

52 - THE PUBLIC SPORTS OF LEISURE AND ITS AND RELATIONSHIP WITH PHYSICAL ACTIVITY, SPORTS AND COEXISTENCE

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INTRODUCTION

The term public space, according to Castro (2013), includes urban places that, together with infrastructures and collective equipment, support the life in common: streets, avenues, squares, parks. This includes people, families, groups, companies, corporations. The limits, structure, form and function of these spaces are parts of complex and dynamic assemblages, which differ according to countries and cultures.

For Almeida et al (2012) there is an increase in the number of middle-aged and elderly people who seek physical activity such as health promotion, quality of life and improvement of physical fitness levels of young adults.

Public spaces, for Mendonça (2007), are considered important places of urban embellishment environments of physical displacement. Public spaces are considered by the author as an expression of citizenship, as well as social space for socializing, leisure and health.

The NBR 9050/2015, of the Brazilian Association of Technical Standards, ABNT, defines accessibility as the possibility and condition of reach, perception and understanding for use with security and autonomy of buildings, space, furniture, urban equipment and elements (NBR 9050, 2015).

The municipality of Pato Branco, chosen for this study, is located in Brazil, in the Southwest region of Paraná, 433.53 km from the capital of Paraná, Curitiba. It is located in the third plateau of Paraná, with an altitude of 761 meters and a population estimated by the Brazilian Institute of Geography and Statistics, IBGE, of 72,370 inhabitants in 2010. This population is divided into urban, 94.08% and 5.92% rural. In the urban area of the municipality ten districts stand out because they contain 45.92% of the population (IPARDES, 2017).

The aim of the research is to evaluate public spaces of leisure regarding usability and ergonomics, as specific objectives: to identify the profile of users; to verify aspects related to: surroundings, accessibility, safety, access, location, usability, environment, urban equipment and behavior of the place of the public spaces of leisure: squares, parks and wide; identify the use; issue diagnostic reports found; contribute to the development and knowledge of scientific research and the population.

METHODOLOGY

The methodology is based on exploratory and observation analysis in two moments: during the week and at the weekend, in four public spaces in the municipality of Pato Branco: Getúlio Vargas Square, Santo Bertol Square, Wide of freedom and Cecília Cardoso Environmental Park.

A check-list of nine items: usability, security, surroundings, access, accessibility, transport, benches, bins, tables, bathrooms, water fountains, free wi fi, signage, flooring, space for pets, lighting, vegetation and specific spaces , elaborated by the authors and based on the scientific literature was used. The data were confronted with the literature to elaborate a diagnosis about potentialities and deficiencies that contributes to improve the public spaces for physical activities and sports, as well as for leisure and coexistence, seeking quality of life for the population that uses them.

CHARACTERIZATION OF PUBLIC SPACES AND ASSESSED ENVIRONMENTS

Getúlio Vargas Square

Located in the Center, the most populous district of the municipality of Pato Branco, with 9,481 inhabitants, according to IBGE's 2010 census, Getúlio Vargas Square was founded between the 1930s and 1940s. It is part of the central ring next to the town's historically constituted by social relations linked to the urban development of the city, based on experiences triggered by social actors (CARDENAL, 2017).

Its infrastructure is made up of living spaces, playground, synthetic court, LED lighting, free internet, fountain, seating area with benches, cafeteria with men's and women's restrooms and a historic memorial with seven panels that occupy the porticoes, which historical events to happenings in the square and central boardwalk. Its surroundings consist of commerce: shops, gastronomy, real estate, clinics, pharmacies, hotel, institutions such as hospital and banks and residential buildings, main access is by Tupy Avenue.

Santo Bertol Square, Santa Terezinha neighborhood

The square, located in the Santa Terezinha district, the 9th most populous district in the municipality of Pato Branco, with 2,099 inhabitants according to IBGE 2010, is centrally located in the neighborhood, next health center, school and supermarkets, its environment is residential and small trades.

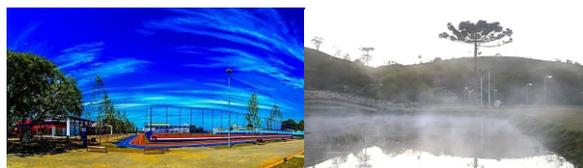
It has areas of coexistence, football court, playground, open age group and lighting in led, area of 1,091.20 m². The square is composed of afforestation, synthetic grass on the court and in the playground, polyethylene plastic toys, slide, ladder, trolley ramp, catwalk, tubular ladder, rope ramp and swings. The main access routes are by collecting ways: Mato Grosso and João Pessoa streets, with parking for vacancies for seniors and handicapped people in their main access.

