show that the profesional of Physical Education that exerts its activities in superior level is a normal human being, with possibilities and limitations, beyond also allowing to a reflection between practical theory and and a bigger knowledge of the reality of the classroom for the proper workers in this area. In this direction, it is important to understand the reality of the professionals who act in these courses, its style of life and which the form with that they apply in its proper daily teachings that propagate in its lessons.

The vision that the majority of the people has of the teacher of Physical Education is of the individual of athletical transport, clear-cut body, that motivates its pupils to try to reach this form, had as ideal (PITANGA, 2004). But quality of life and health do not only mean this, and of this form the concept cannot be univocal and if quick the particular perceptions and beliefs, however a profile is considered as "ideal" that has as characteristic of each individual, as happiness, physical, psychic and social well-being, satisfaction with the life, prosperity, existence with meaning, amusement, freedom, pleasure, balance, among others, and, had to this complexity, a deepened analysis is necessary more of determined component elements of day to day the educative action of the people, in the case of this work, of the professionals who act in the courses of Physical education.

The health and quality of life are, currently, two factors of constant concern of the population in general. To keep a healthy body, that until little time was a privilege of the elites and considered a "unnecessary fashion", became one strong general concern, increasing the life expectancy of the human beings, as well as brought for daily of the people the activities as to walk, to run, to practise exercises in academies, to make ioga, among others as many types of activities, started to be a referencial it human being that it not only looks for to remain itself in form, but also to prevent illnesses, to improve the physical and preventive aspects of health, that consequently can raise its auto-esteem and pleasure of living (PEREIRA, 1999; PITANGA, 2004).

Of this form, the graduation courses, between them the Physical Education, had mainly had that to adapt itself for this new effective reality, where on the contrary of the emphasis in the practical training for the porting one, had a canalization of the activities for well-being and health of each one while to be individual and social. However, while the professionals had had that to adapt its you discipline in the superior courses of Physical Education for this new aiming, did not have a questioning that she evidences if what they claim these professionals, that is, the search for the improvement of the health and quality of life, is applied by them in its daily one.

From this observation it is asked: **How one meets the health and quality of life of the professionals who act in the courses of Physical Education in the superior education of Santa Catarina and as these factors intervene with practical the educative one?**

The search for one better life condition is not a new factor in the society. However the attention excused to the aspects related with the health and quality of life are factors that had been being promoted as necessities mainly in last two decades (OLSZEWER, 1994; MARTENS, 1996; CASPERSEN & KRISKA, 1997, BUSS, 2000). Therefore, many works had been developed in the direction to clarify the people mainly, the laypeople, on the benefits of the physical activity, the balanced feeding, the importance of the leisure, among others circumstances, that had provoked a new questioning on the concepts of what it comes to be quality of life and which aspects are necessary to get a good level of health.

OBJECTIVES

- To analyze the health and quality of life of the professional who works in the courses of Physical Education in superior level;
- To determine the IMC - Index of Corporal Mass of the professionals in relation to the established one for the standards of physical evaluation;
- To add new information on the professor of Physical Education, that allow to get a general vision of its qualitative aspects of life and health;
- To propitiate a real communication in the State of Santa Catarina - Brazil, in relation to the physical educator who acts in superior level, specifically in the courses of Physical Education.

MATERIALS AND METHODS

Type of Research: This is a field research, with quantitative and qualitative boarding.

Instrument of Research: Was used the questionnaire of quality of life of the OMS - World-wide Organization Health of the Whoqol-Bref (FLECK et al, 2000) to determine the intentioned variants.

Sample and Period of Application: The version in Portuguese of the Instrument of Evaluation of Quality of Life of OMS (Whoqol-Bref) had its application enters the months of December of 2005 and February of 2006, in diverse institutions of superior education of the State of Santa Catarina.

The criteria for the election of the sample as well as the methodology used in the test of field of the shortened version of the Instrument (Whoqol-Bref) had been random, being sent the questionnaire to all the professionals, and analyzing those that had effected the return of the same. They had been analyzed professional of the sexos masculine and feminine, that act in courses of graduation in Physical Education, of diverse institutions of superior education of Santa Catarina. The sample is random and not intentional. The reach is exploratório.

