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## Body practices and Brazilian culture: pedagogical contributions to physical education professionals

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### Abstract

This work aims to analyze: 1) body practices, in particular the sport, and their relationships with Brazilian culture, 2) generate theoretical elements for physical education professionals to have an effective pedagogical action. The methodological procedure consisted of a qualitative bibliography research. As a result, we identified that it is fundamental for Physical Education professionals, working in schools and leisure places, to perform pedagogical actions that make possible for the subjects to gain access to systematized knowledge, so that they can understand the meanings attributed to body practices that circulate in Brazil.

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*Keywords:* Body practices; Media; Culture; Leisure; Physical Education; Pedagogical action.

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### 1. Introduction

In contemporary society, the media is essential in the process of spreading the messages and meanings attributed to body practices. Its information reaches various regions and social groups. On the other hand, individuals, as social beings, have the potential to produce multiple meanings. During their social lives, they go through a process of building their identities, which occurs based on their relationships with society. This process can lead them to disprove of, accept, or oppose information spread by the media. Thus, we can believe that body practices (sports, martial arts, dance, gymnastics etc.) are understood in a certain way in Brazilian culture. During this process, we determined that pedagogical action regarding body practices is fundamental to allowing various subjects access to

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knowledge so that they can evaluate the values and meanings attributed to such practices.

For the development of the text, we initially present the methodological research procedures. Then, we present the search results and discussion, which are divided into two parts: 1) Body practices and their relationships with Brazilian culture and 2) Body practices and pedagogical contributions to physical education professionals. Finally, we summarize the conclusions of the investigation.

## 2. Method

We conducted bibliographic research at the library of Methodist University of Piracicaba (UNIMEP), using Academic Google and the Scielo database. The bibliographic research was performed using the following keywords: Body Practices, Sport, Culture, Leisure, Physical Education and Pedagogical action.

A literature review was used as the methodological procedure. This type of analysis corresponds to qualitative research. For Minayo (1994, p. 21-2), this type of research:

(...) answers very particular questions. She cares, in the social sciences, about the level of reality that cannot be qualified. In other words, she works with the universe of signifiers, motifs, aspirations, beliefs, values, and attitudes, which correspond to a deeper space of relationships, the processes and phenomena that cannot be reduced to the operationalization of variables.

Regarding the treatment given to the books that served as references for this paper, our reading, analysis, and text interpretation were in accordance with Severino (2007):

- The textual analysis consisted of finding information about the author of the text and verifying the vocabulary and historical facts presented by the text in the hope of identifying the scheme of the text so that it is possible to obtain a better view of the whole.
- We performed thematic analysis, which was the act of listening and “capturing” the author, without interference in his or her message, by asking the text a series of questions. The answers to these questions provide us with the content of his or her message.
- We performed interpretative analysis, in which we attempted to understand the ideas presented by the author interpretively. By performing this type of analysis, it is also possible to understand the ideas critically, i.e., in terms of the creation of a critical judgment or the taking of a particular position.
- The problematization approach, which is a type of approach that leads to problems, will also be discussed.
- The fifth and final step involves a personal summary, a logical writing construction that allows the scholar to make progress in developing the author’s ideas.

## 3. Results and discussion

### 3.1 *Body practices and their relationships with Brazilian culture*

Body practices are part of the physical culture of a society; they involve men and women in movement, their gestures, and their way of expressing themselves physically. There are two fundamental types of body practices: western, such as gymnastics, sports, and walking, and eastern, such as tai-chi, yoga, the martial arts, etc. (Carvalho, 2006). By studying body practices and their relations with Brazilian culture<sup>1</sup>, we may understand the meanings attributed to body practices in Brazilian context.

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<sup>1</sup> According to Geertz (1989) culture is webs of meanings that human beings have woven and their analysis.

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