

73 - INITIAL TRAINING IN PROFESSIONALS WORKING PILATES STUDIO IN JOINVILLE

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Introduction

The current search for physical activities that promote greater safety for its practitioners is constant, observing that this concern can occur more frequently in the adult and elderly public.

Among the different offers of physical activity for the elderly that are found today in the academies, social centers, clubs, dance schools, community centers and / or sports associations, in other words, spaces where there is the proposal of physical activity, regardless of the modality performed the Pilates Method has been gaining breadth and greater dissemination in the leisure, sports and education environments.

As it is an alternative activity and of greater concentration, its demand of professionals increased significantly.

Professionals in the field of physical education and physiotherapy are the main responsible for this action in the work market with Pilates Method, promoting well-being and assisting in the health of its practitioners.

The practice of Pilates emerges as a new trend in performing physical exercises, bringing a more complete approach and appreciation of the interaction between mind and body, in search of greater body awareness and a more balanced posture.

Throughout its entirety, Pilates is today used by physiotherapists as aid to the physiotherapeutic treatment, in the most diverse orthopedic, rheumatological and respiratory pathologies (RODRIGUES, 2006).

The method is in high fitness nowadays, because in addition to be an activity where your injuries are minimal, there is no impact or maximum effort of the practitioner. It is an activity where the body is developed in a uniform and balanced way, having a general muscle tone, with emphasis on almost all the exercises applied on the abdomen, being called by Joseph de Powerhouse (PILATES, 2010). With movements based and focused on the articular mobility of the spine, developing a flexion, extension, rotation, lateral flexion and stabilization of the spine more conscious at the time of execution.

The Pilates technique presents many variations of exercises and can be performed by people seeking some physical activity, by individuals who present some pathology in which rehabilitation is needed, such as neurological disorders, chronic pain, orthopedic problems and disorders of the spine (KOLYNIAK; et al., 2004).

The research is intended as an academic interest, to discover the initial training predominant in the area of the Pilates area, as well as to see its level of satisfaction in its area, to find out if training courses meet their need, and to verify if they can put into practice what was learned.

Professional Qualification

Professional preparation in physical education underwent profound changes. Until the 1980s, undergraduate courses in physical education trained professionals to work in formal education and, moreover, also apparently filled the existing gaps in the area and were not part of the school context (BETTI, 1996). Today we find a somewhat modified reality, partly thanks to the new knowledge produced and discussed, partly fruit of the new demands of the market.

From the 1980s, with the creation of a baccalaureate degree in some institutions, there was a reformulation in the curricula of the courses of professional preparation in physical education, with differentiation and separation of the bachelor (teacher) of the bachelor (professional), aiming to attend, from a professional point of view. To the needs of the market and of society, that is, teachers linked to physical education at school and professionals linked to programs of physical activity in attending to different needs of the population.

Evidence of the importance of this theoretical body in the field of physical education is given by work Edwards' apud Lawson (1990). This author examined the curricula of 240 physical education courses in the USA, that there was a decrease of 50% in practical subjects and a 500% increase in the number of theoretical and scientific disciplines.

The creation of the baccalaureate courses came to meet a new professional profile that is not linked to regulatory education, but to a new and growing market segment consisting of clubs, academies, companies, condominiums, personal trainers, where the action is directed not more only in performing skills, but in knowing how and why to perform.

According to Manoel (1996), the traditional view of an occupation based largely on the professional motor skills practices gives way to a conception where the essential aspect is the possession of a body of knowledge to understand the motor activity and to develop means and technologies for its promotion.

For Mariz de Oliveira (1993) physical education must produce an organized and proven knowledge that allows anyone to move in a specific or generic, effective or harmonious way, optimizing all their potentialities and possibilities.

Pellegrini (1988) argues that physical education as a profession should support not only professionals who have the skills to perform, but also professionals who can pass these skills on to other people in order to bring them to the development of their abilities motor vehicles.

That is, the professional must provide through varied motor experiences and body knowledge, awareness and control of the motor act for his client, in order to achieve autonomy of movement in the face of the various situations of everyday life.

