25 - THE CARAVAN HEALTH PROJECT ULBRA CARAZINHO AND ACTIONS OF THE PHYSICAL EDUCATION COURSE

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1.Introduction

Education has the role to contribute with educator and students in transformation their lives by permanent learning process. The teachers help their students in making their identity, personal and professional path and life project. They help in the development comprehension, emotion and communication abilities.

There are one general objective in this work to demonstrate the multi-professional ways to teach in the health area in ULBRA Carazinho though Caravan Health Project, in special the Physician Education Course.

The specific objectives were: Articulate theoretical and practical knowledge in health among teachers and students in ULBRA Carazinho and practice them through education and extension activates with health Teaching project; Presenting the work developed in the project: circles conversations, lectures and fairs health to provide services with small town and sectors to link direct for health and social care; Improve personal and professional knowledge as health teaching higher education by participants in the Specialization Course in Teaching Health (UFRGS); Using experience and knowledge acquired during the course by the academic community and people around.

1.The first steps: initial premises

The Caravan Health Project was an interconnected action of courses in the health area of the campus of Carazinho with the participationof teachers and students of of the following courses: Biomedicine, Physical Education Bachelor Degree, Nursing and (CST?)Aesthetics and Cosmetics.

It began with the selection of the project developed by teachers participating in the course on Teaching in Health that represent ULBRA Carazinho. The selection took place after sending the project supported by institution ULBRA Carazinho. The group was formed withthe coordinators of the courses of interest and willingness to put the Health Caravan project in action.

Lectures were given, round tables and health fairs in Carazinho and neighboring towns covered by ULBRA Carazinho. The activities were made by invitation these places. The materials worked on and the relevant themes were selected according to the need and demand.

Services were offered during health fairs. They were: health tips, sexuality guidance, cosmetic procedures and skin, blood typing and pressure check care tips. During the activities, it was encouraged student participation with teachers supervision and monitoring of colleagues of different courses. In this way, multidisciplinary and mediation was honored by teachers.

2.Reports of the first steps: health practices in the community.

Physical education is also one of the areas of contemporary Brazilian health and performance in the context of formal or informal health, opening another axis in the wide range our activities, however it focuses on the specific health training and teaching public health.Shares of Health Caravan were diverse, comprehending different cities in Carazinho region.They were held 10 shares in 06 municipalities with participation of 06 teachers and 40 students, which reached about 800 people.In this way, we operate in a way inseparable theory and practice, seeking to qualify our teaching practices "in" and "through" work. Following are some moments of interactions offered and prepared by the Physical Education course: (Source: collections of authors). In this way we operate in a way inseparable theory and practice, seeking to qualify our teaching practices "in" and "through" work. Following are some moments of interactions offered and prepared by the Physical Education course: (Source: collections of authors).

Photo 01 -Health Caravan in Oncology Community Hospital Carazinho.



Photo 02 - Academics participated in Masterclass boned to Health Caravan.



Photos 03 and 04 -Special class boned project makes it possible the reflection to keep a healthy diet.





Photo 05 – Accessibility week Activities.



Photo 06 –Conversation groups for family health with students.



Photo 07 -Academic Physical Education course realize exposure on food pyramids.



Photos 8 and 9 -Actions in health caravan through the day in the cities in Selbach-RS and RS-Tapera-RS





Moments of practical activities were very well accepted by participants. They emphasize the importance of physical education in health promotion as well as adopting of healthy eating, stress reduction and increased physical activity with guidance from physical education graduate students professionals. They were rewarding moments, crowned the finalization of the first part of semester in health caravan project ULBRA Carazinho.

Family Health Strategy is currently present about 84% of the 5,563 Brazilian municipalities, reaching a level almost 30 000 teams. Creation of Centers Support for Health Family (NASF) aimed at expanding the area of operations, the scope and resoluteness in primary care actions.

Another important aspect is the strong tendency of service work at exercise and activates personalized activity, and Wellness activities which demand to search specialized professionals to work in quality, safety and humanization. This is our mission!

Final Considerations

Construction of actions based on theme of health and life quality of people served conducts the necessary reflection,

because these improvements should not restrict the search for improvements only in hospitals, but it extend to the educational training of health professionals, currently deficient in relation the question to humanize care.

