

121 - THE EDUCATION AND THE OBESITY IN THE SCHOOL¹ MARCO ANTONIO CHALITA,² DIEGO FERNANDO SANTOS ALMEIDA,³ RUI PROENÇA GARCIA,¹ Universidade do Porto (UP) - Faculdade de Desporto (FADEUP) - Porto - Portugal¹ Universidade Federal de Alagoas (UFAL) - Maceió (AL) - Brasil¹ Universidade Tiradentes (UNIT) - Aracaju (SE) - Brasil² Universidade Tiradentes (UNIT) - Aracaju (SE) - Brasil³ Universidade do Porto (UP) - Faculdade de Desporto (FADEUP) - Porto - Portugal¹ chalita1101@yahoo.com.br² diegof_santos@hotmail.com³ rgarcia@fade.up.pt**INTRODUCTION**

The obesity is considered an important problem of public health, and in agreement with OMS (2004) it is had as a global epidemic. The overweight prevalence and the consequent obesity see growing, in the childhood and as well as in the adolescence, and she tends to persist in the adult life.

In nowadays one of the great concerns at world level is the change in the habits of the people's life resulting from the modernization process. In the societies highly technological we can observe a change in the people's lifestyle a degenerate amount, fruit of the own product of the industrialization formed an alliance with the compact conditions of urban life in some cities, associating to all this, the well-known interest for more passive amusements in substitution of the more vigorous physical activities as also for inadequate alimentary habits, growing up this way ideal conditions for the largest fat accumulation and consequently the development of the corporal weight in these populations, being obtained sedentary people's groups and with weight excess. This way the high technology of the current world, maybe one of the factors that contribute directly to the increase of the prevalence of the overweight and obesity in children and adolescents.

The beginning of the education in the school, well-known for the society, it is more than transmission and construction of knowledge and abilities. It is above all to form autonomous and critical citizens for in some way to adopt positive postures in the life. It is it that Freire (2005) it comments on about the authentic liberation, that it is the humanization in process, it is not a thing that is deposited in the men, is not a word the plus, hollow, mitificante. It is práxis, that implicates the action and the men's reflection on the world to transform him.

The Physical education due to her responsibility to the education in general, looks for professional valorization and a to act competent in the extent of their conquests, so that in some way it is able to come to contribute in the educational process. Like this this study had the objective of identifying the students' of the fundamental teaching knowledge about the obesity, noticing as the school deals with this matter, as well as the school Physical education.

THEORETICAL FIELD OF ANALYSIS

The obesity in nowadays is considered one of the main threats to the health in the modern world. The extent of the problem is the result of the prevalence of the combination of risks to the health. The data of practically all of the countries of the world industrialized, and same the one of the developing countries, reveal a growing proportion of children and pré-adolescents with overweight or really obese. The overweight prevalence and obesity varies in agreement with age, sex, race and socioeconomic classes in the western world and us developing countries (GUEDES & GUEDES, 1998).

Actually, the occurrence of a drastic increase of the obesity prevalence on this century, and all indications take to believe that the problem will become worse next decades. The obesity predominance in the more pré-adolescence than it bent, from the início of the decade of 1960 (TROIANO ET AL., 1995). The most serious and preoccupying aspect is the increase of the infantile obesity, that she will translate himself, in a prevalence still more discharge of adult obesity. Colavitti (2004) it appears that today in the world more than 1 billion people are with weight excess and of these they are 300 million people with obesity, and associate the a series of serious diseases, as heart problems, diabetes, hypertension and also associates the some cancer type.

The contribution of a reduced energy expense, in the current epidemic of overweight and of obesity, it is certain for the fall in the habitual level of physical activity, associate to the work and the domestic tasks of the daily life, besides the growing amount of worn-out time in sedentary life way, as he/she sees tv, to work in the computer, to play video games, etc. The contribution is not associated to the decrease of the metabolic tax in rest or the termogênese induced by the diet. In fact, there is no absolute indication that there be a secular tendency of decrease of these two components in the energy daily expense.