According to Nascimento (1998) apud Shigunov (2001) vocational training is a concept that has evolved in the last decades. Vocational training is justified, mainly, by allowing differentiation between the work of a qualified person in the area and a lay person.

For Francisco Carreiro da Costa (1994), the initial formation of the future teachers is understood as "the period during which the future teacher acquires the scientific pedagogical knowledge and the necessary competences to face properly the teaching career".

Historical Aspects and Concepts of the Pilates Method

Currently, the world population is affected by several diseases related to sedentarism (FERREIRA et al, 2007). Physical activity has been constantly prominent in the media, being considered of extreme importance in the fight against sedentarism.

The practice of Pilates emerges as a new trend in performing physical exercises, bringing a more complete approach and appreciation of the interaction between mind and body, in search of greater body awareness and a more balanced posture. Throughout its entirety, Pilates is today used by physiotherapists as aid to the physiotherapeutic treatment, in the most diverse

orthopedic, rheumatological and respiratory pathologies (RODRIGUES, 2006).

The creator of the method was Joseph Hubertus Pilates (1880-1967), born in Germany and had a childhood marked by the fragility of his health, as he presented asthma, rickets and rheumatic fever. Still young, he specialized in anatomy, physiology and physical culture (PIRES; SÁ, 2005).

In 1912 World War I began, and Joseph was sent to a battlefield in Lancaster where he refined his ideas and encouraged his colleagues to participate in his solo exercise program. At this time, there was an influenza epidemic that killed thousands of people, but those who practiced the Pilates exercises were not contaminated (GALLAGHER; KRYZANOWSKA, 2000).

Upon returning to Germany, Pilates refined his equipment and methods. In 1926, he went to the United States and met his future wife, Clara. Together, they founded a Pilates studio, whose first practitioners were dancers and athletes (GALLAGHER; KRYZANOWSKA, 2000).

According to Sá (2005), only after Joseph Pilates's death in 1967, at the age of 87 did his method be studied and deepened, for Joseph was afraid of the dissemination of his techniques. Since then the technique has been the object of many studies, which confirmed its benefits and found new applications.

The Pilates technique presents many variations of exercises and can be performed by people seeking some physical activity, by individuals who present some pathology in which rehabilitation is needed, such as neurological disorders, chronic pain, orthopedic problems and disorders of the spine (KOLYNIAK; CAVALCANTI; AOKI, 2004). In addition, Pilates is a complete program of physical and mental conditioning, a dynamic technique that aims at working strength, stretching, flexibility and balance, taking care to maintain the body's physiological curvatures (MIRANDA; MORAIS, 2009).

According to Siler (2008 p17), the method was first named for controversy, where Joseph Pilates maintained as a result of all the work required by the body to maintain a body consciousness often isolated, often integrated with the rest of the body.

Contrology develops the body evenly, corrects poor posture, restores physical vitality, invigorates the mind, and raises the mind (PILATES, 1945). According to him, the controversy, besides benefiting physically and physiologically the body, will also have benefits in his work, in his way of walking, to perform the tasks of the day to day, without feeling inadequate body weight or mental weight.

According to Comunello (2011) Pilates is a resistance training method that works with low impact muscular exercises, involves integrated and controlled exercises, in which the body and mind influence each other, this being the characteristic that establishes the difference between other forms of physical exercise.

According to Joseph Pilates (2010 p.135), the benefits of method depend only on the performance of the exercises with fidelity to its principles, thus seeking a stretching or relaxation of shortened or tensioned muscles and strengthening the tone of those who are stretched or weakened. Therefore, muscle imbalances that occur between antagonists and agonists are reduced and are responsible for certain postural deviations and orthopedic and rheumatologic problems (COMUNELLO, 2011).

Gallagher and Kryzanowska (2000) claim that people of any age may be practicing and benefiting from the method because most exercises are done in the lying position, reducing the risk of injury to the joints by impact.

Aiming at the conscious movement without fatigue and pain, the method is based on six principles: breathing, control, concentration, harmonic motion or fluidity of movement, center of force and precision (PIRES, SÁ, 2005).