It's the process of training they may become entrenched values and attitudes to respect for human life, indispensable the consolidation and support about new culture of health care.(BRASIL,2001).

Muhl (2010) approaches participation as political practice legitimizes itself,it's the essence of the educational proposal.The subjects of the action in participatory process are all involved in the process. Everybody becomes responsible for taking part; participating, they consent to proposal and it legitimate.The participatory process begun possess objectives and principles giving support to.

The practice doesn't assume the challenge of features and provocation; contrariwise, pedagogical practice and routinist knowledge itself conclusions. Offering answers any questions can emerge. The look of the pedagogical research were including in this routine practice and it form the objective of research.(BENINCÁ apud MUHL, 2010).

According to Tardif (2002) professional practices involving emotions, provoking questions and surprise in the individual, leading them often unwillingly to question their intentions and values of a “self-knowledge". Knowledge of their own emotions and values, nature, objectives, scope and consequences these emotions and values in their "way of teaching."

The proposal in Health Caravan was intended to bring a new actions and more vigorous activities within the local community, basing on teachers and students practice.The actions accomplish our daily teaching practice, were value extreme, which you can basethe knowledge, citizenship and humanization, contributing to the proposal at the health teaching course, making our students have active participation in society and health actual practices, their needs, peculiarities, dynamism, ethics, knowledge and especially humanization and love!!!

We feel privileged to participate in this experience and this course, I will take reflections, challenges and victories encircle this challenge with me. I am absolutely motivated to continue my health studies, it is a challenging axis and at the same time exciting!!!Thank you again for this opportunity!! We will continue the progress of the project is of institutional nature, making a difference teaching health our context!

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THE CARAVAN HEALTH PROJECT ULBRA CARAZINHO AND ACTIONS OF THE PHYSICAL EDUCATION COURSE.

ABSTRACT

It has intend to show in this work, the multidisciplinary enunciate teaching and health extension reach area of ULBRA Carazinho through Caravan Health Project ULBRA Carazinho, which is linked to the Specialization Course in Health Teaching (UFRGS), through new ways to rethink health practices, including SUS, it has teachers health like protagonist. Inaddition, it can adjust demands and services a new conception of innovative education. At first, the project was approved and registered by ULBRA extension, and it's characterized primarily for the direct assistance to community needs around, such as: lectures, circles conversations, health fairs and others actives and it was developed according to availability the time in the unit and prior scheduling our presence with the community with emphasis on education and coordination and exchanges teachers and students knowledge in health. The actions of project “Health Caravan ULBRA Carazinho” were diverse, so this moment, they included different cities. 13 extension actions were conducted in 6 small town with participation the 6 teachers and 158 students, this actions reached about 1113 people. In this way, we operate inseparable way to the theory and practice through qualification our education practices work; they have institutional in nature that does the difference in the health education in particular context with Physical Education.

KEYWORDS: Education. Capacitation. Health. Project. Community Intervention

PROJET SANTÉ CARAVAN ULBRA CARAZINHO ET LES ACTIONS DU COURS D'ÉDUCATION PHYSIQUE

RÉSUMÉ

Ils ont été destinés à présenter dans cet ouvrage les articulations un enseignement pluridisciplinaire et l'extension de la santé dans la zone de couverture ULBRA Carazinho travers la Santé Caravan Project ULBRA Carazinho, qui est lié à la Cours de spécialisation en enseignement en santé (UFRGS), qui vise à permettre de nouvelles façons de repenser les pratiques de santé, y compris le SUS, avec les protagonistes de professeurs de santé, et demandes et services de costume de puissance dans un nouveau concept de l'innovation éducation. Initialement, le projet a été approuvé et enregistré par l'extension ULBRA et se caractérise principalement par une aide directe aux demandes de la communauté de son champ d'application, tels que: des conférences, des roues conférences, foires de la santé et d'autres activités et a été elabore selon la disponibilité de l'heure dans l'unité de programmation et avant notre présence dans la communauté, en mettant l'accent sur l'éducation et la coordination et les échanges d'enseignants et d'étudiants connaissances en santé. Les actions de projet "Santé Caravan ULBRA Carazinho" était différente de la presente instant, contempler différentes villes. Il a été effectuée 13 actions de vulgarisation dans 06 municipalités, avec la participation de 06 enseignants et 158 étudiants, qui ont atteint environ 1 113 personnes. De cette manière, nous opérons tellement inséparable à la théorie et la pratique, la recherche de la qualification nos pratiques pédagogiques "IN" et "par" le travail, qui est la nature institutionnelle, faire une différence dans la santé de l'enseignement dans notre dans des contextes particuliers avec l'éducation physique.