Attainment of the Whoqol-Bref Instrument: The Whoqol-100 and the Whoqol-Bref are a property of the World-wide Organization of Health - OMS. Although this, the readers can use and copy the questionnaire. The users must be remembered of that, using the Whoqol-100 and the Whoqol-bref, but they do not have to modify the orientações, questions and "layout" of no form (FLECK et al, 2000).

Treatment of the Data: It was effected in accordance with the standards demanded for the Whoqol-Bref test, in annex. Program SPSS 11,0 for the analysis was used statistics of the data.

RESULTS

In relation to the sex, 57 men and 75 women had been searched, in the band of 25 the 56 years, being the average of age of the interviewed ones of 37,1 years.

It is important to stand out that these values do not reflect the average of general age of the professionals who act in the courses of Physical Education in Superior Ensino, however suggest that this value reflects with a good degree of precision this average. As for the etária band of the professionals who act in the superior education of Santa Catarina, specifically in the courses of Physical Education, it was gotten following conformation:

The results show that the average of age of the professionals who act in the superior education of Santa Catarina, in the courses of Physical Education are of approximately 37 years.

The degree of especialization of the analyzed professionals is:

	Population	%
Complete Graduation	3	2,27
Complete Especialization	12	9,10
Incompleto Master	9	6,81
Complete Master	57	43,19
Incomplete Doutorado	21	15,90
Complete Doutorado	30	22,73
TOTAL	132	100,00

This item sample that more than 88% of the searched professionals who are acting in Superior Ensino of Santa Catarina are attending a course or already possesss master or doutorado.

In relation to the index of corporal mass - IMC, the gotten results had been:

	Normal Weight	%	Fat Level 1	%
Men	51	38,64	24	18,18
Women	9	6,81	48	36,37
TOTAL	60	45,45	72	54,55

Before everything, she is necessary to point out that the Index of Corporal Mass is to impose a fine on a pointer, and does not determine of unequivocal form if a person is above of the weight or fat. She has some problems in using the IMC to determine if a person is above of the weight. For example, muscular people can have a high Index of Corporal Mass and not to be fat. The IMC also are not applicable for children.

Another problem is the influence, not yet studied enough, that the racial and ethnic differences have on the Index of Corporal Mass. For example, a group of advising to the World-wide Organization of Health concluded that people of Asian origin could be considered above of the weight with one IMC of only 23.

She is necessary to stand out that the IMC, although to contain some weak points, are an easy method in which any one can get an indication if is below of the normal weight, above of the ideal weight, or obeso. However, the method most necessary to determine if the person are fat are the measurement of the porcentual of corporal fat.

In relation to the Whoqol questionnaire, four domínios had been analyzed, that are the physicist, the psychological one, social and the environment. The answers had shown that:

Level of Health that the interviewed ones consider to possess:

	Peoples	%
Weak	3	2,27
Nor bad, nor good	12	9,10
Good	69	52,26
Very good	48	36,37
TOTAL	132	100,00

More than 87% of the interviewed ones consider its level of good or very good health. This suggests that the level of quality of life of the professionals is adjusted to an active style of life. With regard to the questions contained in the questionnaire, the answers suggest the following analyses:

1 - In relation to the physical domain:

- More than 80% of the professionals had told not to feel physical pains or discomforts.
- More than 80% of the professionals consider to possess enough energy for its day, and they do not present significant signals of fatigue.
- A percentage of more than 70% is satisfied with its sleep and the amount of time that it possesss for rest.
- More than 90% of the professionals present an excellent degree of capacity in relation to mobility.
- A contingent of more than 80% of the interviewed ones tells to possess enough disposal for the activities of its daily one.
- Less than 10% they present necessity of some type of medication.

2 - In relation to the psychological domain:
- A superior amount 90% presents optimism and a form to face the daily activities with positive and passíveis feelings of success.
- More than 70% present capacity of good or very good concentration and memorization.
- A superior amount 90% told to possess a good level of auto-esteem.
- Approximately 90% are satisfied with its corporal image (physical appearance).
- Around 80% they had told to feel at some moment negative feelings in relation to the life.

