

## Unigranrio Athletics: The Experience of Construction and Development of a Student Organization for The Medical Student Health Promotion

Matheus Coutinho<sup>1</sup>  
Matheus Rubin Pezzini<sup>1</sup>  
Cely Carolyne Pontes Morcerf<sup>2</sup>

<sup>1</sup>Department of Sports, University Unigranrio, Rio de Janeiro, Brazil

<sup>2</sup>Department of Mental Health, University Unigranrio, Rio de Janeiro, Brazil

### Abstract

Created by groups of medical students with the purpose of moving sports practice, encouraging and instituting integration and leisure events between all university periods, Unigranrio's athleticism gains regional space and visibility by widening its fronts of action and to affirm its relevance within the medical training for the promotion of health and the guarantee of the quality of life of the medical student. However, the constant challenges point to the need for greater investment by athletic education institutions to actively support and participate in the construction and evolution of major events, partnerships and projects that have the general objective of welcoming, strengthening student ties and the commitment to the physical and mental health of the students.

**Keywords:** Quality of life, Health promotion, Sport, Medicine.

### Introduction

Created by a group of medical students committed to the accomplishment of constant sports practices inside the university and engaged in the insertion of the student of medicine in the sports and other linked activities like way of promotion of health of the academic, the athletic Unigranrio Bar gains prominence and visibility in academia within the university.

Athletic has representation and partnership through an academic center through the athletic pillar, in addition to promoting integrations and actively participate in decisions and projects of the University, such as the support given to the Hemoria Blood Donation Campaign in Barra da Tijuca, Blood University Good. Each pillar in its structure would be responsible for erecting a new management idea, trying to evolve, learn from mistakes and rebuild starting from internal problems.

The athletic pillar aims to show that the potentialities are within each academic, as well as the confusions and anguishes that must be exposed and worked individually and, in a group, through sports and events with the participation of musical fronts and fans, while at the same time becoming independent, self-cooperative (to add visions and positive points) and questioning (to collect the rights of medical students).

We seek a humanistic, reflexive, active and ethical education, with the insertion of the academic in the most diverse scenarios that enable the learning and maturation of the future health professional engaged and socially competent, in direct contact and committed to the well-being of the medical student through sports practice and teamwork. In order to guarantee this holistic and quality-of-life training for the medical student, athletics, which despite being representative of the pillar of the academic center, is independent in relation to the organization of

### Article Information

**Article Type:** Short Communication

**Article Number:** SJASR-167

**Received Date:** 06 March, 2018

**Accepted Date:** 12 September, 2018

**Published Date:** 19 September, 2018

**\*Corresponding author:** Dr. Cely Carolyne Pontes Morcerf, Department of Mental Health, University Unigranrio, Rio de Janeiro, Brazil. Tel: +55(21)98168181, Email: [cely\\_carol@hotmail.com](mailto:cely_carol@hotmail.com)

**Citation:** Coutinho M, Pezzini MR, Morcerf CCP (2018) Unigranrio Athletics: The Experience of Construction and Development of a Student Organization for The Medical Student Health Promotion. Sch J Appl Sci Res. Vol: 1, Issu: 6 (46-49).

**Copyright:** © 2018 Coutinho M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

events and fundraising, since its growth has led to the need of a greater distribution of activities and internal positions, brings together a group of goals and strategies encompassing extension projects that add positive aspects to the changes already achieved in previous administrations and consolidate the improvements established for Unigranrio's medical school, contributing to changes in medical training, aimed at health promotion of the academic [1-3].

## Objective

To discuss with the scientific community and responsible for medical education the need for creation, encouragement for the development of athletics as a way of promoting the health of the medical student, integration of students inside and outside the university, serving as an interchange between ideas and artistic activities and sports students with various educational institutions, in addition to ensuring the quality of life of the medical student, who constantly receives a great deal of pressure and emotional de-structuring throughout the course.

## Methodology

Qualitative study, type of experience report.

## Results

### Sports Competitions

In 1993 the OREM (Regional Olympiad of the Medical Student) was created, in which all the more than 20 medical schools of Rio de Janeiro and Espírito Santo participated. By 2010, the OREM organization was divided between the participating universities, but from that date on, it was held by the regional organization through an organizing committee, backed by the colleges. However, once this committee was constituted by academic centers, there were differences of opinions and decisions regarding various factors related to the organization of the event, together with the respective sports representations in some colleges, debates began to solve the problem.

In 2016, the athletics of the universities participating in the OREM met and after a series of meetings announced the creation of LIRE (League Intermed of Rio de Janeiro and Espírito Santo) an independent, nonpartisan league that would take responsibility for the construction of the events by members who are actually organizing sports within the university.