The overweight and the infantile obesity brings an enormous concern for the society, since this child's possibility comes the if an obese adult is very big. Rowland (2007) it verifies that obese children present a profile unfavorable lipidico. He/she detaches that one of the main risk factors associated to the maintenance of the obesity in the adult age is when he/she grows the obesity in infantile age, because it has been verified with certain consistence that the obese child will have great probability of coming to be one obese adult (HERMAN ET AL., 2008).

However one of the main advantages of the infantile obesity is that she can be detected precocemente so that the fastest can be treated possible (FISBEG, 1993). According to Guedes & Guedes (1998), the overweight is had as excessive increase of the total corporal weight, what can happen as a consequence of modifications in just one of their representatives (fat, muscle, bone and water) in his group. However the obesity especially refers to the increase in the amount widespread or located of fat in relation to the corporal weight, associate to high risks for the health, for his/her largest fat accumulation, frequently promotes increase of corporal weight, what justifies the many individuals' fact with overweight be also obese (GUEDES & GUEDES, 1998).

The increase of the overweight prevalence and of the obesity in the last decades it can be explained theoretically by one of the three situations to proceed or for their combination. The first circumstance establishes that the increase results of the fact that a great part of the population is consuming more calories than the individuals of the last generations, without changes in the habitual daily expense of energy. The second panorama suggests that the cause of that increase can be found in the decrease of the daily energy expense, without alteration of the caloric ingestion.

Finally, the third circumstance proposes that the per capita caloric ingestion has really been refusing when compared with the previous generations, but that the expense energy diary has, on average, decreasing in proportion still larger. Although it is probable that the first situation involves a continuation of the individuals' adult population with overweight and obese, we believed that Monday and the third situations have a paper still larger (BOUCHARD, 2003).

THE EDUCATION AND THE PHYSICAL EDUCATION

The education refers to the process of unilateral development of the personality, involving the formation of physical, moral human qualities, intellectuals aesthetics tend in view the orientation of the human activity in his relationship with the social way, in a certain context of social relationships (LIBÂNEO, 1994). Like this education is conceived today as one of the factors progressive responsible by the change and orientation of an entire society. And the teaching inside of that context it is characterized by the transformation and development of the intellectual capacities of the discentes addressed to the domain of the knowledge, abilities and the application, seeking to reach certain results in the future life (LIBÂNEO, 2005).

The education, is not something definitive, she feels under several forms and different aspects, because it depends on the point of view of each society. The school is nothing else than a place where the education is formalized and it follows a group of rules and methods and you know that should be preserved and transmitted. Kunz (2004, p. 95) it confirms this paragraph when she says "that the school beyond to review the social knowledge of pragmatic and technical character, it will also owe auxiliary the youths in the full development of his personality social-cultural".

Like this the objectives of the education are the expected positive changes as a consequence of the educational action in the people and in the social groups, in the institutions dedicated to the teaching and in the organizations of the education politics, looking for an improvement of the human being's life.

Already school Physical education while component curricular of the basic education should assume another function that would be the one of to introduce and to integrate the student in the corporal culture of movement then, forming the citizen that will produce her, to reproduce her and to transform her, instrumentalizando-the to enjoy of the game, of the sport, of the rhythmic activities and dances, of the gymnastics and physical fitness practices, in benefit of the life quality (BETTI, 2002).

Corroborating Oliveira (2006) he says that the Physical education looks for to turn accessible the learning of knowledge on the human movement, in the sense of individual and intentionally to use of potentialities to move in a skilled way and, in correspondence, the training for, in relation to the middle in that lives, to act, to interact, to adapt, to transform, in the search of benefits for the life quality.