3 - In relation to the domain of the social relations:
- A contingent of more than 90% appreciates the people which daily it coexists.
- More than 90% had told that they possess familiar support and in the institutions where they act, as well as of its friends.
- A superior amount 90% said that she is satisfied with its sexual life.

4 - In relation to the environment:
- More than 90% feel security in its lives in relation to the diverse factors that involves them (chances, security in the work, the familiar environment).
- Around 70% they had told that they are satisfied with the amount of financial resources that they possess.
- Approximately 70% had said that the social services of health are satisfied with its access and.
- A parcel of more than 70% says to have chances of leisure and recreation.
- More than 90% consider that the questions of pollution, noises, transit and climate are not factors that intervene negative with its well-being. - More than 80% are satisfied with its half one of transport.

CONCLUSIONS

The interviewed ones had taken 7,5 minutes pra on average to answer to the questionnaire, what it demonstrates the clarity of the questions, that facilitates to the understanding and the best importance of the gotten data.

The research brought given interesting, where if it observed that 45,45% of the interviewed ones possess weight inside considered aspect normal, that is, are inside of the ideal in the relation stature - weight. However, preoccupying data were standed out, where 54.55% of the interviewed ones are above of the normal weight, meeting in the called fat level 1.

This factor allows a questioning: if the professionals act in a course where if privilege the improvement of the health and quality of life and where if prepares people to act in this field, is not incoherent that its proper personal position is opposing to the rules that teach? For having greater knowledge of the effect of the obesity in the human organism, and for being considered by the society as model to demonstrate the necessity of the physical activity it is illogical that the proper professionals do not use the concepts that they give.

In relation to the physical aspect, one perceives that the professionals possess a good level of conditioning, what she allows that its practical educative is condizentes with its style of life, thus relating the profession to the proper performance.

In relation to the psychological aspect, the fact of approximately 30% to tell not to have good performance in relation to the concentration and memorization worries, for the fact of that they are educators, and has a responsibility that it demands of them a good performance in these aspects. We believe that these answers demonstrate the work overload for which some professionals have of if subjecting to obtain to keep a good standard of living.

Still in the psychological aspect, 80% had more than told to feel at some moment negative feelings in relation to the life, however this fact is not significant, therefore all we have during our existence desconfortantes problems or situations, that become natural at some moment to feel sadness or pain.

In relation to the social aspect, it is perceived that a clear satisfaction of the people with its familiar life exists, professional and social, with rare exceptions, that must be considered, since the quality of life does not have to be seen as for some, and yes for all. In this in case that, it would be interesting that the institutions if worried in knowing if ALL its employees are happy and satisfied, as well as the family must be interested for its members, so that the environment if becomes pleasant and producente.

In relation to the aspect environment, it is clearly that the fact to work in superior education brings some benefits, however existed a significant parcel of professionals that is not satisfied with the access to the health services or then that it told not to possess leisure chances. This fact must be taken in consideration, therefore these are essential factors to the life human being, and as such must be seen by politicians, controllers of companies or any another type of activity, as a tool to transform the life of the people into a quality life and that it reflects the interest of these agencies for the human beings.

At last, the professional perceives itself that, with a generalized vision, who acts in the courses of Physical Education as professor, in the state of Santa Catarina she possesss a good level of health and quality of life, and that this if reflects directly in educational practical its, what certainly intervenes with the learning of its pupilos.

He is important to stand out however that, although in the general aspect to have a considered average normal, many answers had existed that oppose this situation, where diverse professors had affirmed not to be contented with some factor. She is necessary that the institutions observe its professionals and look for to stimulate its production, its life in the institution, and also that the proper professional effects alterations in its style of life that bring new perspectives and accomplishments, therefore the constant growth is the key for a happy life, to the step that the stagnation brings the loss of heart and the loss of productivity.

To have a happy life and to be a good professional they depend, to a large extent, of the individual effort, and the parameters of quality of life must be effected by each being, where what it brings pleasure and happiness for its life are basic points of its existence.

