

## **Discourse Analysis On Physical Activity For People With Disabilities**

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**Abstract**

*The subject discussed refers to the importance of physical activity for people with disabilities, both in physical and psychological aspects. The general objective of this work is to identify the relationship of the person with disability to the sport, as guaranteed by the Federal Constitution, giving the person with disability the right to the sport. As a specific objective, to analyze through journalistic texts what is the perception of the person with disability in face of his/her limitations. The methodology used will be an analytical approach, together with bibliographic and documentary research. The relevance for the study of this theme is the look at the person with disability, which is often forgotten by the public power, or prejudged by the society that most of the times does not know the concept of disability, or when they come across it, they do not know how to act or how to treat a person with disability. Maybe because they don't even know how they think according to their current life condition, as to the difficulties, as to the accessibility, as to the expectations, as to the way they are seen or treated by society. This raises a question: How are people with disabilities treated by society and public authorities? Are their rights being respected? This answer can be traced back to a critical analysis of a person with disability's discourse.*

**Keywords:** People with Disabilities; Physical Activity; Critical Discourse Analysis.

**1. Introduction**

This study is about the critical analysis of texts that refers to the person with disability in front of the paradesporto, as assured by the Constitutional Charter of 1988 and the Brazilian Law of Inclusion for People with Disabilities (Law no. 13.146/2015). People will be interviewed, being the first one a post-graduation teacher in Physical Education; as second person interviewed, the Olympic Gymnastic technique Georgette Vidor; and finally, the former Olympic Gymnastic athlete Laís Souza. Relevant interviews regarding the area of the person with disability, the coach and the athlete. The critical and vehement analysis from the technical point of view and from the real point of view.

In chapter number 2 will be presented a brief historical context on the contribution and history of sport in the lives of people with disabilities. In chapter 3 will be presented a brief concept on the analysis of the

speech according to authors Van Dick and Fairclough. In chapter 4 the categories of discourse analysis will be discussed, divided into macro structures of discourse analysis. And finally, the texts that were analyzed.

## **2. Historical context of the sport for people with disabilities**

The practice of physical activity that concerns is important the practice of activities that consider the capacity, needs and limitations, contributing to their development and improvement of the movements essential for the realization of the activities performed in daily life (apud Azevedo, Barros, 2003). The person with disability when practicing sports, society identifies him/her as an athlete and shows pride in it. The history of sports for people with disabilities began in England, when the paralympic sport was initially created for the rehabilitation of soldiers severely wounded in war. The National Center for Spinal Injuries at Stoke Mandeville Hospital, which sheltered wounded people from World War II, emerged. In the face of this, two chains were created. The first current, with a medical focus, was exhibited by Gutmann, who used the sport as an aid in the rehabilitation of patients seeking to alleviate psychological problems. The second current, in North America, presents the sport as a form of social inclusion, which causes the competitive sense of the sport (ARAÚJO, 1997 apud BARROZO, 2018). In this sense, the large number of military personnel who suffered significant physical injuries in World War II took a large part of the European countries that participated in the conflict, which triggered the beginning of medical rehabilitation work for war veterans. These are the origins of paralympic sports, which through the application of sport activity, there is the possibility of restoring the physical and mental health of the individual, is what describes Nascimento et al (2012) apud LIMA (2017).

In 1948, at the London Olympic Games, 16 military men and women who obtained some kind of injury took part in the archery competition along with the other entries. In 1952, some Dutchmen enrolled in the games offered by the hospital, putting the competition on an international focus, which were the first steps to organize the first Paralympic Games later in 1960 (TORRI, 2017).

The sport for people with disabilities began in 1960 in the city of Rome, and the first Olympics was called "The Olympics for the Disabled" (COSTA and SOUZA, 2004, apud BARROZO, 2018). According to the authors, in 1964 at the Tokyo games, the term Paralympic was derived from the junctions of the words paraplegia and olympic.

However, it is currently recommended that national committees use the term paralympic as a way of adjusting terms because the International Committee is called the International Paralympic Committee (BARROZO, 2018).

In Brazil, only after 1950, physical education arouses the attention of physical activities for people with disabilities (apud Costa, Sousa, 2004).

As for the evidence, the sport for people with disabilities in Brazil happened, above all, due to the good performance of the Brazilian delegation in Paralympic Games and also in other world competitions. Thus, in the national scenario, the current formation of the adapted and paralympic sport is linked to a greater organization of the Institutions and to the financial support obtained by companies, through programs linked to the federal government. In 1995, the Brazilian Paralympic Committee (CPB) was created. Before that, the sport for people with disabilities in Brazil was only amateur. Thus, Paralympic sport was developed,

in a slow and slow process (BEGOSSI and MAZO, 2016).