Sports competitions are widely beneficial to everyone who participates in them, be it the polyathlete who plays 3 sports or the student who does not play any sport, but uses all his or her individual abilities and qualities to help his college, collaborating with the team and involving the team feeling that permeates the pride of being part and competing on behalf of your university, outside the court. For those who play, the feeling of being in a game with all your friends and college colleagues in the crowd is something indescribable, that only those who have gone through this can scale.

To those who do not play, to have on your shirt the print of your college, to sing a hymn in the middle of a huge crowd with people who are part of your daily life inside

medical school, but who are there for a purpose union and vibration, something that goes beyond and differs from the routine of works and tests of several disciplines, is in fact an experience that is worth living and appreciated as a positive point for the maintenance of the quality of life of the medical student, acting on fronts such as the integration of students from a university with other educational institutions, thus disclosing the name and actions of the college, and mainly working with interpersonal relationships within the university by creating links between new students (freshmen) and their veterans. In addition, the university itself benefits in this type of competition, since a sportily respected faculty draws attention and promotes the name of the same to the public, thus increasing the demand of college students and the university's personal marketing towards the university community.

From the vision of athleticism, the projection for the future is very positive, since with the creation of LIRE, the resources collected in the sporting events will be reinvested in the sport within each university, so that the sport is increasingly encouraged and the student does not must pay for any training or sports competition in which the college participates, thus increasing the participation and adherence of students, as well as the resources invested in the area of sports activity, ensuring the quality of life of the student and the promotion of health of the same via practice of sports, organized by athletics within the university.

### Relationship between students

When a student moves on to a medical school, he prepares for a passing ritual that provides anxieties and anxieties, chiefly related to the much-feared course of medicine. The initial student imaginary that the trot is a den of cruelties and that is a space for physical, verbal and humiliation is one of the points that generates great distrust and fear when entering university. The practice of efforts and struggle for a reality different from this imaginary is a work strengthened by the athletic of the institution, which holds a series of meetings with trotting committees and students before and during the trot to outline the best ways to make the trot a space of union, integration, healthy diversion and acceptance of the student, initiating the academic life in a responsible and organized way [1,2,4,5].

Jogging is a unique opportunity in student life in which the freshman creates a large part of his or her personal relationships, either with the other students in the same room or with their veterans. This is made possible by the spirit of integration to solve problems and exacerbate the spirit of leadership that exists in each one, through gymnastics and activities aimed at making freshmen better known and promoting integration among students [1,4].

With the help of the CAMU (Unigranrio Academic Medicine Center) of the Barra da Tijuca unit, athletics has helped to organize the trot in a humane, supportive and, above all, peaceful way. There are ways to control the violence in the trot, having the supervision of the Academic Center next to a trotting commission. Athletics and Academic Center help students in the second period of medical school to organize and form such a committee, sharing ideas and

passing on experiences that have worked right or wrong in previous years, with the goal of always evolving and achieving positive and more effective results. In addition, the Academic Center organizes solidarity trot with athletic support, with the accomplishment of the University Blood Good, in partnership with Hemorio, with a campaign of blood donation and visits to hospitals and homes for special children [3].

As far as athleticism is concerned, when freshmen arrive in college, they receive a fee that must be paid at the end of the trot to participate in the celebration that is called Choppada. In order to make this collection possible, athletics enables materials such as raffles to sell in or out of college, class shirts that will be sold to students, or any other idea given by the class. This enables the creation of the spirit of unity so that everyone can participate in this milestone of the academic life of the freshman.

The Choppada party is the time when the freshman has the first casual contact out of college with other veterans who are not so close. This close contact with integration events promoted by athletics creates a fairly broad social network in which advanced-season veterans pass their summaries and experiences materials to early-season freshmen, making this freshman not as difficulty in studying a particular subject, since it becomes an alternative form of support for the student of medicine via transfer and exchange of abstracts and academic study schemes. This integration also creates links that will be established later in the union of students for the foundation of academic leagues and other organizations with student interests of specific groups.

In addition, all income collected at parties is reverted to the students themselves, either in improving the party as an attraction or a better place, investing furniture or improvements to the Academic Center room, buying refrigerators, sofas and microwaves, and incentive to the sport, in the purchase of sports materials, giving mainly aid of cost to the faculty teams.

## Sports and Training

Sports, besides being a form of health promotion and disease prevention, also have a function of inclusion and social interaction, unfortunately Brazil, a country diversified in all ways does not use or exploit the full potential that this activity allows practitioners and all those involved. The sport in the university scope leaves much to be desired if we compare to some developed countries, where the sport is a very important means of entrance for the Universities giving to the student and athlete innumerable possibilities and incentives for its professional life, be it with a diploma or athlete professional.