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QUALITY OF LIFE AND EDUCATION FOR THE HEALTH: ANALYSIS OF THE PROFESSIONAL OF UNIVERSITY OF PHYSICAL EDUCATION OF SANTA CATARINA - BRAZIL

ABSTRACT

The schools of Physical Education have modified its formatting constantly to take care of to the new requirements of market, if inserting in the form context to prepare apt professionals to execute the most diverse activities. Today, the resume of these courses is directed for a bigger approach of the health, in detriment of the sports, that were the main point of attention previously. A point, however, remains in open: although all the importance that the physical educator starts to have ahead of this new prism of the society, does not exist works that define which the profile of health and quality of life of this professional. In this direction, it is important to understand the reality of the professionals who act in these courses, its style of life and which the form with that they apply in its proper daily teachings that propagate in its lessons. This study it had as objective to verify the health and quality of life of the professional who acts in university, in the courses of Physical Education of the State of Santa Catarina - Brazil, in relation to the domain physical, psychological, social relation and environment. A census was become fullfilled where 132 participants had answered the shortened version Brazilian of the instrument of measure of quality of life and health of the OMS - Whoqol Bref. The gotten results had been of that in the physical domain they present good conditions in relation to the pain level, capacity for the work, rest and fatigue; in the social domain it has a significant number of unsatisfied people with the personal relations and the support received in the scopes familiar, professional and social; in the psychological domain they had presented optimism in relation to the life perspectives and in the capacity of concentration and learning; in the domain environment the answers demonstrate that necessities exist to supply in the fields financial, have carried and physical environment.

Word-key: Health, quality of life, professional of physical education.

QUALITÉ DE LA VIE ET D'ÉDUCATION POUR LA SANTÉ: ANALYSE DU PROFESSIONNEL DE L'UNIVERSITÉ DE L'ÉDUCATION PHYSIQUE DE SANTA CATARINA - LE BRÉSIL

ABSTRAIT

Les écoles de l'éducation physique ont modifié son formatage constamment pour prendre soin de aux nouvelles conditions du marché, si s'insérant dans le contexte de forme pour préparer les professionnels convenables exécuter les activités les plus diverses. Aujourd'hui, le résumé de ces cours est dirigé pour une plus grande approche de la santé, dans le détriment des sports, qui étaient le point principal d'attention précédemment. Un point, cependant, demeure dans ouvert : bien que toute importance que l'éducateur physique commence à avoir en avant de ce nouveau prisme de la société, n'existe pas les travaux qui définissent que le profil de la santé et qualité de la vie de ce professionnel. Dans cette direction, il est important de comprendre la réalité des professionnels qui agissent dans ces cours, son modèle de la vie et qui la forme avec celle ils appliquent dans ses enseignements quotidiens appropriés qui propagent dans ses leçons. Cette étude qu'elle a eue en tant qu'objectif pour vérifier la santé et la qualité de la vie du professionnel qui agit à l'université, dans les cours de l'éducation physique de l'état de Santa Catarina - le Brésil, par rapport à la relation de domaine et à l'environnement physiques, psychologiques, sociaux. Un recensement a été devenu fullfilled où 132 participants avaient répondu au Brésilien raccourci de version de l'instrument de la mesure de qualité de la vie et de la santé de l'OMS - Whoqol Bref. Les résultats obtenus avaient été de celui dans le domaine physique qu'ils présentent de bonnes conditions par rapport au niveau de douleur, la capacité pour le travail, le repos et la fatigue ; dans le domaine social il a un nombre significatif de personnes mécontentes avec les relations personnelles et l'appui reçus dans le familier de portées, professionnel et social ; dans le domaine psychologique elles avaient présenté l'optimisme par rapport aux perspectives de la vie et en qualité de la concentration et de l'étude ; dans l'environnement de domaine que les réponses démontrent que les nécessités existent pour fournir dans les domaines financiers, ont porté et environnement physique.

Mot-clef : Santé, qualité de la vie, professionnel d'éducation physique.