In order to insert people with disabilities into the sports world, Paralympic sport has been growing in large proportions. This inclusion consists of the insertion of bodies that are out of regularity, whether physical or physiological, determined to reaffirm themselves through sports. People with disabilities have been provoked to practice sports activities, giving originality and notoriety to the sports they practice through messages that involve inclusion and overcoming, also included in common sports (GONÇALVES; ALBINO; VAZ, 2009, apud TORRI, 2017).

### **3. Spinal cord injury**

When it comes to physical disability, spinal cord injury is significant, which is described as motor transformations of negative sensitivity and neurovegetative disorders below injury (MELO 2009, apud SCHOELLER, 2012). It also describes the author, the concept of tetraplegia and paraplegia:

Some studies point to spinal cord injuries related mainly to violence, resulting from accidents, firearm injuries - FAF, shallow water diving - MAR, and falls (ALA, 2009). It is classified as tetraplegia, when it affects all four limbs, or paraplegia, when it only affects the lower limbs. It can still be complete or incomplete: complete results in loss of motor and sensory functions below the injury and is called American Spinal Injury Association (ASIA). When incomplete, it varies from ASIA (B) to (D), with D being the one with the lowest sensory-motor sequel (SCHOELLER, 2012, p.96).

Research shows that Brazil has the 2nd largest cause of spinal cord injury in the world, and that it is estimated that each year 50 new cases arise for every one million inhabitants, which in 2010 alone, were 96,000 new spinal cord injuries (Fawcett et al, 2011 apud SCHOELLER, 2012).

Cragg et al (2012), asserts that physical training has brought improvements in quality of life and avoided functional weakness in people with physical disabilities who use wheelchairs. In this sense, Medeiros (2018) suggests that the maintenance of health and the well being of physical activity are generated by the practice of regular physical activity.

The spinal cord injury not only causes physical injuries but can also bring psychological injuries, such as the person who normally performed his or her duties on a day-to-day basis, begins to encounter some difficulties such as going to the bathroom alone and even eating what can trigger a depressive state (LIMA, 2017). However, people with disabilities have been progressively inserting themselves in paradesportive proposals with the stamp of moving away from sedentariness, for better quality of life, social interaction, self-esteem among others (BRAZUNA and CASTRO, 2001; MARQUES et al., 2009, apud LIMA, 2017). Nowadays, there is an increase in the practice of sports for people with disabilities. Together with this, there is a need for monitoring programs and training capable of ensuring the necessary adjustments that allow the acquisition of excellent levels of income that favor individual and regular team performance (GODOY et al, 2017).

### **4. Conceptualizing discourse analysis**

Van Dijk (2013) briefly addresses notes and concepts of what is to be a discourse analysis. He points out aspects that must necessarily be present for a good targeting and analysis of a discourse. He starts the author

on what is not discourse analysis, reporting not a method or line of research, but a critical point of view on knowledge. He adds that all discourse analysis must be rigorous where it must stand out as essential characteristics, due to the deep discursive relationships, with the dimension and objective of being reachable to all.

The author discusses the relevance of cognition, or rather, of knowledge and learning within critical discourse analysis, in the sense of interaction and communication. And also, from the social aspect, with a solid and broad linguistic base. It clarifies that cognition means analysis, the social aspect, and society means inclusion. It emphasizes that the most relevant structures of the text must be analyzed.

Fairclough apud Silva (2017) asserts that the discourse is formed by social identities, their relationships and the techniques in which they find themselves within knowledge and opinions. The social difficulties are inserted in the text, and are developed from the text itself, which is the core of the analyst. It emphasizes that discourse establishes meanings for how to react, a way of being and a way of representing. The author presents the three-dimensional aspect of discourse, the first being the text, which refers to the study of the linguistics of the text; after the discursive practice, which refers to the textual interpretation, adding that the discourse is the analysis of the representation of reality in search of indicators that point to the enunciator's way of being; and finally, the social practice as a factor directly linked to the ideology present in the sense of words, in the organization of the text, present in the harmony of discourse.

It clarifies (2018) that discourse analysis does not apply only to textual writings, such as documents, letters and interviews, but to any model that can generate meaning, as exemplified by visual texts expressed through television, cinemas, also referring the author to physical texts.

