



BRAZILIAN GYMNASTICS FEDERATION

GYMNASTICS FOR ALL AROUND THE WORLD

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Gymnastics for All (GFA) is a manifestation whose limits are few delimited from the point of view of the institutions. As there is not a Code of Points and rules to be rigidly followed, GFA can be used in a way to adapt itself to different ends. Thus, it is necessary to understand the paradigm adopted in its practice and its value for each society. This reflexion is important for, locally, the understanding of the importance of discussing and constructing collectively the directions adopted for each group/country and, globally, for learning to interpret GFA according to the culture in it is revealed. The aim of this study is to discuss the concepts of GFA in different countries. We asked 44 National Gymnastics Federations, represented by general administrative and/or GFA specific members, about the definition of GFA adopted by the countries they represent. We used an online questionnaire hosted on Google Forms®, in four languages. The answers were analysed through Content Analysis, whose categories was created since a mixed model and whose strategy adopted was iterative construction of an explanation (LAVILLE; DIONE, 1999). Care was taken to analyse the answers through the analysis units, but also to understand it as a whole, discussing its general meanings. The category with more incidence in the analysis units was “possible range of participants”. The answers that consider GFA a practice for all age groups (8), accessible for all (6) and for all ages and abilities (6) stand out in number of appearances; in order sense, it is cited the answer “for gymnasts who do not practice or do not compete in high level or those who wish to return to Gymnastics for pleasure” (1). This category of analysis was cited by 72,7% of participants. The second category most find (34%) was the “relation between competition and participation”. The countries highlighted the non-competitive character of GFA (6), the fact that it can be both competitive and non-competitive (2) and involving the participative Gymnastics (2). Other category was “kind of activity” (31,8%), in which it was considered a modality (3), a gymnastics expression (3), a variety of activities (1) and



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sports oriented to health (1). Other categories were “objective” (15,9%), “forms of practice” (13,6%), “representation in gymnastics universe” (11,3%), “administrative aspects” (11,3%), “contributions” (6,8%), “general characteristics” (6,8%), “number of participants” (4,5%), “association to events” (4,5%), “teaching methods” (2,2%) and “absence of rules” (2,2%). The general analysis of the answers brings curiosities related to the paradigm adopted by the different cultures for GFA practice. While Republic of Korea considers GFA as “Gymnastics for all for general health”, the Great Britain, “more opportunities for more people practice Gymnastics”, Ireland, “Gymnastics based on participation, inclusive Gymnastics and Gymnastics presentation” and Andorra, “a sport that combines art, dance, elegance, strength, coordination and flexibility”. The results demonstrate that GFA, although has some principles that can be present in different definitions, represents meaning really specifics for each society. At the same time that it can be understood as an instrument to promote collective health, it is considered the massification of the gymnastics practice or an artistic expression. Thus, it is difficult to discuss one single concept, being more plausible to consider concepts of GFA. We understand that it is justly in this plurality of meaning that reside the value of GFA, a practice of Gymnastics for life (SCHIAVON; TOLEDO; AYOUB, 2017).

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