MOTS-CLÉS: Enseignement. Formation. Santé. Projecto.Intervencion Communauté.

PROYECTO CARAVANA DE LA SALUD ULBRA CARAZINHO Y LAS ACCIONES DE EDUCACIÓN FÍSICA
RESUMEN

Ellos han sido la intención de presentar en este trabajo las articulaciones enseñanza multidisciplinar y la extensión de la salud en el área de cobertura, ULBRA Carazinho através de la Caravana de la Salud Proyecto ULBRA Carazinho, que está relacionado con el Curso de Especialización en Docencia en Salud (UFRGS), que tiene por objeto permitir nuevas formas de repensar las prácticas de salud, incluyendo el SUS, teniendo como protagonistas a los profesores de la salud, y demandas del juego de poder y servicios en un nuevo concepto de innovación la educación. Al principio el proyecto fue aprobado y registrado por la extensiónULBRA y se caracteriza principalmente por la asistencia directa a demandas de la comunidad de su ámbito de aplicación, tales como conferencias, ruedas charlas, ferias de salud y otras actividades y se desarrolló de acuerdo a la disponibilidad de horas en la unidad y antes de programar nuestra presencia en la comunidad, teniendo como énfasis en la enseñanza y el la coordinación y el intercambio de profesores y estudiantes de los conocimientos en materia de salud. Las acciones de proyecto "Caravana de la Salud ULBRA Carazinho" eran diferentes a la esta vez, contemplando diferentes ciudades de la región. Se realizó 13 acciones de extensión en 06 municipios, con la participación de 06 profesores y 158 estudiantes, que alcanzó acerca de 1.113 personas. De esta manera, operamos tan inseparable de la teoría y la práctica, en busca de la calificación nuestras prácticas de enseñanza "en" y "a través" de trabajo, que es la naturaleza institucional, hacer una diferencia en la enseñanza de la salud en nuestra en contextos particulares con la Educación Física.

PALABRAS CLAVE: Enseñanza. Entrenamiento. Salud. Projeto.Intervenção Comunidad.

PROJETO CARAVANA DA SAÚDE ULBRA CARAZINHO E AS AÇÕES DO CURSO DE EDUCAÇÃO FÍSICA
RESUMO

Têm-se como objetivo de apresentar nesse trabalho as articulações multiprofissionais no ensino e extensão em saúde na área de abrangência da ULBRA Carazinho através do Projeto Caravana da Saúde ULBRA Carazinho, que encontra-se vinculado ao curso de Especialização em Docência na Saúde (UFRGS),o qualtem por objetivo viabilizar novas formas de repensar as práticas em saúde,inclusive do SUS, tendo como protagonistas os docentes em saúde, além de poder adequar às demandas e serviços, em um novo conceito de inovação educacional.Inicialmente o projeto foi aprovado e cadastrado pela extensão da ULBRA e caracteriza-se fundamentalmente pelo atendimento direto às demandas da comunidade de sua abrangência, tais como: palestras, rodas de conversas, feiras de saúde e demais atividades e foi desenvolvido de acordo com a disponibilidade de horas na unidade e agendamento prévio para nossa inserção junto à comunidade, tendo como ênfase o ensino e a articulação e trocas de saberes docentes e discentes em saúde. As ações do projeto “Caravana da Saúde ULBRA Carazinho” foram diversas, até o presente momento, contemplando diferentes cidades da região. Foram realizadas 13 ações de extensão em 06 municípios, com a participação de 06 docentes e 158 alunos, que atingiu aproximadamente 1.113 pessoas. Desta maneira, operamos de forma indissociada à teoria e à prática, buscando a qualificação de nossas práticas docentes “no” e “por meio do” trabalho, que é de cunho institucional, fazendo a diferença na docência em saúde em nossos contextos em especial com a Educação Física.

PALAVRAS-CHAVE: Docência. Capacitação. Saúde. Projeto.Intervenção Comunitária.