METHODOLOGY

To reach the objective the one that it intended this research was used as methodological procedures:

a) In a first moment the bibliographical research was looked for the construction of the theoretical field regarding obesity and to the school. Lakatos & Marconi (2006) they say that the bibliographical research includes every bibliographical material already public, tends relationship with the theme that one are studying, and her purpose is to put the researcher in direct contact with what was written already, statement on certain subject.

b) In second moment it was accomplished a field research that consisted of the application of a questionnaire in the school with 60 students of the 8th and 9th year of the fundamental teaching, looking for to identify the school and the Physical education treats on the theme of the Obesity with the students. The questionnaire in agreement with Lakatos & Marconi (2006) it is a constituted instrument of collection of questions that you should be answered in writing.

c) In a third moment it was made the analysis of the answers to reach the conclusion of the proposed study.

INTERPRETATIVE TASK

After asking made to the participant students of the research, the first approached subject was of knowing the same ones know what the Obesity is, still noticing as the same ones understands the disease. In agreement with the student's answers 84% they know what is the obesity, however 16% don't know what means. Of the ones that they know what the obesity is, the same ones understand that the same shows when the people present a corporal weight above the ideal, with fat accumulation. They attribute as a consequence of an excessive feeding, in other words, people that ingest food daily above the necessary limit, and as result they can have complications in the health.

In general it is noticed that most of the students knows what is the obesity, however this information a little was worked at the own school. Of the students that know what is the obesity, they acquired the knowledge in the school with teachers in 21%, mainly with the teachers of sciences, already 15% of the information were acquired in informal contact with the own friends, and 64% was acquired in another way, in newspapers, magazines, television, in other words, in the media in general. We can notice that little it is commented on on that subject in the school, still more in the school physical education, that was not mentioned in none of the answers. He/she understands each other like this that the students in his/her majority don't acquire the relative knowledge the subject of the health in the school extent, and in agreement with PCN's (1997) it is at the school and in the physical education classes a favorable atmosphere to discuss and to analyze some aesthetics patterns, beauty and health presents in the daily, looking for to understand his/her insert in the context in in that are produced and criticizing those that motivate the consumerism.

About the school physical education, it was commented on that the teachers approached the subject about health, however in obesity nothing was commented on. Already other teachers, in the case, the one of sciences worked on the theme, being through expository classes, presenting researches and reports about the obesity.

In relation to working more the subject in the school, 82% of the students showed interested parties in obtaining more knowledge about the obesity, because with that they could guide or to advise the people of the family, and also to act in relation to itself own for not turning an obese person, like this preventing the disease. In this sense the curriculum of the school the one that should be observed intends, therefore for Coll et al (2000), there is a frequent claim that in the school are taught her learned other knowledge considered so or more important than facts and concepts, as, for instance, certain strategies or abilities to solve problems, to select the pertinent information in a certain situation or to use the available knowledge to face new and unexpected situations.

The students that know what is the obesity, 91% understand that it is harmful to the health in several aspects, in other words, in general the health is committed and what was evidenced in the answers is that the people that acquire the obesity present problems of the heart, high cholesterol, fatigue, impediment of doing physical activities and until could take the death. It was also answered by the students that the people can become obese for bad habits, mainly for the excessive feeding, for the type of inadequate feeding. However it was also commented on that the lass of physical exercise can contribute in the process, and although other problems as the genetic, and hormonal disturbances can influence in the development of the obesity.

To solve the problem of the obesity, 36% of the respondent students think it is necessary to have a good feeding and to accomplish physical activity, already 52% made the association only with the subject of the feeding appropriate, other 6% think only the physical activity would solve the problem and 6% remaining they don't know what should be accomplished in the combat the obesity.

Regarding obese people's presence in the school, it is noticed that 52% observe some obese people in the school

middle, however 48% don't notice the obese students. And regarding the prejudices, 91% of the respondent students think the obese people suffer with prejudices, from nicknames indesejados, until the non participation of the physical education classes for the ability lack for the excess of corporal weight. They still emphasize that the society imposes a pattern of corporal aesthetics, and that if the people don't reach this pattern, they suffer prejudices.