Foucault (1979) apud Nogueira (2018) presents as effect the power that brings speech. He still uses the term speech to propose different ways of building areas of knowledge. His idea comes to be of paramount importance in the critical analysis of discourse. Burr (2013) apud Nogueira (2018) asserts that the center of research is no longer the individual and his purposes turning to language and the productive potential it can bring. According to the author, critical discourse analysis, with a Foucaultian look, facilitates and limits what can be said, by whom and where it is said.

Fairclough understands discourse as a social practice that reproduces and transforms social realities. It also represents the analysis of discourse in three guiding principles. The first, discourse as a natural and meaningful practice of the world; discursive practice with several classes of discourse; orders of discourse, in the integrality of discursive practices.

## **5. Texts**

**TEXT 01** - Interview granted on October 08, 2017, with the athlete Laís Souza, former Brazilian Olympic gymnast. Available at: <https://www.bbc.com/portuguese/geral-41262174>>

"Spending \$20 thousand, 'controlled' pee and help from stars: as Laís Souza maintains the hope of walking again".

One day she was doing maneuvers in the air and landing in the snow; the next, she was lying on a stretcher without even being able to breathe alone. Laís Souza's life changed completely on January 27, 2014, when

she suffered an accident in the United States during an air skiing training for the Sochi Winter Olympics in Russia. More than three years later, the former gymnast arrives for the "training" with the same smile on her face, although she no longer has the podium in sight. In Ribeirão Preto, in the countryside of São Paulo, she puts a funk to touch her cell phone and starts an intense routine in physical therapy. While her hands sketch a minimal wave movement in the rowing exercise, her eyes close in an effort to maintain that "swing" until physiotherapist Robson Lopes gives the signal to rest. The movement may seem tiny to those who spent their childhood and most of their youth between pirouettes and jumps in artistic gymnastics, but today, every advance is an achievement. "I have a notion of what's real, but I still have my dreams, my hope of running after them, of trying to get a movement back, even if it's from my arm, anything," she tells BBC Brasil. Laís lost all neck movements in the 2014 accident because of a C3 cervical spine injury. And despite the few "certainties" that medicine brings to her case, she stands firm in the hope of moving again: "I don't want to adapt to the wheelchair at all. I want to do the opposite: get out of it. "That's why Laís goes to physical therapy every day, even when she's out of Ribeirão Preto. And that's why the former gymnast today unfolds, giving events and lectures all over the country, in an attempt to bear the high costs of her new reality, which exceed R\$ 20 thousand per month. A simple pee, for instance, costs for Laís \$ 3,20 - the price of the probe she uses for this -, which makes her try to "control" her going to the bathroom in order it doesn't surpass six per day. "It is very expensive. It has since (spent with) probe to make pee and poop, the medicines, plus the people who take care of me - this is the most expensive part. Some trips I have to take for treatments, physical therapy, college...", he says. "I use five to six probes a day. If I go to a happy hour, for example, I'll give PT (total loss, slang for when you drink too much)", he jokes. "In general, every four hours, I should use a probe. But I keep policing myself and paying attention to the moment of peeing, because you have to find an adapted bathroom, a clean bathroom and you don't find...". The lack of adapted toilets and the high costs of living in a wheelchair were some of the difficulties Laís Souza has encountered since returning to Brazil after spending six months in a hospital in the United States. It was on her return home that she encountered the first obstacles of her new reality, which went far beyond bumpy sidewalks and the scarcity of ramps. "I arrived here and I wasn't going home. The chair wouldn't pass," she said. The former gymnast had to spend some time at her brother's house until she got an apartment adapted for her. It took a little time, by the way, for Laís to realize that life "adapted" in Brazil for a person with disabilities would cost a lot of money - to afford everything, she had to count on the help of many people. "It's hard (to pay for everything). But I have several angels in my life. Today I have a sponsor, who helps me a lot. I also have a government help, which I use all with medicine. And there's Neymar, who helps me with my home in São Paulo, the clinic I'm going to help me too. The knight Doda Miranda helped me a lot in the beginning too. "The disability pension she receives from the federal government is a little more than R\$ 4 thousand, which she spends on at least five medications she takes a day. The expenses are everywhere: from the caregivers, who help her to do everything every day (there are two of them), the college, the expenses with treatment and physiotherapy, to the very chair that takes her and brings her from everywhere. "The chair alone cost R\$ 23 thousand. Her wheel is like a car wheel, it's very expensive. When it hurts, I try to change the inner tube, but if it hurts the tire, it has to change, just like a car. "All this is no luxury for Laís - it's the basics she needs to keep living. "My disability is too great. If it's in any car, I can't

go, if it's a sidewalk with a giant hole, we have to do something to get around the hole. So the adaptation is still very difficult".

