

VISITA TÉCNICA COMO FERRAMENTA DE AMPLIAÇÃO DA BASE GINÁSTICA NA FORMAÇÃO INICIAL TECHNICAL VISIT AS THE EXPANSION TOOL OF THE GYMNASTICS BASE IN DE INITIAL FORMATION

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This work it is an experience report of a technical visit of the students of the third period of the Bachelor's Degree in Physical Education of AESA (Arcoverde - PE) to the Gymnasium of the Center of Education Mauricio of Nassau (Recife/PE). The objective of the technical visit was the application of the knowledge acquired in the discipline Fundamentals and Methodology of Gymnastics 2. Enriching experience; we believe that the gymnastic is a knowledge important for the academic education to work in Physical Education in the schools.

- Durante a visita (abril/ 2016):
 - Aplicar conhecimentos adquiridos sobre a GA e a GT em vários aparelhos
 - Ter contato inicial ou ampliar vivências com a ginástica
 - Aparelhos: barras paralelas, barras assimétricas trave de equilíbrio e cama elástica

- De volta a AESA
 - Sínteses através de relatórios
 - Seminários
- Incremento na coreografia do Festival de Ginástica
 - Experiências enriquecedoras para a Formação Profissional e Humana

