123 - A POSSIBILITY IN DISCUSSION: PILATESGROUND METHOD IN PUBLIC STATE ELEMENTARY TEACHING IN ITUMBIARA – GO

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doi: 10.16887/85.a2.123

INTRODUCTION

This paper has arisen from the needs to verify the possibility to introduce Pilates Methodology into Physical Education classes in public school in the State of Goiás, since it is a method that ensures the formation of students in all knowledge fields, in a total perspective of the human being, in actions that are supposed to reach solution for socio-educational problems in a very determinant way, having priority to analyze the benefits gotten from Pilates Method, and as focus of investigation, life quality and total formation of the human being in the school unit.

The pedagogical practice originates from an empirical vision that shortens the needs for a thorough investigation on this method and the possibility of ordered actions of Physical Education (PE) in the school environment. (1)

The objective of Pilates Method in the Physical Education area is to make it possible to have a pedagogical practice of knowledge about body culture movement that will enable students to act in an autonomous and critical way adapting to different body practices, culturally built and rescuing ethnic, moral, social and ethical values, respecting their limits and their differences, working individuals in a total way, reinserting them into society after this conquer inside the school.(2)

The general objective of this study was to research about the possibility to insert Pilates Method into the school unit with support from democratic management and the school pedagogical political project, basing on the Leis de Diretrizes e Bases da Educação (LDBEN) and on the CurrículoBásico do Ensino Fundamental do Estado de Goiás,to include the students as total citizens.

The specific objectives were: to identify if the activities proposed by the Pilates Method meet the needs of the students in the construction of the body culture of human movement into school unit, and understandthem better by means of acquisition of a perfect balance between the body and the mind of an individual.

It is critical that children learn, in their childhood, to have good habits so that they won't have to correct bad ones in the future. It is critical, then, to teach them the principles of balance between body and mind. It would be ideal that children understand the meaning of the movement of their arms, legs and body,that they exercise these movements in body and in mind and that they really have some meaning for all the child's existence. (3)

In a nutshell, there is a need to get alternatives in School Physical Education pedagogical practices, since the Leis de Diretrizes e Bases da Educação (LDBEN) orient school pedagogical autonomy to build practice to create concrete and objective conditions for a productive exercise in this responsibility. The possibility of construction must generate advancement in the direction of the full exercise of citizenship, ensuring all the students the access to the knowledge of the body culture movement. (4)

METHODOLOGY

This study was based on the bibliographic and documental methodology, to answer a formulated scientific problem,and on data from primary sources; that is, documental data, on the premise of authors like: Bracht, (1999); Federal Constitution, (1988); Leis de Diretrizes e Bases da EducaçãoNacional – LDBEN, (1996); CurriculoBásico do Ensino Fundamental do Estado de Goiás; Cruz, (2013); Minayo, (1996); Moura, (2009); Pilates, (2010); Filho& Garcia, (2012), to think about promotion, recuperation and maintenance of the student's health in multiple knowledge produced and enjoyed by society about the pedagogical practice of Pilates Method in the construction of the human body culture movement and his/her reintegration into society.

RESULTS AND DISCUSSION

The results of teachers' reflections were analyzed by means of Dialectic Hermeneutics, which shows a “way of thought”. The Hermeneutic research analyzes real data as bottom line, the maintenance and the extension of the intersubjectivity of a possible intention with action orientation core. (5)

When making a point, it was possible to discover the nuclei of the signs of concrete forms of social communication organized from its material base and infrastructure, and such a fact has made it possible to understand the importance of Pilates Method in School Physical Education, ensuring a pedagogical practice that ensures the construction of the human body culture movement, the maintenance of physical and mental health.