### Recovery

Lais's "adaptation" to his new life began when he woke up in the hospital with the news that he "could hardly breathe alone again," as one of the doctors told his mother. She did it - she had to relearn how to do it, as well as how to speak, after spending months in silence. Today, she has a perfect diction, keeps the same optimism as before - even admitting to having bad days from time to time - and uses her head to point out the things she wants or needs. When a strand of her hair insisted to rest in her eye, she made signs with her neck and asked one of her helpers, Willian Campi, to remove it. When she was thirsty, she pointed to the filter room and said: "Let's have some water? Lais's life is like this now: always asking for things for someone. This has already bothered her a lot, as well as the expenses to pay sometimes weigh, and the discouragement for not being able to even move her own chair takes care of her. "I don't like to keep asking for things all the time. When I had to eat, I would ask for someone. Then, nothing came the way I wanted, because it was someone else who was doing it. But now I've learned the way to talk, the way to show, to do," she says. "I went from a lot of extreme movement to no movement at all. This time of adaptation, of hospital, was very difficult, but until today it continues. I couldn't understand it. Because I didn't have a finger left (that moves). That didn't get into my head. Until I understood. I stopped asking myself why and went to live".

### Evolution

Little by little, Laís has been able to evolve in physical therapy. During the exercises, you can see the tiredness in her eyes, but she does not stop. This year, the former gymnast managed for the first time to sit on the floor with the support of her own hands. Standing with the help of equipment was also another recent achievement. With the help of the physiotherapists, she is lifted from the sofa and remains upright for the next exercise: a few headbutts from one side to the other on the ball that awaken the feeling of being free of the chair for a few seconds. Laís has even "taken a walk" around the room being led by Robson. Even so, three years after the accident, Lais sees himself as a lucky woman. "I get a lot of messages from people in a much worse situation than mine. I want to do everything to help these people. But as much as I have the structure that I have today, I still lack. Imagine for them." "I'm very happy when I get something in physical therapy. But I'm very demanding. As long as I don't have a real movement, I won't be satisfied. I think maybe that's why I don't stop. I've been trying to make an effort, to train myself to get out (of the chair). Because after the first time I move this hand, I'm going to do several things," he says, releasing a laugh of anxiety for this moment. "In fact, right now we're here talking, and I think my hand is moving. It's not. But the feeling is that it is. Laissez-faire optimism, for now, comes less from a concrete prognosis and more from his determination to change his reality. She goes to the doctor three times a year and constantly follows the advances in medicine to reverse pictures like hers, but, in the simplest attitudes, she keeps her thought of putting into practice what is already engraved on a tattoo on her arm: "First, I wake up, and then I try to move my arm. It doesn't move. But then I put on a song and I start a different day. I'll leave a slipper on the side of the bed for when I get up".

**TEXT 02** - Interview granted on November 10, 2017, for the Globo Esporte Ceará, with the athlete Laís Souza, with the former Brazilian Olympic gymnast. Available at: <https://globoesporte.globo.com/ce/noticia/lais-souza-sonha-em-mexer-os-bracos-e-quer-montar-clinica-especializada.ghtml>>

"Laís Souza dreams of "moving his arms" and wants to set up a specialized clinic"

"Ex-gymnast was in Fortaleza to give a lecture and spoke again about the chance to become an athlete of bocha. This week, she posted a video in which she headed a ball".

"During the interview, a strand of hair descended on Laís Souza's face, separated from the rest. She patiently answered all the questions without seeming to bother with him. At the end of the interview, the former gymnast was asked to close her eyes and tell what was the first image that would appear in her mind. - I swear I was moving my arms. For example, he has a strand of hair on my face. I would take it off. I see myself brushing my teeth or taking a good bath, who knows. Or maybe, I would run madly along the beach - he said, containing the emotion with the dream that he never made a point of hiding: to be who he always was. Although she likes and has learned a lot from who she is now this week, Laís Souza posted a video on her social networks. In it, with the help of equipment, she manages to stand up and head a ball in her physiotherapy session. She challenged her friend Neymar and sent a message: "Keep training, I'm coming". And this routine of shared activities with her followers gives her more strength so that she doesn't give up and follow firmly. - Look, the messages I receive giving me strength are very important. They make me have more strength to continue every day. An example of overcoming, even for physiotherapy professionals, Laís tells us that she has one desire: to set up a specialized clinic or an institute that combines therapies for the body with psychology. Because, finally, the mind also has its wounds that need healing. And her wounds heal little by little, with each evolution or even with the examples of life she finds in her lectures in the country. - I want to help with my experience, with what I have learned since I came to the chair - he said. Laís Souza may even be away from sports now. But he has not given up on it. After meeting the paralympic boccia, in Rio de Janeiro, in 2016, she is considering starting to practice the sport and, who knows, be at the Paralympic Games of 2020, in Tokyo. The former gymnast is in the BC3 category, for athletes who need help positioning the chair and playing the ball. - I met the bocha in Rio, during the Paralympic Games, and I was very interested. Then I started to consider that it could be a sport for me. And, who knows, I'm not there in 2020, competing? Laís Souza was in Fortaleza to give a lecture on "physiotherapy and overcoming". For about an hour, she told her life story and how she has been overcoming difficulties every day since she suffered the accident that left her quadriplegic in Sochi, Russia, when she was training air skiing for the 2014 Winter Olympics".