According to the principle of concentration, throughout the exercise, attention is focused on each part of the body, so that the movement is developed with the highest possible efficiency. Thus, body awareness and motor learning take place, which is the objective of the technique (PIRES; SÁ, 2005). Therefore, the practitioner's full attention is required to perform the exercises.

According to Rodrigues (2006), in the Pilates Method, the mind must control each movement, since the control in the execution of each movement reaches harmony and improves the motor coordination, avoiding inadequate or undesirable muscular contractions. Sudden and rapid movements are discouraged as this is how the method can reduce the risk of injury.

Precision and control are closely linked. Concentrating on each step of the movement and knowing the body, it is possible to develop the control necessary to obtain the accuracy of each movement. Precision is of fundamental importance in the quality of movement and in the postural realignment of the body (RODRIGUES, 2006).

The principle of the center of force is the area where it is constituted by the strength of the abdominal muscles (rectus abdominis, obliquus internal and external, transverse), buttocks and lumbar paravertebral, which are responsible for the static and dynamic stabilization of the body. All the energy needed to perform the exercises starts in the powerhouse and flows externally to the extremities (SILER, 2008). Physical energy is therefore exerted from the center in order to coordinate movements.

According to Sá and Pires (2005) and Rodrigues (2006) the movements performed during the execution of each exercise must respect fluidity, lightness and harmony, being carried out in a controlled and continuous way, absorbing the impacts of the body. On the contrary, heavy, truncated movements that create shocks in the soil, lead to wasted energy, and make tissues prone to wear and tear.

In the Pilates Method all exercises relate to breathing. Joseph Pilates emphasized breathing as the prime factor, inspiration occurs to prepare for movement and exhalation occurs while performing it. Camarão (2004) apud (COMUNELLO, 2011), states that before any benefit achieved using the method, a person needs to learn to breathe properly. The respiratory pattern of the method is considered a therapy because it seeks to slow down and increase its depth.

The beauty of Pilates lies in the fact that, once understood the core of its philosophy, its movements can be translated into any format. Each exercise is an important movement and can be used to stretch and move properly throughout the day, but it is not a limited exercise regime.

Many people use exercise to supplement other activities. Athletes, for example, employ the movements and philosophy of Pilates in sports. However, whether you are an athlete or TV addict, young and flexible, or old and stiff, the Pilates method can change the way you relate to your body.

Materials and Methods

For this study the bibliographic survey was used initially and later a field survey was carried out seeking to collect data pertinent to the proposed subject. This study was characterized as a quantitative cross-sectional study.

The instrument used for data collection was an adaptation of the protocol (questionnaire) of Cortes Morales (2012), with questions related to Pilates professionals and studio owners from the region of Joinville.

This study was approved by the Research Ethics Committee under nº 958.805 and all the interviewees signed the TCLE. For the accomplishment of the study a survey of Pilates studios in the region of Joinville was carried out, especially in the central and northern regions of the city. After the initial contact of the study proposal, the questionnaire was applied.

The data collection will be carried out in an active, interactive and participative way among researchers and

researched in order to establish, during the process, a clearer understanding about relevant aspects of the research.

The population / sample of the study was composed of 64 professionals working in the area of physiotherapy and physical education, where they work with the Pilates Method, in the studios located in the city of Joinville / SC.

Analysis and Discussion of Results

The present study was composed of 64 subjects with mean age of 29.7 ± 5.053 years, among them active physiotherapists (43/67%) and physical education (18/28%). We found 2 (3%) subjects with both formations and 1 (1.5%) with Ivana Henn formation. Among these, 6 (9%) are male, where only one (1.5%) have their education in physical education. The female gender is composed of 58 subjects (91%), 42 (65%) with physical therapy and 16 (25%) in physical education.

According to Brazil (1969) and Brazil (1998), physical education professionals and physiotherapists, in addition to finding a common working environment in the academies, present the similarity of the use of physical activity practice as a means of seeking health and improving quality of their clients' lives, whether they are healthy people or with chronic diseases or physical / mental disabilities.

Therefore, both professionals are supposed to be in a favorable situation for the interdisciplinary work, with exchange of knowledge and interaction between the disciplines. This ends up confirming with research, where physical education professionals and physiotherapists work together in Pilates studios.