Figure 1: Getúlio Vargas Square and Santo Bertol Square



Source: <http://www.patobranco.pr.gov.br>

Figure 2: Wide of Freedom and Cecilia Cardoso Environmental Park



Source: <http://www.patobranco.pr.gov.br>

Wide of freedom, district of La Salle

The Wide of freedom, located in the La Salle district, the fifth most populous district of the municipality, with 2,692 inhabitants, has in its residential surroundings, small shops and a multi-sport gymnasium.

With center infrastructure, playground, aquatic center, health academy, soccer field, rubber track, bike path, sports court, senior citizens' academy, snack bar, men's and women's toilets and people with special needs (PSN). It has the "Sunday in the Largo", project that gathers workshops, recreation and sports activities on Sundays, with scheduled schedules, with professionals guiding the activities. The aquatic center has semi-Olympic and children's pools where water aerobics classes are offered with professionals. The coexistence center, composed of an auditorium with 80 seats; multipurpose hall; library; toy library; room for table tennis; martial arts room; dance and gym room; rhythmic gymnasium; office room; kitchen, space for the NASF (Family Health Support Center); men's and women's locker rooms; locker rooms for people with special needs (men and women) and bathrooms. Accessed by two roads: Rua Araribóia, which has parking structure with vacancies for handicapped and elderly in its main access.

Cecilia Cardoso Environmental Park, Bonatto neighborhood

The Park, located in the Bonatto neighborhood with a population of 1,100 inhabitants according to IBGE 2010, has an artificial lake, a hiking trail, bike path, kiosks, playground and green area for outdoor activities, a gym for the elderly, seating areas. Accessed via collector: Fernando Ferrari street, its main access, has two more secondary accesses. Its environment is made by residences, small businesses and schools.

RESULTS AND DISCUSSION

The common results found in the four spaces studied are the determination of users who attend: adults, elderly, disabled, young and children, and a large number of pets. The usability of spaces are mostly for leisure, sports, physical activity and socializing. The positive points found similar to the spaces are made by the lighting, vegetation of trees and grass fodder, areas of conviviality with dumps and banks. The negatives raised by the research are the lack of professionals guiding sports and physical activity, accessibility: non-signage in braille, insufficiencies of urban furniture: benches, tables and space for pets, insufficient parking spaces, inexistence of high lanes and informative about the activities carried out and the spaces used.

In Getúlio Vargas Square it was observed as more frequent physical activity to the walk, the soccer and the playground. Its infrastructure is also used for events developed by the municipal public administration, by educational institutions serving the population. Policing is constant. There is access by the parking area for the elderly and disabled, pedestrian lanes on the roads. It has taxi stand and bus stop. The architectural elements differentiated to this space are: fountain, wood structure, memorial, house themed, and boardwalk, besides being central what facilitates the use by the entire population. It does not have an outdoor gym or space for hiking, and football is the most practiced sport in this space. Surrounded by trades, residences and institutions.

Santo Bertol Square, located in the Santa Terezinha neighborhood, is a space for leisure and physical activities for the local population and nearby neighborhoods. It has a parking area for the elderly and disabled. Its surroundings are composed of residences and small businesses. Its implantation provides quality of life and outdoor activities to the population. Deficiencies found in this space in the infrastructure: lack of bathrooms for men, women and PSN, drinkers, snack bar, wi fi free. Policing is sporadic. And it does not have a bus or taxi point.

The wide of freedom, located in the neighborhood of La Salle, is the most complete space for sports, outdoor exercises, differentiating itself by having a walking and rubber racetrack, two heated pools with professional physical educators that perform activities such as swimming and water aerobics, besides of dance halls as: zumba and dances diverse oriented by professionals of physical education to the interested public. Policing is sporadic. It has parking area for the elderly and disabled and common access to all public. The study points to this space as the most complete place in urban equipments, professional and of greater demand by the population for the municipality has: center of coexistence, playground with equipment for wheelchair, sportswear, aquatic center, health academy, soccer field, rubber track, cycle path and senior citizens' gym, snack bar, men's and women's toilets and PSN.

Accessed by a collector and a vicinal, it does not have a bus or taxi stand. Its environment consists mostly of residences and small businesses. The shortcomings of this space are: free wi fi and little afforestation.

The Cecilia Cardoso Environmental Park, located in the Bonatto neighborhood, includes forest infrastructure, open gym for the elderly, artificial lake, football court with concrete floor, outdoor hiking trail between forest, bike path, water fountain and playground.