The reality of Unigranrio medical students, especially in the tijuca bar unit is very characteristic. Dealing every day with stressful traffic, ineffective public transportation, violence, before even arriving at your drive. The course, with all its peculiarities and responsibilities, seeks to train a responsible, resolute professional who has a holistic approach to the patient, considering all the spheres of complexity. The need to search for and absorb all the knowledge needed to

become a good professional in a full-time course tends to be quite stressful, adding up to the external and individual factors mentioned above as a large part of the students who left different cities of the Brazil, many of the interior cities of countless states, away from their relatives and friends, making this stage even more difficult and difficult to adapt, as well as harming the academic health of the student.

Current Athletics since the beginning of its management in August 2014, has always understood the importance of sport in the life of medical students as a moment of leisure, interaction and identification with their university, a very important moment to improve the quality of life of the students. Initially we assumed the disorganized management without regular training, incentive to few sports modalities, without materials necessary to carry out the trainings, without qualified professionals to apply the trainings. The main objective of athletics is to fully finance the costs of these activities, such as payment of coaches, equipment, among others, so that students have only the pleasure of enjoying this without additional worries, since the cost of attending Medicine is already quite high more in the city of Rio de Janeiro in which the cost of living is absurdly high.

These trainings include various modalities, in addition to the more traditional sports such as soccer, futsal, handball, volleyball, basketball and swimming (except soccer, all apply the masculine and feminine modalities), also was created last year the Cheersleader's Unigranrio with purpose of including women and men who do not practice other sports in an artistic modality, united arts and sports and involving these components in partnerships and integrations with projects of extension of Unigranrio for fronts of community action, as well as the Sinusal Battery a musical modality which has a very significant factor in strengthening the Unigranrio identity, since medical students gather to play instruments and music directed to the representation of the University in major sporting and student leisure events, also acting through music as a form of health promotion [6-8].

Unfortunately, the Barra da Tijuca campus does not yet have an infrastructure that allows these activities to be carried out inside, making it a very difficult task to get blocks and environments to carry them out, renting these spaces in the tijuca bar is very costly, students have to look for condominium spaces away from college, which also do not provide an ideal infrastructure and are hostage to their bureaucracy.

## University Identity

A very important factor in a higher education course is to make the student fully identify with it, this goes far beyond the academic concepts learned in the classroom and the professional application of them. Pass through a personal identification and have the pleasure to integrate your class, your course, your profession, your Universe. It is the social character in integrating into Unigranrio's medical course society and being proud to be a part of it.

The Athletic seeks to promote this identification mainly through the sporting events, where the name of the course and the University is taken in the Hymns played by the Sinusal

Drum and exalted in choir by the students participating in the Athletic the pride of being part of the Medicine Unigran, dressed in the shirts of the university and swinging their flags supporting the other students who are on playing court or on stage performing.

The Athletic has the shop, where students themselves use creativity to build Arts and products with this identity to be sold to students, teachers and employees of Unigranrio. This money is always reimbursed for the costs of training, payment of coaches, purchase of equipment, rental of spaces and registration in tournaments, although it is not fully enough for the costs of all the production and mobilization of Athletic.

## Conclusion

The phenomenon of creation and expansion of athletics in universities, especially in medical schools, is a positive aspect, with broad acceptance and essential to maintain the medical student's quality of life, showing as a way of insertion, valorization, integration and development of individual skills and abilities in a collective way, thus being a protective factor for physical and mental pathologies, helping mainly to

maintain healthy habits of medical students.

## References

1. Alves JGB, Tenório M, Anjos AG, Figueroa JN (2010) Quality of life in medical students at the beginning and end of the course: evaluation by Whoqol-bref. *Rio de Janeiro* 34: 91-96.
2. Trindade LMDF, Vieira MJ (2009) Course of Medicine: motivations and expectations of beginner students. *Rio de Janeiro* 33: 542-554.
3. Albanes P, Bardagi MP, Luca GG, Girelli S (2014) From trot to mentoring: survey of the possibilities of reception for university students. *São Paulo* 15: 143-152.
4. Marin JC, Araujo DCS, Espin Neto J (2008) The trot in a medical school: an analysis of its excesses and socioeconomic influences. *Rio de Janeiro* 32: 474-481.
5. Warth MPTN, Lisboa LF (1999) Tradition, Trot and Violence. *Interface (Botucatu)*. 3: 111-118.
6. Meyer C, Guimarães ACA, Machado Z, Parcias SR (2012) Quality of life and occupational stress in medical students. *Rio de Janeiro* 36: 489-498.
7. Raddi LLO, Silva Júnior JP, Ferrari GLM, Oliveira LC, Matsudo VKR (2014) Level of physical activity and accumulation of time sitting in medical students. *São Paulo* 20: 101-104.
8. Katsurayama M, Becker MAD, Gomes NM, Santos MC, Makimoto FH, et al. (2009) Risk and protection factors in medical students of the Federal University of Amazonas. *Psicol. Am. Lat.*