Finally the students think in the school could emphasize more the actions so that the obesity was combatted, controlling the feeding better supplied at the dining hall of the school, to accomplish projects against the obesity, to discuss the subject in the disciplines, so that somehow all could become aware on her the evils that the obesity can cause the human being.

In that sense Coll et al (2000) does it point that to reach the education objectives is necessary to look for the conceptual dimensions (the one what should know?), dimensions procedimental (the one what should know to do?) and the dimensions atitudinal (as it should be?).

Like this Darido (2005) she says that the Physical education, along the history, almost prioritized the contents in a dimension that procedimental, knowing to do, however in practice teacher, it is difficult to divide the contents or teaching themes in the conceptual dimensions, atitudinal and procedimental, however it can have emphases in certain dimensions.

CONCLUSION

It is concluded that the participant students of this research in her great majority understand partially about the obesity, however the obtained information were not acquired in the school. It was also noticed that in the physical education classes the subject is not discussed, and that the students have interest in knowing more on the subject. This way it would be necessary the inclusion of this theme in the school curricula of several disciplines, especially in the physical education curriculum and together with the other disciplines to discuss the subject and to build knowledge in the sense that the students are well guided her adopt postures and healthy habits in the prevention and decrease of the obesity.

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THE EDUCATION AND THE OBESITY IN THE SCHOOL

ABSTRACT

The obesity is considered an important problem of public health, and in agreement with OMS (2004) it is had as a global epidemic. The most serious and preoccupying aspect is the increase of the infantile obesity, that he/she will translate himself, in a prevalence still more discharge of adult obesity. Colavitti (2004) it appears that today in the world more than 1 billion people are with weight excess and of these they are 300 million people with obesity, and associate the a series of serious diseases, as heart problems, diabetes, hypertension and also associates the some cancer type. The education is conceived today as one of the factors progressive responsible by the change and orientation of an entire society. And the teaching inside of that context it is characterized by the transformation and development of the intellectual capacities of the discentes addressed to the domain of the knowledge, abilities and his/her application, seeking to reach certain results in the future life (LIBANÊO 2005).

This study had the objective of identifying the students' of the fundamental teaching knowledge about the obesity, noticing as the school deals with this matter, as well as the school Physical education. As methodology was used the field research, and as instrument for collection of data application of a questionnaire in the school with 60 students of the 8th and 9th year of the fundamental teaching, looking for to identify the school and the Physical education treats on the theme of the Obesity with the students. It is concluded that the participant students of this research in her great majority understand partially about the obesity, however the obtained information were not acquired in the school.

KEY-WORDS: Education, school and obesity.

L'ÉDUCATION ET L'OBÉSITÉ DANS L'ÉCOLE RESUME

L'obésité est considérée un important problème de santé publique, et conformément à l'OMS (2004) il est eu comme une épidémie globale. L'aspect le plus grave et préoccupant est l'augmentation de l'obésité infantile, qui se traduira, dans une prévalence encore davantage haute d'obésité adulte. Colavitti (2004) indique qu'aujourd'hui dans le monde plus de 1 milliard de personnes ils se trouvent avec excès de poids et de ils celles-ci sont 300 millions de personnes avec obésité, et associé à une série de maladies graves, je mange des problèmes cardiaques, diabète, hypertension et aussi associés à quelque type de cancer. L'éducation aujourd'hui est conçue comme un des facteurs progressifs responsable du changement et de l'orientation de toute une société. Et l'enseignement à l'intérieur de ce contexte se caractérise par la transformation et le développement des capacités intellectuelles des élèves dirigés au domaine des connaissances, d'habilités et de son application, en visant atteindre de certains résultats dans la vie future (LIBANÉO, 2005). Ainsi cette étude il a eu l'objectif d'identifier la connaissance des élèves de l'enseignement fondamental sur l'obésité, en percevant comme l'école traite de ce sujet, ainsi que l'Éducation Physique scolaire. Comme méthodologie a été utilisée la recherche de champ, et mange instrument pour rassemble de données application d'un questionnaire dans l'école avec 60 élèves de la 8^e et de 9^e année de l'enseignement fondamental, en cherchant identifier si l'école et l'Éducation Physique traitent sur le sujet de l'Obésité avec les élèves. Il se conclut que les élèves participants de cette recherche dans leur grande plupart comprennent partiellement sur l'obésité, néanmoins cette connaissance n'a pas été acquise dans l'école.

