



## GENERAL GYMNASTICS MEETINGS

### Presentation

The Meetings of General Gymnastics are part of the preparatory activities for the V International Forum of General Gymnastics to be held in Campinas, from 1 - 4 July, 2010. This event is promoted by the Social Service of Commerce - SESC-SP in partnership with the Faculty of Physical Education of the State University of Campinas - UNICAMP and international support of ISCA - International Sport and Culture Association.

### Objectives

- Promoting General Gymnastics in several parts of the state of São Paulo, offering access to information, qualification and space to present and exchange experiences amongst groups practicing this activity.

- Promoting the participation in the V International Forum of General Gymnastics, showing the intervention possibilities held by General Gymnastics in the most diverse environments and realities.

Further information: [www.fef.unicamp.br/forumgg2010](http://www.fef.unicamp.br/forumgg2010)

### Places and dates:

20/03/10 – Saturday - SESC Bauru – Bauru/SP  
25/04/10 – Saturday - SESC Santana – São Paulo/SP  
13/05/10 – Thursday - SESC Santos – Santos/SP  
19/06/10 – Saturday - SESC Piracicaba – Piracicaba/SP

### Target groups

Teachers and students of Physical Education and gymnasts.

### Program

*Timetables can be adapted upon SESC units necessities and interests.*

10h - 12h

- **Lecture**  
**General Gymnastics: Intervention possibilities**  
Elizabeth Paoliello, PhD  
Gymnastics Research Group – FEF/UNICAMP

13h - 16h

- **Courses**  
**1. General Gymnastics Fundamentals**  
The course will present an introduction to the General Gymnastics, with its concepts, characteristics, contents and pedagogical strategies to the development of programs in General Gymnastics  
Eliana de Toledo, PhD

## 2. Choreographic Composition in General Gymnastics

Choreographic compositions are the result of the practicing of General Gymnastics. This course will present the main aspects to apply in a creation process and artistic performance.

Luciano Truzzi

## 3. Use of equipment in General Gymnastics

General Gymnastics has the characteristic of using traditional and nontraditional gymnastics equipment in its choreographic compositions. This course aims to explore the possibilities of use of equipment and encourage creativity to make new equipment and adaptation of objects available in market.

Andresa de Souza Ugaya, PhD

### Places per course

50 persons

16h30

- **General Gymnastics Festival**

Practical demonstration with the participation of groups from the city and region.

**PARTICIPATION IS FREE OF CHARGE.  
REGISTRATION AT RESPECTIVE SESC UNITS**

#### PROMOTION



GRUPO DE PESQUISA EM  
**GINÁSTICA**  
FACULDADE DE EDUCAÇÃO FÍSICA - UNICAMP



#### SUPPORT

