

## Body, health and the ageing of the physical education teacher

In theoretical and methodological referential of Humanities and Social Sciences, this thesis aims to investigate the relations between aging as a physical education teacher and his body's and health's conceptions in the perspective of how it could orientates his professional practice and his self-care.

In a qualitative approach, semi-structured interviews were applied to 32 Physical education teachers who act in different locals such as school, gym, university etc. The teachers were between 15-25 years of career: 19 men and 13 women aged 40-60 years residing in the city of Rio de Janeiro. Data were analyzed by content analysis.

Results indicate that in the professional dimension, the practice of physical education teachers who worked in gyms located in the state, used to be linked to aesthetics, nowadays is directed to health and wellness. Concerning the professional practice in schools, the social aspect overlapped the health discussion, considering the change of student's profile during the years. However, in the personal dimension, the main worries about aging are related to the functionality of the body, financial stability, being old and not to have diseases. Concerning to ageing in a healthy way, the teacher's cares are related to physical activities and the adoption of an equilibrated alimentation.

Understanding the meanings attributed to body and health through physical education teacher in their working and personal dimension, the life experience indicates that such diverse professional can understand how to act with their students and with their own self-care

as they age. More than thinking specifically in the Physical Education teacher, this study may contribute to glimpse how other health professionals and educators construct their logic pertaining to body and health than the others or themselves. Therefore, it is imperative to treat the social marker of aging less universally, because each social and professional group has certain experiences and beliefs about health and the body, possibly with peculiar implications for work or career.

**Alan Camargo Silva**

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Escola de Educação Física e Desportos, Universidade

Federal do Rio de Janeiro

alan10@zipmail.com.br

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