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Center of Biology and Health Studies
Course of Physical Education



General Gymnastics at Mackenzie Institute: values for society

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The aim of this paper is to report on the contribution that General Gymnastics activities (Gimnastic for All) carried out by the professionals of Mackenzie University (UPM) has brought to students of the Physical Education Course and to their integration with the community.



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- The heritage of old performance images can still be seen in the work developed by the professionals of this institution.



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- Even nowadays, the Institution celebrates its anniversary with gymnastic performances involving theme routines and a large number of students, bringing elements of the culture of our country, interacting with other subjects and consequently, assuming its educational function, as per guidelines of the IFG – International Federation of Gymnastics, pursuant to the principles of General Gymnastics.



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- More recently, after the creation of the Physical Education College of University, the Mackenzie General Gymnastics Group – **GGMack**, was founded in 2003.
- It comprises 40 students utilizing activities of Acrobatic, Artistic and Rhythmic Gymnastics, Dance, Rhythmic Activities, Martial Arts and Capoeira, in compositions of General Gymnastics



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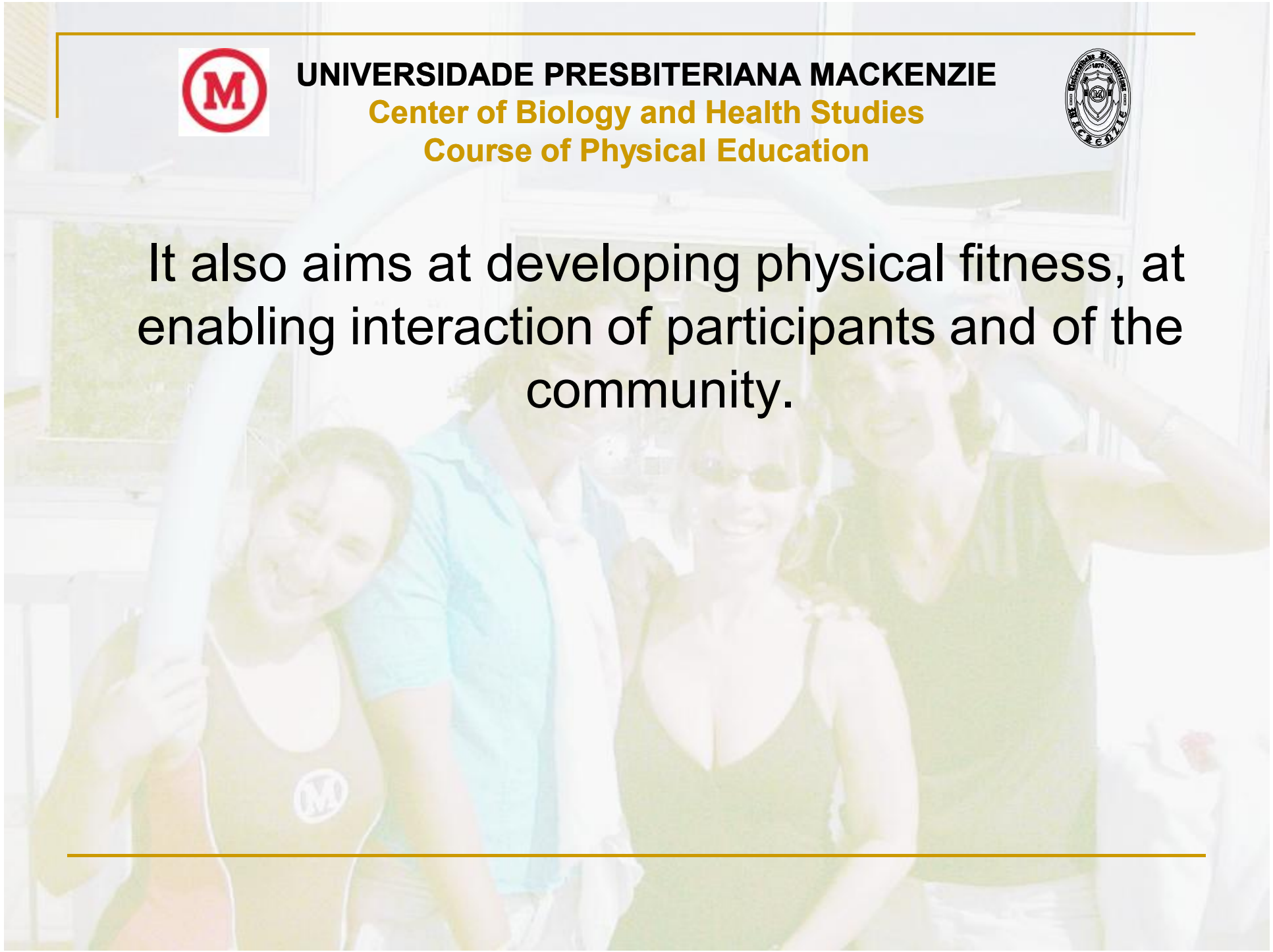
- This group has activities that extended and nowadays encompass Projects involving around 150 Children, Teenagers and about 40 Senior Citizens. The main focus of the Gymnastics Group is to involve all the college students and the community at large, irrespective of special abilities.



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It also aims at developing physical fitness, at enabling interaction of participants and of the community.





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