A study carried out by Rezende (2014) in Goiânia, aimed at researching professionals who specialized in Pilates between the second semester of 2008 and the first semester of 2013, and to identify how many professionals are physiotherapy, how many physical educations. In their research it was concluded that there were 45% physiotherapists, 36.4% physical education professionals and 18.2% others. What is confirmed with the present study done, where its majority working with Pilates, are physiotherapists.

A study done in Belo Horizonte, Vaz and Signorini (2009) analyzed the existence or not of the interdisciplinary relationship between physical educators and physiotherapists in gymnasiums, where it was possible to verify that physiotherapists were in (65.5%), and among physical educators, the majority were male (79%).

This allows us to verify that in Pilates studios in the region of Joinville, most of them are physiotherapists (74%), and in general the labor market is mostly female (91%). Checking for the male sex, of the 6 subjects, only 1 is male, being physiotherapists mostly in the studios of Pilates in Joinville.

On the training year, 32 (50%) of the respondents were trained in the period from 2009 to 2015, 11 (17%) were trained between 2005 and 2008 and the same number of subjects in the period from 2001 to 2004 (9.5%) were interviewed, and 4 (6.5%) of the total did not report. Regarding this characteristic in the formation, no study reference was found that could support or contradict the data obtained here.

An important factor in the research was in relation to the instructors' specialization courses, where 24 subjects (37.5%) have as their main specialization, Pilates. Of the interviewees, 13 (20.31%) do not have a specialization after graduation, 8 (12.5%) have their specialization in Pilates and other course (s), 6 (9.38%) in orthopedics and traumatology and 3 (4.69%) of those interviewed in osteopathy. There were 10 (15.63%) people who had markers like the others.

Regarding the specialization courses, it was noticed that in the majority (80%) it has a specialization, which agrees with Cortes Morales studies (2012, page 61). In this study, the continuous professional training for the use of new knowledge, it is reported that the professional who does not seek new information, new studies, will be out of place in their professional scope. Therefore, it can be concluded that specialization is important because it is renewing or seeking new techniques (Table 1).

Table 01 - Characteristics of subjects

Specialization	Total	%
Pilates	24	37,5
Not	13	20,31
Pilates and others course	8	12,5
Orthopedics and Trauma	6	9,38
Osteopathy	3	4,69
Others	10	15,63

Source: own research

In order to verify the work time of the interviewees, an average of 2.63 ± 2.313 years of practice was obtained, teaching the method. Vaz and Signorini (2009) in their research in Belo Horizonte obtained an average of work in the academies of the physiotherapists of 4.4 years and of the professionals of the physical education 5.3 years. Noting that Pilates studios are newer than gyms, their work time has been proven in the region of Joinville with an average of 2.63 years of work.

Regarding the graduation, it was questioned if the Pilates Method was presented in his institution as an alternative of activity, and 75% (48) said they were not aware of the method and 25% (16) said they had presented. Analyzing by the presentation of the Pilates method in educational institutions, where 75% did not know the method, there is an independent search of the professional, which has a lot of connection with the question, where it is asked about reading about subjects pertinent to the Pilates method, and 98.5% answered that they are often reading about it.

Finally, he was asked about his satisfaction in working with the method, and 100% of respondents said they were enjoying working in the chosen area. What we can raise thoughts that, while not being an activity shown to more than half of those surveyed in their educational institutions, still, virtually all of them are usually studying on the subject and are happy with what they work.

Regarding the training courses (Table 2), where the professional seeks knowledge to improve their performance in performing their practices, it was possible to verify that, 93.75% (60) of the subjects perceive that the courses modify their performance as instructor, thus having 89% (57) of attendance with the need they were looking for with the course.

