



BRAZILIAN GYMNASTICS FEDERATION

SELF-MANAGEMENT OF A GYMNASTICS FOR ALL GROUP: A QUESTION OF AUTONOMY AND RESPONSIBILITY

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Group: Gymnarteiros and GYMNUSP

Introduction: Gymnarteiros is a Gymnastics for All (GfA) group that develops its activities at the Institute of Physical Education and Sports (IEFES) of the Federal University of Ceará (UFC), Brazil. The group was formed in 2011, as a University Extension Project titled, "Gymnastics for All - IEFES / UFC." It aims to provide a space for gymnastics experience and seeks to contribute to professional and personal education for students of physical education. **Theoretical background:** Gymnarteiros' pedagogical proposal is based on the principles disseminated by the Gymnastics Research Group (GPG) of the State University of Campinas (UNICAMP), which encourage participation and social interaction through gymnastics, emphasizing shared human values (Paoliello, 2008). In this context, Gymnarteiros' actions start from the premise that GfA, by its own characteristics, allows different forms of cooperation and communication that optimize a participatory, inclusive and creative character (MENEGALDO; BORTOLETO, 2018). In 2017-2018, the departure of the group's coordinator to attend a doctoral program necessitated the transfer of organizational duties to the participants of the group, with the coordinator's remote assistance and the administrative assistance of another lecturer at the university. **Objective:** This study analyzed the management experience of the Gymnarteiros group by its participants during 2017-2018 year. **Methods:** A form was used in the Google forms® platform posing questions about the experiences of five Gymnarteiros participants who were responsible for the management of the group during the absence of the coordinator (2017-2018). For the analysis of the results we used content and signified units proposed by Bardin (2011) and Nvivo10 software to organize them. **Results:** Participants pointed out that activities that promoted autonomy had already been developed in the group, but the absence of the coordinator increased their sense of



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responsibility for the group. Among the main activities that became part of the group members' responsibilities were the planning and supervision of training; bureaucratic activities, such as reservation of facilities, registration of events and organization of apparatus; and maintenance of social media. Regarding the main challenges found, two points were frequently emphasized in speeches: that there is a lack of external feedback, and that the overload of bureaucratic and organizational tasks added to the participants' academic and personal activities. The participants developed a sense of collectivity, responsibility, proactivity, autonomy in problem solving, and improved human relations. The group expanded the diversity of topics addressed and enhanced their bureaucratic skills, while deepening their understanding of the teaching/learning process.

Conclusion: Although the group members observed a decrease in research projects, the participants described the 2017-2018 year as a positive experience, because the group remained active and participated in the two most important GfA events: the Gym Brasil and the XVI World Gymnaestrada, in addition to continuing to promote community outreach. **Contributions:** The present study indicates that the self-management of a GfA group by its participants is possible and can contribute to their human development and professional qualification, since it stimulates values such as responsibility and sense of collaboration.

Keywords: Sport Management; University Extension Project; Gymnastics for All.