



A CHAT ABOUT SEDENTARISM IN ADOLESCENCE: AN EDUCATIONAL PRACTICE



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INTRODUCTION

- Health is defined as “a state of complete physical, mental and social well-being and not just the absence of affections and illnesses”(WHO, 1946);
- The great current challenge to public health is chronic non-communicable diseases, which are the main causes of death globally, responsible for more than 70% of deaths worldwide (WHO, 2020);
- Regular physical activity is a relevant factor in protection against chronic non-communicable diseases (WHO, 2018);
- Over 81% of the world's teenagers are considered physically inactive (GUTHOLD et al., 2020);
- The practice of physical activity decreases with advancing age, beginning in adolescence (HALLAL et al., 2012) and reaches a more pronounced decline between late adolescence and early adulthood (LU et al., 2017);
- Objective: Carry out an educational practice using active methodologies.

METHODS

- Descriptive research, qualitative approach and with action research method;
- With 22 participants from the Federal Institute of Goiás - Câmpus Itumbiara);
- Use of Google Meet virtual room, lasting one hour and using the active methodologies conversation circle and gamification, the activity was divided into three moments (pre-activity, activity and post-activity).

RESULTS

Pre-activity	Activity	Pos-activity
<p>All registrants received a link from the Mentimeter website the day before the activity, with the following question “What are the first two words that come to your mind, when you hear the word sedentariness?”</p>	<p>Started with a round of presentations by the participants;</p> <p>Quiz 1 - diagnostic function (game) and conversation circle;</p> <p>Quiz 2 - introduction of concepts (game) and conversation circle;</p> <p>Quiz 3 - evaluation, 10 questions (game) all concepts discussed).</p> <p>Quiz 1 - Diagnostic (86% Answered)</p> <ul style="list-style-type: none"> Have prior knowledge Little or no prior knowledge <p>Quiz 3 - Evaluation (90% Answered)</p> <ul style="list-style-type: none"> Correctly answered LESS than 50% of the Evaluation Correctly answered MORE than 50% of the Evaluation 	<p>Application of a Google Forms questionnaire with 3 questions:</p> <p>If the participant liked the activity; (100% answered YES)</p> <p>Whether the activity provided new knowledge;</p> <p>Assign at least one positive and one negative point in relation to the activity.</p> <p>Response, participant “C”: “Positives: Easy capture of knowledge, practical interaction and games (quiz) about the content. Negative point: Duration of 1 hour only.”</p>

CONCLUSION

The participants' perceptions of the remote activity with the use of active methodologies were of great learning and knowledge.

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