MOTS-CLES: Éducation, École et Obésité.

EDUCACIÓN Y OBESIDAD EN LA ESCUELA RESUMEN

La obesidad se considera un problema importante de la salud pública, y de común acuerdo con el OMS (2004) se tienen como epidemia global. El más serio y la preocupación de aspecto es el aumento de la obesidad infantil, de que que él todavía se traducirá, en un predominio más descarga de la obesidad adulta. Colavitti (2004) aparecen que ésa en el mundo más de 1 mil millones personas son hoy con exceso del peso y de éstos son 300 millones de personas de con obesidad, y asocie una serie de enfermedades serias, como los problemas del corazón, diabetes, hipertensión y también asocia un cierto tipo del cáncer. La educación es concebida hoy como una del progresista de los factores responsable por el cambio y la orientación de una sociedad entera. Y la enseñanza adentro de ese contexto es caracterizada por la transformación y el desarrollo de las capacidades intelectuales de los discentes tratados al dominio del conocimiento, de las capacidades y de su uso, intentando alcanzar cierta vida de los resultados en el futuro (LIBANÉO 2005). Este estudio tenía el objetivo de identificar el students' del conocimiento de enseñanza fundamental sobre la obesidad, el notar como la escuela se ocupa de esta materia, así como la educación física de la escuela. Como la metodología fue utilizada la investigación de campo, y como instrumento para la recogida de uso de los datos de un cuestionario en la escuela con 60 estudiantes del 8^o y 9^o año de la enseñanza fundamental, buscando para identificar la escuela y los convites de la educación física en el tema de la obesidad con los estudiantes. Se concluye que los estudiantes del participante de esta investigación en su gran mayoría entienden parcialmente sobre la obesidad, no obstante la información obtenida no fue adquirida en la escuela.

PALABRAS-CLAVE: Educación, la escuela y la obesidad.

A EDUCAÇÃO E A OBESIDADE NA ESCOLA RESUMO

A obesidade é considerada um importante problema de saúde pública, e de acordo com a OMS (2004) é tida como uma epidemia global. O aspecto mais grave e preocupante é o aumento da obesidade infantil, que se traduzirá, em uma prevalência ainda mais alta de obesidade adulta. Colavitti (2004) aponta que hoje no mundo mais de 1 bilhão de pessoas se encontram com excesso de peso e destas são 300 milhões de pessoas com obesidade, e associado a uma série de doenças graves, como problemas cardíacos, diabetes, hipertensão e também associados a algum tipo de câncer. A educação é hoje concebida como um dos fatores progressivos responsável pela mudança e orientação de toda uma sociedade. E o ensino dentro desse contexto se caracteriza pela transformação e desenvolvimento das capacidades intelectuais dos discentes direcionados ao domínio dos conhecimentos, habilidades e sua aplicação, visando alcançar determinados resultados na vida futura (LIBANÉO, 2005). Assim este estudo teve o objetivo de identificar o conhecimento dos alunos do ensino fundamental sobre a obesidade, percebendo como a escola trata deste assunto, bem como a Educação Física escolar. Como metodologia foi utilizada a pesquisa de campo, e como instrumento para coleta de dados aplicação de um questionário na escola com 60 alunos do 8^o e 9^o ano do ensino fundamental, buscando identificar se a escola e a Educação Física tratam sobre o tema da Obesidade com os alunos. Conclui-se que os alunos participantes desta pesquisa em sua grande maioria entendem parcialmente sobre a obesidade, porém este conhecimento não foi adquirido na escola.

PALAVRAS-CHAVE: Educação, Escola e Obesidade.

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