Table 02 - Aspects of training

About training	no	1	2	3	4
I realize that the training courses (which I participate in) modify my role as an instructor	1(1.56%)	0(0%)	3(4.69%)	36(56.25%)	24(37.5%)
The courses offered meet my needs as an instructor	0(0%)	0(0%)	7(10.94%)	49(76.56%)	8(12.5%)
The training events have enough duration for the contents addressed	1(1.56%)	2(3.13%)	30(46.88%)	28(43.75%)	3(4.69%)
The contents addressed meet my expectations	1(1.56%)	1(1.56%)	13(20.31%)	43(67.19%)	6(9.38%)
The lecturers (lecturers of the courses) make the relation of the content with my specificity	0(0%)	0(0%)	8(12.50%)	43(67.19%)	13(20.31%)

Source: own research

When asked about the training courses, the subjects perceive that the courses help and modify their performance as a

professional. Based on studies by Perissé (2002), they confirm that it is very important to update the professional who works in the area of education. It is necessary to be constantly updated, and knowledge needs to be renewed. The need for updating is important, because when it comes to day-to-day problems, it is possible to have a better understanding of the student and the problem to be addressed.

As for the duration of the courses, 48.44% (31) think that the time to take the course is enough and 51.56% (33) think that the duration is not enough. Regarding the content of the courses, 76.57% (49) agree that they met their expectations during the training, and 87.5% (56) of the speakers (course participants) agree that they are prepared and do content with the specificity of the subject.

The duration of the courses was the question that obtained the most equality in the answer, where practically half of the subjects felt that the duration was enough and another half thought that it was not. For Mizukami apud Cortes Morales (2012) the training courses cannot be summarized in courses of short duration or short period of time. The courses performed in this way, change the professional's posture immediately, but will not be long-standing posture before the lessons.

Analyzing personal characteristics in relation to their professional performance (Table 3), 98.44% (63) usually read about subjects pertinent to the Pilates Method. This method, in relation to higher education institutions, was described by the respondents (75%) were not aware of the method during graduation, thus there is an independent search of the professional, which has a lot of connection with the question, where is asked about readings of subjects relevant to Pilates, and 98.5% answered that they are often reading about the subject.

Finally, he was asked about his satisfaction in working with the method, and 100% of respondents said they were enjoying working in the chosen area. It is possible to see that even though it is not an activity that is shown to more than half of those surveyed in their educational institutions, still practically all of them are usually studying on the subject and are happy with what they work.

Table 03 - Professional aspects

In relation to the professional	No	1	2	3	4
I often take readings on subjects of the Pilates method	0(0%)	0(0%)	1(1.56%)	22(34.38%)	41(64.06%)
Are there investments from my place of work for external courses	0(0%)	8(12.5%)	16(25%)	22(34.38%)	18(28.13%)
A survey is conducted with professionals on the contents to be addressed in the training courses	1(1.56%)	9(14.06%)	27(42.19%)	23(35.94%)	4(6.25%)
When content is approached in the courses, the practice is related to the theory	1.56%)	0(0%)	2(3.13%)	43(67.19%)	18(28.13%)
I can put into practice the contents covered in the training courses	1(1.56%)	0(0%)	0(0%)	27(42.19%)	36(56.25%)

Source: own research

Regarding workplace investments for external courses, 62.5% (40) said that there is help from the studio for the achievements, while 37.5% (24) answered that there is no help. In Morales (2002), research on initiation, adherence and abandonment in physical exercise programs, it is possible to perceive, through the answers of the administrators of academies, that there is support on the participation of their instructors in training courses.

For the training courses, it was questioned if there is a research with the professionals about the contents to be approached in the courses, and 56.25% (36) answered not to agree with the affirmation. And when asked about the content of the training, if there is a practice, and if it is related to the theory, 95.32% (61) said to have total relation with the theory. After the training, 98.5% (63) of the participants said they were able to put into practice the contents covered in the courses.

According to Winterstein (1995) apud Ghilard (1998, p.39) "... theory without practice is hollow, practice without theory is blind", this means that classes or courses that only refer to theory need of complements with the practice, and vice versa. Practice and theory are intimately connected with professional practice, thus obtaining a firmer experience and preparation in their classes, which confirms with the study, where the subjects said they had practice in the courses and that they were able to put the contents learned in the classes. future classes.

When questioned about the use of technologies (Table 4), 95.3% (61) stated that they used the Internet to complete their classes, causing 82.8% (53) of them to affirm about using new technologies in the construction of their classrooms. According to Vasconcellos (2001), it suggests that we need to look at the past in order to glimpse the future. This means that a historical look is very important so that we can rewrite the past and build the future.

