



BRAZILIAN GYMNASTICS FEDERATION

GYMNASTICS FOR ALL FOR THE ELDERLY IN THE STATE OF GOIAS IN BRAZIL

Maria Aparecida Teles Rocha

Renata Carvalho dos Santos

Ilza Guedes Torquato Paredes

Diego Alves da Silva

Michelle Ferreira de Oliveira

Group: Cignus

Higher longevity is a worldwide phenomenon characterized by the increasing life expectancy around the world. The physiological changes caused by the aging process are progressive, including the loss of muscle and bone mass, and a slow reduction in functional capacity. These changes can be faster depending on the lifestyle of the subjects, especially if they include inadequate food intake and a low level of physical exercises. Regular physical exercises can minimize the impacts of the aging process and as a result, it has benefits in people mental, physical and social scope. Therefore, the target of this study was the experience of the construction process and the actions developed by the Gymnastic For All Cygnus-Elder Group and its healthy contribution for aging people. A report was organized with the group history, as well as its sociodemographic and health elderly profile. The participants included in this study were elderly from Goiania's (Goiás' capital) metropolitan region. Personal and health information was collected with a form during the enrollment period. Since 2015, Goiás' State (Brazil's middle-west region) has been offered by the Goiás' State University (UEG) the Gymnastic For All Extension Project - Elderly. This project is part of Cignus Gymnastic Group actions, which attend different ages with Gymnastic For All (GFA) proposal. The Cignus GFA was implemented in that State in 2010 and was based on the Unicamp Gymnastic Group (OLIVEIRA et al, 2016), that bases its theoretical premises in Maturana and Rezepka (GRANER, PAOLIELLO, BORTOLETO, 2018). This study was based on human formation and had an inclusive characteristic to allow all to participate without the restriction of age, gender, physical or technical condition. In 2018, the Elderly GFA group had 50 women aged between 60 and 84 years old.



BRAZILIAN GYMNASTICS FEDERATION

More than half of the participants studied until elementary school (57,1%). Regarding their health status, 71,4% had arterial hypertension, followed by 38,1% musculoskeletal disorders, 19,0% depression and 11,9% diabetes. The group had classes twice a week, instructed by a regent teacher and monitored by students from the Physical Education course. During the activities, the gymnastics for all to elderly treatment, happened used the possibilities of work from the critical-historical approach by Gasparin (2005), adapted for Physical Education. The approach provided an ability to work with gymnastics in a way that did not show the competitive perspective, but rather the gymnastic knowledge based on their experiences and social reality, being connected directly with the process of knowledge construction. The study was divided into various themes throughout the year: corporal and rhythmic workshops, specific gymnastics contents, and in each class a choreographic assembly was developed, based on the participants skill level. Physical exercises were also performed to improve physical fitness, with increased muscle strength and improved cardiorespiratory system. At the end of 2018, the group presented the choreography *Colors and shapes* at the International Gymnastics for All Forum in Campinas SP, and are currently developing another presentation for Gymnastrada 2019. Comprehending the regional differences allows us to rethink the proposition of the modality (GPT) for different groups. In Brazil, the implementation of this modality has also allowed other scientific research on social, physical and cultural conditions.

Keywords: Aging; Gymnastics for All; Elderly; University.