The deficiencies found refer to the lack of safety and maintenance. It does not have a specific parking area for the elderly and disabled in its accesses, women's and men's restrooms and PNE, free wi fi. Accessed by collector, it does not have a taxi or bus point, its access is not adapted for disabled people and people with reduced mobility.

Table 1: Ckeck List Summary.

	Getúlio Vargas Square	Santo Bertol Square	Wide of Freedom	Cecilia Cardoso Environmental Park
Safety	Constant	Sporadic	Sporadic	Sporadic
Surroundings	Commercial, residential and institutional.	Small commerce and residential.	Residential and institutional.	Residential, small commercial and institutional.
Access	Arterial route	Collector track	Collector track	Collector track
Accessibility	Tactile floor	Tactile floor	Tactile floor	Nonexistent
Usability	Conviviality, leisure, sports	Leisure, leisure, physical activities and sports	Leisure, recreation, sports, physical activities oriented	Leisure, sports, physical activities

Transportation	Parking lots and bus / taxi stand	Real Estate Management	Real Estate Management	Parking lots and bus stop
Banks:	Insufficient	Insufficient	Insufficient	Insufficient
Waste bins	Enough	Enough	Enough	Insufficient
Tables	Insufficient	Not existent	Insufficient	Not existent
Bathrooms	Enough	Not existent	Enough	Not existent
Drinking troughs	Enough	Not existent	Enough	Insufficient
Free wi fi	Yes	No	No	No
Signaling	Insufficient	Insufficient	Insufficient	Insufficient
Floor	Interlocked paver / synthetic grass	Interlocked paver / synthetic grass	Interlocked paver / synthetic / rubber grass	Asphalt concrete / stone crushed stone
Pet Spaces	Nonexistent	Nonexistent	Nonexistent	Nonexistent
Lighting	Enough	Enough	Enough	Insufficient
Vegetation	Trees, grassland and bush	Trees, grassland and bush	Trees, grassland and bush	Trees, grassland and bush
Specific spaces	Fountain, seating area, cafeteria, sports and civic space, soccer field, children's	Children's playground, soccer field with synthetic grass, open gym for	Coexistence center, children's playground, aquatic center, health academy, soccer	Woods, open gym for the elderly, artificial lake, fenced soccer court with

Source: the author (2017)

According to Barreto et al (2015) it is necessary a greater performance of the public power in the incentive of community participation and to demonstrate to this population that they will be assisted by qualified professionals in the open air academies. Offer programs of physical activities indicated for each person and, in addition, integrate actions with nutritionist and physiotherapist for better results.

As actions of the public power all spaces were revitalized, when they began to receive a greater flow of visitors, references in infrastructure and quality of life for the population of the municipality, becoming a reference for the region.

As a positive point the research raised the following points: the sidewalks and roads access in all environments evaluated. In relation to urban equipment: all have dumps, lighting, vegetation and benches. The positioning of public spaces, in relation to the surrounding environment is strategic, possessing great flow of pedestrians and automobiles. All the spaces researched stimulate the sport and the physical activities, mainly the physical activities in the open air, showing the importance of open public spaces with structures destined to the incentive to the health and the physical conditioning.

The negative points found were difficulty of public transportation which on the one hand becomes positive that induces the public to access with physical activities like walking and cycling. The lack of spaces for pets is a fact to be reviewed due to the large flow of people walking in the squares, park and wide with their pets. Tables were found only in the snack bars in wide of freedom and Getúlio Vargas Square. The insufficiency of public banks in all four spaces evaluated, which together with the lack of a male, female and PSN bathroom makes it difficult to stay in two of the spaces analyzed: Santo Bertol Square and Cecilia Cardoso Environmental Park.

The greater flow and heterogeneity of users and use of urban equipment were observed at weekends, being sports and health users: children, adults, elderly, disabled, pets, young people, which reinforces the importance of accessibility and diversity of spaces and the encouragement of open and public areas as incentives for physical activity and sports.

With a society that seeks quality of life and health, the search for spaces with security, information and that encourage physical activity, sports, socializing, health and leisure are constant. Investing in improvements, adaptations and diversity of equipment, as well as increasing urban furniture according to the demands presented and providing adequate spaces to the population are important for the identity of a region.

The present research hopes to encourage in-depth ideas for studies in order to contribute to the scientific literature and innovations. The research aims to be a reference for possible projects of qualification of public spaces with emphasis on physical activities, sports, health and leisure and socializing.