We live in a moment of advancement in technology and information, where knowledge is a click in the palm of the hands and not just in libraries. This makes clear where research, practically all subjects make use of technologies to complete their classes and use new technologies in class construction.

Like Mercado apud Cortes Morales (2012), new technologies are resources of great importance in the educational environment that comes to aid in the teaching-learning process, giving a differentiating character in teaching.

Table 04 - Technological Aspects

About Technology	No	1	2	3	4
I use the internet to complete my classes	1(1.56%)	0(0%)	2(3.13%)	26(40.63%)	35(54.69%)
I use new technologies for my classes	1(1.56%)	2(3.13%)	8(12.5%)	35(54.69%)	18(28.13%)
I use physical evaluation program in the studio	0(0%)	12(18.75%)	14(21.88%)	16(25%)	22(34.38%)

Source: own research

Regarding the use of a physical evaluation program in the Pilates studios, only 59.3% (38) reported using some type of program, and 40.7% (26) did not use a physical evaluation program. Authors such as Fernandes Filho (2003), Nahas, (2013), Queiroga (2005), among others, report that physical evaluation is an indispensable tool so that the work to be performed can provide safety and consequently good results.

Conclusion

This study aimed to identify the initial training of professionals who work in Pilates studios in Joinville. The results showed that most practicing professionals are trained in physical therapy. The study also analyzed specialized courses of professionals, where it was possible to verify that a large part of them have specializations, often without connection with the Pilates Method, but courses that have a connection with the human body, movement and / or physiology.

It was also verified that the method was not presented for most of the professionals in its graduation, making that the demand is only of the own professional, once the institution does not provide materials and content. With the method being more

disclosed in the institutions, it is possible to have more practitioners, more active professionals, and more improvement on the method.

In the study, half of the subjects felt that the courses needed to be longer. However, when asked if the courses met their expectations, almost 80% agreed that the course met their expectations, and about 90% perceived that the course providers relate content to the specificity of the subject. In this case, we can conclude that the course time is defined as short but with great use by all.

This study analyzed only the initial training of professionals and characteristics about their performance in Pilates studios in Joinville, but it was possible to visualize something about the continuous training. The lack of studies in this line of research has resulted in pertinent information about the context of professional performance in Pilates studios which is likely to lead to further research in order to understand the current market.

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INITIAL TRAINING IN PROFESSIONALS WORKING PILATES STUDIO IN JOINVILLE

In recent years numerous activities have arisen in the context of physical exercise, as to physical development or body aesthetic, and one of these activities is Pilates. This study aims on identifying the early educational period of professionals who work in Pilates studios in Joinville. The population / sample consisted of 64 professionals in the field of physiotherapy and physical education working with Pilates in studios located in the city of Joinville / SC. The instrument was a questionnaire with

questions related to professionals and studios' owners where the practices take place in Joinville. The questionnaire was produced by the academic researcher with the researcher in charge and subjected to validation. The data were plotted on an Excel spreadsheet for Windows and later to the SPSS 16.0 for descriptive analysis from the tendency and associations. It was possible to verify and conclude that the initial formation of professionals working in Pilates studios of Joinville region, are mostly in physiotherapy. The lack of work on this line of research made it possible for this study to result relevant knowledge about aspects of professional practice in Pilates studios which may lead to new researches on better understanding the current market.

Keywords: Initial training, Pilates, Active professionals.