CALIDAD DE LA VIDA Y DE LA EDUCACIÓN PARA LA SALUD: ANÁLISIS DEL PROFESIONAL DE LA UNIVERSIDAD DE LA EDUCACIÓN FÍSICA DE SANTA CATARINA - BRASIL

RESUMEN

Las escuelas de la educación física han modificado su formato constantemente para llevar cuidado de los nuevos requisitos del mercado, si insertan en el contexto de la forma para preparar a profesionales convenientes para ejecutar las actividades más diversas. Hoy, el curriculum vitae de estos cursos se dirige para un acercamiento más grande de la salud, en el detrimento de los deportes, que eran el punto principal de la atención previamente. Sigue habiendo un punto, sin embargo, en abierto: aunque no existe toda la importancia que el educador físico comienza a tener delante de este prisma nuevo de la sociedad, los trabajos que definen que el perfil de la salud y calidad de la vida de este profesional. En esta dirección, es importante entender la realidad de los profesionales que actúan en estos cursos, su estilo de la vida y que se aplica la forma con ésa ellos en sus enseñanzas diarias apropiadas que propaguen en sus lecciones. Este estudio que tenía como objetivo para

verificar la salud y la calidad de la vida del profesional que actúa en universidad, en los cursos de la educación física del estado de Santa Catarina - el Brasil, en lo referente a la relación del dominio y al ambiente físicos, psicologicos, sociales. Un censo fue convertido fullfilled donde 132 participantes habían contestado al brasileño acortado de la versión del instrumento de la medida de calidad de la vida y de la salud del OMS - Whoqol Bref. Los resultados conseguidos habían estado de ése en el dominio físico que presentan buenas condiciones en lo referente al nivel del dolor, la capacidad para el trabajo, el resto y la fatiga; en el dominio social tiene un número significativo de la gente insatisfecha con las relaciones personales y la ayuda recibidas en el familiar de los alcances, profesional y social; en el dominio psicologico habían presentado optimismo en lo referente a las perspectivas de la vida y en calidad de la concentración y aprender; en el ambiente del dominio que las respuestas demuestran que las necesidades existen para proveer en los campos financieros, que han llevado y ambiente físico.

Palabra-llave: Salud, calidad de la vida, profesional de la educación física.

QUALIDADE DE VIDA E EDUCAÇÃO PARA A SAÚDE: ANÁLISE DO PROFISSIONAL DO ENSINO SUPERIOR DE EDUCAÇÃO FÍSICA DE SANTA CATARINA - BRASIL

RESUMO

As escolas de Educação Física de Ensino Superior tem alterado constantemente sua formatação para atender às novas exigências de mercado, se inserindo no contexto de forma a preparar profissionais aptos a executar as mais diversas atividades. Hoje, o currículo destes cursos está comumente direcionado para um maior enfoque da saúde, em detrimento das modalidades esportivas, que eram o principal ponto de atenção anteriormente. Um ponto, porém, permanece em aberto: apesar de toda a importância que o educador físico passa a ter diante desse novo prisma da sociedade, não existem trabalhos que definam qual o perfil de saúde e qualidade de vida desse profissional. Nesse sentido, é importante entender a realidade dos profissionais que atuam nestes cursos, seu estilo de vida e qual a forma com que aplicam no seu próprio cotidiano os ensinamentos que propagam em suas aulas. Este estudo teve como objetivo verificar a saúde e qualidade de vida do profissional que atua no Ensino Superior, nos cursos de Educação Física do Estado de Santa Catarina - Brasil, em relação aos domínios físico, psicológico, relação social e meio ambiente. Realizou-se um censo onde 132 participantes responderam a versão abreviada brasileira do instrumento de mensuração de qualidade de vida e saúde da OMS - *Whoqol BREF*. Os resultados obtidos foram de que no domínio físico apresentam boas condições em relação ao nível de dor, capacidade para o trabalho, descanso e fadiga; no domínio social há um número significativo de pessoas insatisfeitas com as relações pessoais e o suporte recebido nos âmbitos familiar, profissional e social; no domínio psicológico apresentaram otimismo em relação às perspectivas de vida e na capacidade de concentração e aprendizagem; no domínio meio ambiente as respostas demonstram que existem necessidades a suprir nos campos financeiro, transporte e ambiente físico.

Palavras-chave: Saúde, qualidade de vida, profissional de educação física.