Inside this perspective, the professional who is constantly living in school and constantly studying is able to perceive, even better, the needs of continued formation to reach alternatives and possibilities for educational practice.(6)

PILATES METHOD IN SCHOOL PHYSICAL EDUCATION: A POSSIBILITY IN DISCUSSION

The school Physical Education is an area of knowledge that may arouse interest in scientific and professional communities in the areas alike, turning possible a critical view in the field of historical, philosophical, sociological, anthropological and pedagogical ideas, implicitly or explicitly, understanding the needs for a reflection about the pedagogical practices and formation of teaching staff knowledge that cheers us to see the identity of each of their pairs that happen in social relationship by means of knowledge produced and used by society about the body and the movement to enhance recreation, joy, expression of feelings like affection and emotion, and with possibility of promotions, recuperations, and maintenance of health. (7)

In order to understand the origin of Pilates Method it is necessary to know the meaning of movement, for it can only be

understood by means of acquisition of perfect balance between the body and mind of an individual. This health, found normal, could be understood by means of life natural laws, not only practical and useful medications to relieve mankind maladies; but understanding that it is more useful to correct their causes instead of treating their symptoms. (3)

Pilates' method is a system of physical and mental conditioning that may enhance physical strength, flexibility and coordination, as well as reduce stress, enhance mental focus and promote a better sensation of well-being to be integrated to life different faces. Ground work constitutes not only in exercises, but also in terms of practice and integration of essential principles and it must be in all its practices so that they can produce maximum results in each exercise that lies in learning movement basic patterns according to respiratory pattern.(8)

Regular practice of Pilates Method may result in diverse advantages to practitioners that come from individual adaptations to exercises, in association with other variables, among which, the most central are: nutrition, resting, and their attitudes toward every-day life according to their values, beliefs and knowledge. Pilates, the founder of the method, was aware that isolated exercises could not produce benefits to health.(9)

PILATES METHOD IN EVIDENCE: A CHALLENGE IN SCHOOL PHYSICAL EDUCATION

The Federal Constitution (Brazil, 1988) and the Leis de Diretrizes e Bases, the ParametrosNacionais da Educação and the Basic Curriculum ofGoiás State assure that education is a right for everyone.

With the Lei de Diretrizes e Bases da EducaçãoNacional – LDBEN – into effect, (Brazil Federal Law nº 9.394/96, article 26, paragraph 3), it is assured that Physical Education "composes the Basic Education Curriculum" which offer should be integrated to the school pedagogical proposal, adjusting itself to the age and condition of school population. (4)

The ParametrosCurricularesNacionais (PCNs) propose that, no matter the chosen content, the learning process must consider the students' characteristics in all their dimensions – cognitive, body, affection, ethic, aesthetic of interpersonal relationship and social integration. Thus, the PCNs adopt a concept of school PE totally concerned to students' formation. "About volleyball, handball, or dance, a student must learn beyond executing techniques, to discuss rules and strategies of body movements to be able to analyze them critically and aesthetically, to evaluate them ethically, understand them and recreate them."(1)

To understand the moment of the school Physical Education it is necessary to consider any pedagogical practice in different fields of knowledge like political, social and economic factor, which features new and crucial concept challenges that affect a substantial segment of society interested in an "education for all", as a basic platform for society educational system.

According to Chaves (2004),"Human movement is a dialogue between man and the world". In this context, human being makes his own mental reading and assures better results in illness prevention as well as in the acquisition and maintenance of maximum health patterns so much more than much medication.(10)

Pilates' method goes beyond executing an exercise. Pilates "claimed that the most important thing is not just to fulfill the exercises, but how they are done." It is of critical importance, then, to teach children the major principles of balance between body and mind by means of the new "contrology" science, for, when taught correctly they would naturally avoid the incorrect.(3)

As to the applicability of the method, it is related to human species evolution as a total individual in all knowledge fields: psychological, physical, cognitive, emotional and rational. These body activities have been true since pre-history up to contemporary era. (11)

Broadly speaking, body expression language is present in different cultural movement manifestation, by means of which a person communicates and interacts with the environment, shows his/her emotions in subjective field, develops his/her intellectual capacity to communicate, interpret, summarize, analyze, expressing his/her thoughts, recognizing his/her own identity and others', respecting cultural movement diversity. (2)

In a nutshell, this method is a practice that enables us to re-delight school role, with teachers, students, parents and community all interested in the plural forms of living to assure the real right to school equity.

