HOW TO INCLUDE BIOMECHANICS FOR POSTURAL EDUCATION INTO PHYSICAL EDUCATION AT THE SCHOOL?

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The impact of sedentary lifestyle in teenagers is a health issue. Osteoarticular problems are affecting the health of increasingly teenagers. Physical education offers the proper condition to develop subjects at the school, such as the biomechanics, to inform students about how important is posture for the activities of daily living (ADL). Studies have shown the efforts to develop a postural education in the elementary school using questionnaires to assess pain, ADL, postures, and learning. The studies that propose educational interventions with teenagers at schools do not allow the expansion of their results to other contexts and are not related to the school curriculum used in Brazilian schools. The aim of this study was to develop a guideline to include biomechanics into the physical education syllabus for a postural education. This is the sequence of activities to reach such aim: 1) to assess the competences, thematic units, and biomechanical concepts suggested by specialists in postural education; 2) to build a biomechanics syllabus for postural education regarding the national curriculum; 3) to test this syllabus' content validation by the specialists, concerning about how feasible is the content for each grade, level of ease and representativeness of biomechanics teaching; 4) to apply the initial learning evaluation; 5) to apply the initial Dynamic Posture Assessment about how they use the schoolbag, pick up an object on the ground, transport the object, seat on a backless bench, and seat on a chair to write; 6) to teach the elements of the syllabus; 7) to apply the final learning evaluation and the last Dynamic Posture Assessment; 8) to apply the 5 months follow-up evaluation. For data analysis, content analysis will be applied for the questionnaires and non-parametric statistical analysis will be applied for the learning and dynamical evaluations. This guideline is a proposition to include Biomechanics for postural education into physical education, building, validating and verifying the effects of teaching on postural education.

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