**TEXT 03** - Interview granted on February 08, 2018, with the athlete Laís Souza, former Brazilian Olympic gymnast to the site "Veja". Available at: <https://complemento.veja.abril.com.br/primeira-pessoa/lais-souza.html>>

"I stopped looking for explanations"

"Lais Souza, 29, gymnast who became quadriplegic after skiing accident in January 2014".



"It's been four years since my accident in Salt Lake City, USA. At first I wondered a lot about what happened. I asked God: why didn't He leave me the movements of one hand, or even one finger? I kept massacring myself. But it didn't work, I couldn't find the way out, it was worse, a waste of time. The beginning was very complicated, because I left home at 10 to live the athlete's dream, and I didn't have so much coexistence with my relatives anymore. Suddenly I return to Ribeirão Preto, without any movement, needing everything and needing an adaptation for me and the whole family. I was always very independent, I had my house, I paid my bills, I had my relationships. And suddenly I saw myself in a diaper, with my mother, as if I had become a child again. I stopped looking for explanations, and a lot of things changed in my life. My way of thinking, of seeing things, the relationship with my family. Today the worst thing that could happen to me would be losing my parents. A thousand times worse than my accident. My mother is a warrior, she shows a strength that I don't know if I would have. I think I'm much more sensitive than when I was walking. When I see a child starving or having problems like mine, it makes me very sensitive. Every day they tell me stories on social networks and I realize that sometimes my problem isn't even that big. But I hardly cry, I think it's bad. I grew up in the selection of gymnastics with rigorous trainers, I suffered a lot to train, with the shin injured, broken foot, I had to learn how to deal with it, I acquired a side half "horse". I'm also more serious about everything, health, problems. I think I'm feeling old, I'm almost 30 years old! But there are days when I'm like before, playful. Sometimes I'm strong, sometimes I'm "chicken", it depends, more patient, but sometimes I burst, inevitably. I'm not one to scream a lot or make crazy decisions, unless they've been in my head for a long time. Sometimes I wake up and think I'll move normally. This frustrates me... When I talk, I have the clear feeling that I am gesturing. At first, I asked myself a lot about what happened. I asked God: why didn't He leave me the movements of one hand or one finger? I kept massacring myself" I fill my time with my work, I give lectures and events, my main source of income. The constant physical therapy makes me feel like an athlete, because I am still an athlete. I tire in the same way, I make a similar effort, I feel muscle pain, that feeling of victory when I can complete a new exercise or when I present sensitivity somewhere. After the accident, I thought it would no longer surprise me, to feel adrenaline, but life showed me that this is still possible. I have sensibility under my foot, in my belly, on my back and on some points of my hand. The muscle in my biceps also vibrates a lot in the exercises, this is new. I feel stronger, but I go slowly. I can live normally within my limitations. To be honest, what I miss most is sex. I have always been a very physical person, I was always in movement, releasing adrenaline. Today I can't do anything else, it's very difficult. As a matter of fact, my sexuality was very commented on, it didn't even bother me, because my family, which really matters, already knew. I never hid anything from my mother. Soon I told her, explained what I was feeling and we adapted. When the news came out (that I had a girlfriend), I thought: Gee, I broke my neck, I'm almost dying, and people are worried if I like man or woman in the 21st century? Now I live in Ribeirão Preto, with my mother, in a small apartment, and my routine starts after 9:30. I don't like to wake up early, I take care of my hygiene, take a bath, have lunch, then train, go to college (of psychology) and try to go out with my friends, one of them Daiane dos Santos (also gymnast), with whom I have a lot of contact. At that stage, when I see a gymnastics test, I don't feel sad, but I miss it. Today I look at the accident in a more serene way - I never went back to the place, but I intend to, it would be nice to see snow again. And I would have the chance to ski, sitting, in an adapted sleigh. I hope I don't have any trauma.