In school PE lever, the dimension that body culture assumes in an individual's life is so significant that school is called not simply to reproduce it, but also to allow that this individual critically appropriates of it, so that he/she can effectively make good use of his/her citizenship. (12)

CONCLUSION

Pedagogical practice of Physical Education in school has to be rethought together with the pedagogical politic project and democratic management, thus, creating a conscious and socially regulated transformation in which children, teens and even adults can participate in their development process, allowing them to get a taste of, and live, the practice of Pilates Method, understanding the real meaning of movement and its essence by means of perfect balance among body, mind, and spirit.

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A POSSIBILITY IN DISCUSSION: PILATESGROUND METHOD IN PUBLIC STATE ELEMENTARY TEACHING IN ITUMBIARA – GO

ABSTRACT

Introduction: This paper has analyzed the possibility to insert Pilates Methodology into Physical Education (PE) classes in Public Elementary Teaching in order to contribute to school community promoting the development of the body culture movement. The paper has arisen from the necessity to assist students totally so that they can feel reinserted into society as true citizens. The Objective was to verify the possibility to include Pilates Ground Method in the PE classes and to contribute with the activities that can meet students' educational needs in a total way. Methodology: This study was based on bibliographic and documental methodology, on the laws that regulate that students have the right to education and also on the teaching experience of the author, on teaching activities, research and extension in public elementary and high school teaching. Results and discussion: The analysis of the method was based on construction process, and the reality of research interpretation was based on bibliographic and documental review like: The Constitution, (1988); Leis de Diretrizes e Bases da EducaçãoNacional,(LDBEN, 1996); Basic Curriculum of Elementary Teaching in the State of Goiás; Cruz,(2013); Minayo,(1996); Moura, (2009); Pilates, (2010); Filho& Garcia,(2012); among others. Conclusion: It is of utmost relevance to insert Pilates' ground method into thePhysical Education classes, thus,ensuring fairness to students, since this practice will also be able to develop them as social beings so that they can become individuals who can act in diverse fields of society in a democratic way and ones who can participate rationally in this change.

KEYWORDS: School Physical Education – Pilates Ground Method – Life Quality

UNE POSSIBILITÉ EN DISCUSSION: LA MÉTHODE DE PILATES SUR LE SOL, POUR LE COLLÈGE DE L'ÉTAT PUBLIQUE DE ITUMBIARA-GO.

RESUMÉ

Introduction: Cet article a analisé la possibilité de la introduction de la Méthode de Pilates aux cours d'Éducation Physique du Collège Publique.Cette méthode vise contribuer avec la communauté scolaire en promouvant le développement de la culture corporelle du mouvement. L'étude a surgi de la nécessité de satisfaire aux éleves entièrment pour qu'ils se sentent reinséré comme citoyens dans la societé. L'objeticf a été verifier la possibilité d'inclure la Méthode de Pilates sur le sol dans les cours d'Éducation Physique pour corroborer avec les activités que peuvent satisfaire les necessités éducatives de manière intégrale aux êtres humains. Méthodologie: Cet étude s'est basé sur la méthodologie bibliographique et documentaire, sur les lois que reglementent aux éleves le droit a l'éducation e aussi sur l'expérience doctorant de l'auter, avec activités d'enseignement, recherche et extension, em écoles publiques de collège et lycée.Résultats et discussions :L'analysede les résultats s'a présenté basée sur la procédure de construction, e l'interprétation de la realité de la recherche a été fait depuis le révision bibliographique e documentaire.“ A constituição de (1988), Leis de Diretrizes e Bases da Educação Nacional (LDBEN, 1996), Currículo Básico do Ensino Fundamental do Estado de Goiás, Cruz, (2013), Minayo, (1996), Moura, (2009), Pilates, (2010), Filho e Garcia, (2012)”, parmiautres.Conclusion: C'est tellement important l'insertion de la Méthode de Pilates sur le sol dans les cours d'Éducation Physique Scolaire, assurant ainsi l'égalité aux éleves et que cette pratique soit capable de les devélopper comme êtres sociales pour que se deviennent individueles que peuvent agir dans les divers parties de la societé de manière démocratique et soient capables de participer rationnellement de ce changement.