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THE PUBLIC SPORTS OF LEISURE AND ITS AND RELATIONSHIP WITH PHYSICAL ACTIVITY, SPORTS AND COEXISTENCE

ABSTRACT: The objective of this research is to encourage the use and propose improvements of squares, parks and parks to practice physical activities, sports, leisure and coexistence of the population. To contribute to the scientific knowledge and to describe the potentialities and deficiencies of these spaces with a cross-sectional research, of investigative and exploratory character using a checklist with nine items: location, security, accessibility, usability, access, environment, urban equipment and bring knowledge and induce changes on the proposed theme. The results showed the most frequent use of the spaces evaluated for physical activities such as: walking, soccer and outdoor exercises in the open gym for the elderly. Users who use the space are children, adults and the elderly. The deficiencies found were related to accessibility due to lack of signaling, safety and lack of spaces for pets, as well as the lack of professionals to guide and follow up on physical activities and sports developed in these spaces.

Keywords: leisure, sport, coexistence.

LES SPORTS PUBLICS DE LOISIRS ET SES RELATIONS AVEC L'ACTIVITÉ PHYSIQUE, LES SPORTS ET LA COEXISTENCE

RÉSUMÉ: L'objectif de cette recherche est d'encourager l'utilisation et la proposition d'amélioration des places, des parcs et des parcs pour pratiquer des activités physiques, sportives, de loisirs et de coexistence de la population. Contribuer aux connaissances scientifiques et décrire les potentialités et les lacunes de ces espaces par une recherche transversale, exploratoire et exploratoire à l'aide d'une liste de contrôle comportant neuf éléments: localisation, sécurité, accessibilité, facilité d'utilisation, accès, environnement, équipement urbain et apporter des connaissances et induire des changements sur le thème proposé. Les résultats ont montré une utilisation plus fréquente des domaines évalués pour les activités physiques telles que la marche, le football et l'exercice en plein air dans la salle de gym ouverte pour les personnes âgées. Les utilisateurs qui utilisent l'espace sont les enfants, les adultes et les personnes âgées. Les lacunes constatées étaient liées à l'accessibilité en raison du manque de signalisation, de la sécurité et du manque d'espace pour les animaux de compagnie, ainsi que du manque de professionnels pour guider et suivre les activités physiques et sportives développées dans ces espaces.

Mots-clés: loisirs, sport, coexistence.

LOS ESPACIOS PÚBLICOS DE LAZERY SU E RELACIÓN CON ACTIVIDAD FÍSICA, DEPORTE Y CONVIVENCIA

RESUMEN: El objetivo de esta investigación es incentivar el uso y proponer mejoras de las plazas, amplios y parques para la práctica de actividades físicas, deportes, ocio y convivencia de la población. Contribuir con el conocimiento científico y describir las potencialidades y deficiencias de esos espacios con una investigación transversal, de carácter investigativo y exploratorio utilizando un check list con nueve ítems: localización, seguridad, accesibilidad, usabilidad, acceso, entorno, equipamientos urbanos y comportamiento del local que que traen conocimiento e inducir a cambios sobre el tema propuesto. Los resultados apuntaron la utilización más frecuente de los espacios evaluados para actividades físicas como: caminata, fútbol y ejercicios al aire libre en la academia abierta para la tercera edad. Los usuarios que utilizan el espacio son niños, adultos y ancianos. Las deficiencias encontradas fueron referentes a la accesibilidad por falta de señalización, a la seguridad ya la inexistencia de espacios destinados a animales domésticos, además de la falta de profesionales para orientación y acompañamiento en las actividades físicas y deportes desarrollados en esos espacios.

Palabras claves: ocio, deporte, convivencia.

OS ESPAÇOS PÚBLICOS DE LAZER E SUA E RELAÇÃO COM ATIVIDADE FÍSICA, ESPORTE E CONVIVÊNCIA

RESUMO: O objetivo dessa pesquisa é incentivar o uso e propor melhorias das praças, largos e parques para prática de atividades físicas, esportes, lazer e convivência da população. Contribuir com o conhecimento científico e descrever as potencialidades e deficiências desses espaços com uma pesquisa transversal, de caráter investigativo e exploratório utilizando um check list com nove itens: localização, segurança, acessibilidade, usabilidade, acesso, entorno, equipamentos urbanos e comportamento do local que trazem conhecimento e induzem a mudanças acerca do tema proposto. Os resultados apontaram a utilização mais frequente dos espaços avaliados para atividades físicas como: caminhada, futebol e exercícios ao ar livre na academia aberta para terceira idade. Os usuários que utilizam o espaço são crianças, adultos e idosos. As deficiências encontradas foram referentes à acessibilidade por falta de sinalização, à segurança e à inexistência de espaços destinados a animais de estimação, além da falta de profissionais para orientação e acompanhamento nas atividades físicas e esportes desenvolvidos nesses espaços.

Palavras-chaves: lazer, esporte, convivência.