**TEXT 04** - Interview of Professor of the Physical Education post-graduation nucleus of the Institute of Educational Development (IDE) \*Humberto Gomes granted on October 6, 2017 to the Revista de Pernambuco "Algo Mais".

Available at: < <http://revista.algoMais.com/bem-estar/algomais-saude/a-importancia-da-atividade-fisica-para-deficientes-fisicos>>

"The importance of physical activity for the disabled"

October 11 is the Day of the Person with Physical Disability, a date to discuss the importance of accessibility and social inclusion. Health professionals also take advantage of the day to remember about the importance of physical activities for these people, since many, because they have some kind of motor limitation, end up thinking that sedentarism is a consequence. According to the professor of the Physical Education post-graduation nucleus of the Institute for Educational Development (IDE) \*Humberto Gomes, not moving can even accentuate even more the effects of motor limitation. "The paralytic, as one example, spends most of his time sitting down, so blood circulation to the lower limbs may be compromised, accentuating the risks of vascular diseases. According to the professor, another aspect to highlight is that in many cases the increase in body weight can be observed, leading to deleterious effects caused by overweight and obesity, such as increased levels of LDL cholesterol (bad), increased blood glucose (blood sugar) and joint pain. Among the compromises caused by sedentarism is that, depending on the physical deficiency, a corporal unbalance (misalignment) is observed, a situation observed in some pathologies. "In this case, there may be the development of diseases related to the osteomioarticular system, which encompasses the bones, muscles and joints) leading, generally, to back pain. Thus, the recommended strengthening of the muscles of the upper limbs and trunk region, more currently called CORE, are strategies that should be adopted", explains Humberto. The IDE professor also reminds that, when dealing with cognitive deficiencies, mainly related to the learning process, the sedentary attitude is more harmful to the process of formation and strengthening of interpersonal relationships. Therefore, the ideal would be for the physically challenged to be accompanied by a multidisciplinary team, including physician, physiotherapist, nutritionist, psychologist and physical education professional so that these professionals can seek and discuss the different forms of intervention. "Among the activities performed by a Physical Education professional that can help improve the patient's quality of life, playful, recreational, sports and high performance physical activity, as Brazil has been standing out as a Paralympic power," explains the IDE teacher. According to data from the Brazilian Institute of Geography and Statistics (IBGE), it is estimated that Brazil has 6.2% of its population with some type of disability. Public policies for inclusion in the country are still precarious, and the cities are far from ideal accessibility. But the teacher's tip is that the person first seeks to overcome in different dimensions, such as behavioral, emotional and physical among others. "Thus, physical exercise arises for many handicapped people as a support, especially for those who became handicapped after an accident". Physiotherapy, another great ally, comes to harmonize muscles and joints, with the objective of making movement as functional as possible, according to Adriana Maciel, coordinator of the graduate program in neurofunctional physiotherapy at the Institute for Educational Development (IDE). "I usually say that every treatment has to have a beginning, middle and end. And in the case of neurological patients, even when the functional goals are reached, it is interesting that the patient goes through monthly reviews, just for follow-up, but always depending on the type of

pathology presented". According to the physiotherapist, movement is life. "Therefore, move a lot, in the minimum activities of daily life, respecting, of course, the limitations of each one. Besides, I remember to ally with a healthy diet for health and well-being".

**TEXT 05** - Interview of the technician of the Flemish delegation of Artistic Gymnastics who became paraplegic after an accident, granted on March 25, 2012.

Available at: < <http://sportv.globo.com/site/programas/sportv-reporter/noticia/2012/03/ha-14-anos-na-cadeira-georgette-diz-que-apoio-das-ginastas-foi-essencial.html>>

"14 years in the chair, Georgette says support from gymnasts was essential"

Technician, who became paraplegic after a bus accident with the Flemish delegation, sought in the sport the strength to go around".