MOTS-CLÉS: Éducation Physique Scolaire – Méthode de Pilates sur le sol – Qualité de Vie

UNA POSIBILIDAD EN DISCUSIÓN: EL MÉTODO DE PILATES, EN SUELO, EN LAS ESCUELAS PÚBLICAS PRIMARIAS EN ITUMBIARA- GO.

RESUMEN

Introducción: Enese artículo se analiza La posibilidad de insertar el método de Pilates en las clases de Educación Física en las escuelas primárias Públicas para contribuir a la comunidad escolar mediante la promoción Del desarrollo del movimiento de cultura física. El documento surgió de lanecesidad de ayudar a Estudiantes en sutotalidad para que ellos se sientan reintegrados em la sociedad como ciudadanos. El Objetivo fue verificar la posibilidad de incluir el método Pilates, en suelo,em las clases de Educación Física y contribuir a las actividades que cumplan las necesidades educativas de los seres humanos em sutotalidad. Metodología: Este estudio se basó en la metodología de la literatura y documental, en las leyes que rigen el cual los estudiantes tienen derecho a la educación, y también en la experiência docente de la autora, em actividades de ensenãnza, investigación y divulgación em las escuelas públicas de educación primaria y secundaria. Resultados y discusiones:El análisis de los resultados se presentó a través del proceso de construcción, y lainterpretación de larealidad de lainvestigación fue a partir derevisión bibliográfica y documental como: La Constituición, (1988);Leyes de Directrices y Bases de La Educación Nacional-LDBEN, (1996); Currículo Básico en Educación Primaria Del Estado de Goiás; Cruz,(2013); Minayo, (1996); Moura, (2009); Pilates,(2010); Filho & García, (2012); entre otros.Conclusión: Es de suma relevancia insertar el método Pilates, em suelo, em las clases de Educación Física Escolar asegurando la equidad a los Estudiantes ya que esa práctica es capaz de desarrollarlos como seres sociales para convertirse en indivíduos que puedan trabajar en vários campos de la sociedad de manera democrática y poder participar racionalmente en ese cambio.

PALABRAS CLAVE: Educación Física Escolar – Método de Pilates em suelo – Calidad de vida

UMA POSSIBILIDADE EM DISCUSSÃO: O MÉTODO DE PILATES NO SOLO, PARA O ENSINO FUNDAMENTAL ESTADUAL PÚBLICO DE ITUMBIARA-GO.

RESUMO

Introdução: Este artigo analisou a possibilidade da inserção do Método de Pilates nas aulas de Educação Física do Ensino Fundamental Público, visando contribuir para a comunidade escolar promovendo o desenvolvimento da cultura corporal do movimento. O estudo surgiu da necessidade de atender aos educandos em sua totalidade para que se sintam reinseridos como cidadãos na sociedade. O Objetivo foi verificar a possibilidade de incluir o Método do Pilates no solo nas aulas de Educação Física a fim de corroborar com as atividades que possam dar satisfação às necessidades educacionais de forma integral aos seres humanos. Metodologia: Este estudofundamentou-se na metodologia bibliográfica e documental, nas leis que regulamentam aos educandos o direito à educação e também na experiência docente da autora em atividades de ensino, pesquisa e extensão, em escolas públicas do ensinofundamental e médio. Resultados e Discussões: A análise dos resultados apresentou-secom base no processo de construção, e a interpretação da realidade da pesquisa foi a partir da revisão

bibliográfica e documental. A constituição de (1988), Leis de Diretrizes e Bases da Educação Nacional (LDBEN, 1996), Currículo Básico do Ensino Fundamental do Estado de Goiás, Cruz, (2013), Minayo, (1996), Moura, (2009), Pilates, (2010), Filho e Garcia, (2012), dentre outros. Conclusão: É de suma relevância a inserção do Método Pilates no Solo nas aulas de Educação Física Escolargarantindo, assim, a equidade aos educandos e que essa prática seja capaz de desenvolvê-los como seres sociais para que se tornem indivíduos que possam atuar nos diversos setores da sociedade de forma democrática e sejam capazes de participar racionalmente dessa mudança.

PALAVRAS-CHAVE: Educação Física Escolar – Método de Pilates no Solo – Qualidade de Vida