

## IMPRESSÕES DOS ALUNOS INGRESSANTES NO CURSO DE EDUCAÇÃO FÍSICA A RESPEITO DA GINÁSTICA

### IMPRESIONES DE LOS ALUMNOS DEL PRIMER SEMESTRE DEL CURSO DE EDUCACIÓN FÍSICA SOBRE LA GIMNASIA.

### IMPRESSIONS OF THE COLLEGE STUDENTS OF PHYSICAL EDUCATION OF THE FIRST SEMESTER ABOUT GYMNASTICS

#### ABSTRACT

The gymnastics modalities are body practices that helps the performer to enhance physical and motor skills, enabling efficiency and body control, and it's a part of the body culture (SOARES et al 1992), in this way, it is a classical knowledge of Physical Education. So, the teachers are, or should be, able to offer students the varied practices gymnastics modalities, but this is not the reality found in brazilian school environment (SILVA and PIZANI, 2010). According to Numomura and Tsukamoto (2009) to get in Brazil Gymnastic methods constituted the main content of Physical Education at School (PES) in time, different reasons have caused other sports pass to predominate in this context. Even gymnastics being a pioneer in Physical Education in Brazil, nowadays she practically do not exist in school and non-school setting (p.19). This research aimed to investigate the knowledge that the Physical Education (PE) college students, from the Federal University of Ceará (UFC), had about the gymnastics. The study people were freshmen course of EF/degree who have not attended gymnastics disciplines. The relevance of this research is to understand the local view about the gymnastic knowledge to have the possibility to intervene in this context. To collect the data, we applied a questionnaire composed of four closed questions and one open to 34 students. The results were analyzed using descriptive statistics and the subjective responses divided into categories to be discussed below. The results showed that **84.3 %** of students said they had never practiced any gymnastics modality. This suggests the short age of supply of gymnastics in the context in which these students are involved, IE, school, community and clubs. In the second question, **90.6 %** of the students declared consider gymnastics a difficult practice to perform. Knowing the existence of gymnastics modalities such as GPT, which has inclusive characteristics . This information can be linked to the knowledge of the competition modalities, which are more exploited by the media and have stringent requirements. As the ability to participate in exercise classes, **81.2%** of students said they were able to actively participate in a gymnastics class, even considering the practice of difficult execution. When asked if in the school period, there was some approach fitness in PES classes, **93.7%** of students responded negatively, confirming the reality brought by the authors mention before, and brings a worrying situation for the local scene of Physical Education and Gymnastics. It can be said that this cut, the gymnastics arrangements are practically absent in school atmosphere, this implies a number of questions regarding the professional education of PE teachers, that though relevant, do not fit in this study. On the open question: "What is your understanding of the gymnastics?" We Obtained several number of answers, then we organized into four categories: modalities connected to acrobatic movementss; activity that requires/develops flexibility and skills/specific capabilities; knowledge reduced to media vehicles; and sport of high level. It was possible to measure the knowledge of students-freshmen and their impressions of the gymnastics, pointing to a sports competition practice only,, gymnastics reduced to the most publicized by the media competition. To contrast the situation found, it is proposed to teachers, in the case of gymnastics, the appropriation of Gymnastics For All discipline, because it had inclusiveness, providing practical comprehensively. It emphasizes the importance of GPT in professional courses of Physical Education as a way to deal withthe selective reality of high performance sports /sports-media.

Graduando, Mateus do Nascimento Souza, Universidade Federal do Ceará – UFC  
Mestranda, Kássia Mitally da Costa Carvalho, Universidade Estadual de Campinas – Unicamp  
Prof. Mestre Lorena Nabanete dos Reis Furtado, Universidade Federal do Ceará - UFC

#### Dados do Questionário