LA FORMATION INITIALE DES PROFESSIONNELS INTERVENANTS DANS LES STUDIOS DE PILATES À JOINVILLE

Ces dernières années, la pratique d'exercices physiques, que ce soit pour le développement physique ou l'esthétique corporelle, a donné lieu à d'innombrables activités, dont le Pilates. Cette étude vise à identifier la formation initiale des professionnels travaillant dans les studios de Pilates à Joinville. La population / échantillon était composée de 64 professionnels travaillant dans le domaine de la physiothérapie et de l'éducation physique qui travaillent avec la méthode Pilates dans des studios situés dans la ville de Joinville / SC. L'instrument utilisé était un questionnaire, avec des questions sur les professionnels et les propriétaires des studios où se déroulent les pratiques à Joinville. Le questionnaire a été préparé par le chercheur universitaire avec le chercheur responsable et soumis à la validation. Les données ont été tracées dans un tableur Excel pour Windows puis dans SPSS 16.0 pour une analyse descriptive à partir de mesures de tendances et d'associations. Il a été possible de vérifier et de conclure que la formation initiale des professionnels travaillant dans les studios de Pilates de la région de Joinville, principalement en physiothérapie. Le manque de travail dans ce domaine de recherche a permis à cette étude de générer des connaissances pertinentes sur le contexte de la performance professionnelle dans les studios de Pilates, ce qui pourrait probablement conduire à de nouvelles recherches pour mieux comprendre le marché actuel.

Mots-clés: Formation initiale, Pilates, Professionnels actifs.

LA FORMACIÓN INICIAL DE LOS PROFESIONALES ACTUANTES EN ESTUDIOS DE PILATES EN JOINVILLE

En los últimos años muchas actividades han surgido en el ámbito de la práctica de ejercicios físicos, ya sea para el desarrollo físico o para la estética corporal, siendo una de estas actividades es el Pilates. Este estudio tiene como objetivo identificar la formación inicial de los profesionales que actúan en estudios de Pilates en Joinville. La población / muestra fue compuesta por 64 profesionales actuantes en el área de la fisioterapia y educación física que trabajan con el Método Pilates en Estudios situados en el municipio de Joinville / SC. El instrumento utilizado fue un cuestionario, con preguntas relacionadas a los profesionales ya los dueños de los estudios donde ocurren las prácticas en Joinville. El cuestionario fue elaborado por el académico investigador junto con el investigador responsable y sometido a la validación. Los datos obtenidos fueron trazados en una hoja de cálculo de Excel para Windows y posteriormente, al SPSS 16.0, para análisis descriptivo a partir de las medidas de tendencia y asociaciones. Fue posible verificar y concluir que la formación inicial de los profesionales actuantes en los estudios de Pilates de la región de Joinville, en su mayoría, en fisioterapia. La falta de trabajos sobre esta línea de investigación posibilitó que este estudio resultara en conocimiento pertinente sobre el contexto de la actuación profesional en estudios de Pilates, lo que probablemente podría llevar a nuevas investigaciones para mejor entendimiento del mercado actual.

Palabras clave: Formación inicial, Pilates, Profesionales actuantes.

A FORMAÇÃO INICIAL DOS PROFISSIONAIS ATUANTES EM ESTÚDIOS DE PILATES EM JOINVILLE

Nos últimos anos inúmeras atividades têm surgido no âmbito da prática de exercícios físicos, seja para o desenvolvimento físico ou para a estética corporal, sendo uma destas atividades é o Pilates. Este estudo tem como objetivo identificar a formação inicial dos profissionais que atuam em estúdios de Pilates em Joinville. A população/amostra foi composta por 64 profissionais atuantes na área da fisioterapia e educação física que trabalham com o Método Pilates em Estúdios situados no município de Joinville/SC. O instrumento utilizado foi um questionário, com perguntas relacionadas aos profissionais e aos donos dos estúdios onde acontecem as práticas em Joinville. O questionário foi elaborado pelo acadêmico pesquisador juntamente com o pesquisador responsável e submetido a validação. Os dados obtidos foram plotados em uma planilha do Excel for Windows e posteriormente, ao SPSS 16.0, para análise descritiva a partir das medidas de tendência e associações. Foi possível verificar e concluir que a formação inicial dos profissionais atuantes nos estúdios de Pilates da região de Joinville, em sua maioria, em fisioterapia. A falta de trabalhos sobre esta linha de pesquisa possibilitou que este estudo resultasse em conhecimento pertinente sobre o contexto da atuação profissional em estúdios de Pilates, o que, provavelmente, poderá levar a novas pesquisas para melhor entendimento do mercado atual.

Palavras chave: Formação inicial, Pilates, Profissionais atuantes.