Georgette Vidor was one of the coaches responsible for revealing several athletes, among them Daniele Hypólito and Luisa Parente. In May 1997, the coach was traveling to a competition in Curitiba, together with the delegation and the gymnasts. During the dawn, the driver of a wagon lost control and hit the red-black bus on the Presidente Dutra Highway, in the state of São Paulo. Six people died and 14 were injured. Georgette was 39 years old and was sleeping at the time of the accident. The coach suffered an injury to her marrow and spine that left her chest paralyzed. Without the movement of her legs, the trainer searched the sport for strength to go around. And the gymnasts, her students, were fundamental in regaining self-esteem. - They are 14 years in the chair. The respect of my gymnasts with me, even with a disability. I think that made me say it like this: 'They believe in me, even I here in the wheelchair'. That was very important - he said in an interview to 'SporTV Repórter'. In his career, Georgette prepared and taught several athletes to perform the movements of artistic gymnastics with perfection and lightness. In a country with no tradition in sports, the coach achieved the feat of taking gymnasts to three Olympics and three Pan-Americans. But the biggest challenge of her career came after 1997. How to conciliate the life of a coach on top of a wheelchair? Georgette remembers every step of the difficult journey. - I had never stayed in a wheelchair giving training. One day I was with a water bottle and an athlete of mine, Jessica, did the wrong thing there, on the beam. And I yelled, 'Do you want to stretch this leg? If you don't stretch, I'll throw you this bottle of water. Then they say that a coach looked at the other and said, 'Oh, she's back! It's Georgette again' (laughs). Four months after the accident, Georgette was already watching the gymnasts at the competition site. It was just a matter of time before the coach returned to her duties and started her life again. At the beginning of 1998, she took over the gymnastics of Flamengo. In 2002, she founded the NGO Qualivida and the Project "Sport for All". Today, the initiative attends around 2000 children between four and 17 years old.

**TEXT 06** - Interview granted by former gymnastic technician Georgette Vidal to the G1 site on December 19, 2014.

"Accident victim, Georgette Vidor vibrates with Lais Souza's "victories""

Coordinator of the Brazilian women's gymnastics team praises the youthfulness of the team during recovery: "Seeing her like this, with so much desire, gives enormous hope".

Seeing Lais Souza smiling and back to Brazil moved Georgette Vidor. Each advance in the young woman's frame is celebrated in double by the coordinator of the Brazilian Gymnastics Confederation (CBG) women's team, who has known her for many years. After the ceremony of the Olympic Brazil Award, on Tuesday, she spoke about the chance to see Lais again on her return and recalled that the two had already met in May, when she went to visit her during her treatment in Miami. A road accident, in May 1997, left Georgette paraplegic. - The fact of having Lais here is very special. She was a great gymnast of ours. I was with her in May, and seeing her like this, so willingly, having results, gives a huge hope. I lived this in proportions, even because one thing is at my age. Apart from being a paraplegic, I have part of movements - said Georgette.

Lais had been performing a pioneering stem cell treatment in the United States. She has been in Brazil since Saturday. She disembarked next to doctor Antonio Marttos Jr., her mother and a caregiver. On Monday, she granted a press conference in Rio and reported progress on the board after a pioneering stem cell treatment. - We talked a lot when I was in the United States. I talked with her mother. Kind of to prevent the difficulties that would come. Because they come in everyday life and they are not easy. She is a young woman. At the same time that she has the enthusiasm, she feels. After all, it is something very serious that happened in her life. What I always tried to talk about is that she has to be prepared," she said.

## **6. Categories**

According to Bardin (2011) apud Silva (2017), it is through categorical analysis that the fragmentation of work into grouped categories is represented. The author points out that one of the best alternatives is the choice of exploration by categories when one wants to study principles, beliefs, behaviors and concepts, through qualitative data. In this way, the interpretation of the data was made by the method of content analysis.

After the material was checked and properly read, the exploration was performed through cataloguing or systematization. This occurs because of the reoccurrence of terms, were constituted in documentary elements, in order to perform the gradual classification. For each category described below, the use of the subject to which the study is proposed is observed.

### **6.1 Category: *Life Before Injury***

M1 - The beginning was very complicated, because I left home at 10 years old to live the athlete's dream, and I didn't have so much coexistence with my relatives anymore. I was always very independent, had my house, paid my bills, had my relationships (T3).

M2 - I talked to her mother. Kind of to prevent the difficulties that would come. Because they come in everyday life and they are not easy. She is a young woman. At the same time that she has the enthusiasm, she feels. After all, it is something very serious that happened in her life (T6).

The life before the injury is an independent life, like that of the athlete Laís Souza who had an emancipated life, because she was already in search of her dreams since she was a child, so she didn't depend on her parents, neither financially nor physically because she didn't depend to move around.

### **6.2 Category: self-view of a person with a disability**

M1 - "I don't want to adapt to the wheelchair at all. I want to do the opposite: get out of it". (T1) - Laís Souza

M2 - "At first, I wondered a lot about what happened. I asked God: why didn't He leave me the movements of one hand or one finger? I kept massacring myself" (T3) - Laís Souza

M3 - First headline of the site, in prominence: "I stopped looking for explanations" (T3) - Laís Souza

M4 - "It changed everything in my life...I depend entirely on people...I lost things I liked so much to do...(T5)

M5 - I had never stayed in a wheelchair giving training - Ex-technician Georgette.

Faced with the macroviews presented, the first look before the present limitations is the acceptance, to accept oneself as a person with disability. It is to face the reality of a different life, a new reality. It is to live together in the face of dependence on the other. It is to face oneself and face a new world.

### **6.3 Vision on the importance of physical activity practice**

M1 - There was a great national commotion that gave me visibility today I work with an NGO in 9 cities of Rio de Janeiro and we already have 18 more poles of gymnastics. I started to do work to popularize gymnastics and I'm part of a radio program... The sport teaches to overcome difficulties...(T5) - Ex-technician Georgette.

M2 - "The paralytic, as one example, spends most of his time sitting down, so blood circulation to the lower limbs may be compromised, accentuating the risks of vascular diseases" (T4) - Physical Education post-graduation nucleus of the Educational Development Institute (IDE), Humberto Gomes

M3 - "Thus, physical exercise arises for many handicapped people as a support, especially for those who became handicapped after an accident" (T4). - Physical Education Postgraduate Center of the Educational Development Institute (IDE), Humberto Gomes

M4 - I met the bocha in Rio, during the Paralympic Games, and I was very interested. Then I started to consider that it could be a sport for me. And, who knows, I'm not there in 2020, competing? (T2) - Laís Souza

M5 - Without the movement of the legs, the coach sought in the sport the strength to go around (T5).

Journalist (interviewer): "Health professionals also take advantage of the day to remember about the importance of physical activities for these people, since many, because they have some kind of motor limitation, end up thinking that sedentarism is a consequence (T4).

Physical activity for people with disabilities is very important, due to the many benefits it brings, psychic, physical, motor, cognitive. It is to feel that one can accomplish something, it is to challenge oneself, to overcome the barriers and limitations brought by the disability. It is to overcome oneself. It's to feel pleasure in something that feels good to you. And as in the Professor's opinion, it is a support for the person with disability.

### **6.4 Difficulties with accessibility**

M1 - But I'm policing myself and paying attention to the moment of peeing, because you have to find an adapted bathroom, a clean bathroom and you don't find ..." (T1)

M2 - "My disability is very great. If it's in any car, I can't go, if it's a sidewalk with a giant hole, we have to do something to get around the hole. So, the adaptation is still very difficult". (T1)

The difficulty encountered today for the person with disability is great. Most public places, as well as private places, do not offer adequate conditions to meet the needs of a person with disability, although several laws are found on the subject, such as the 1988 Federal Constitution, which guarantees it in its Article 227, Item II, second part: "[...] facilitating access to collective goods and services, with the elimination of architectural obstacles and all forms of discrimination". In this sense, ABNT NBR 9050 (2015) presents the concept of accessibility, as a condition of reach, of movable spaces, urban equipment, as well as installations open to the public, of public or private collective use, by people with disabilities or reduced mobility. Moreover, there is another important law that supports these rights, such as the Statute of the Person with Disability (Law No. 13.146/2015), but unfortunately little fulfilled.

### ***6.5 A Glance at Hope***

M1 - "Look, the messages that I receive giving me strength are very important. They make me have more strength to continue every day" (T2).

M2 - "I have a notion of what is real, but I continue with my dreams, with my hope of running after, of trying to recover a movement, even if it is from the arm, something" (T1).

M3 - "They believe in me, even I here in the wheelchair. That was very important" (T5).

M4 - "The fact of having Lais here is very special. She was a great gymnast of ours. I was with her in May, and to see her like this, so willingly, having results, gives a huge hope" (T6)

M5- "The hope for healing is very great. But it also has to follow life as if it wasn't going to happen. If it happens, it will be a wonder. But if it doesn't happen, you have to prepare yourself. I was very excited with what I saw". (T6)

People with disabilities, even after the traumatic spinal cord injury, even after the life that is now different and new to them, keep the flame of hope. The one who is still believed, or who can be believed to change. It is what still gives them strength to believe that there is a possibility to change the reality they are in. And not only the disabled people themselves who believe in themselves, but also as in the case of coach Georgete (T5), where the students themselves believe in her and make her feel that trust, this also encourages her and makes her go on.

## **7. Final considerations**

Discourse analysis is not about being a method, but about being a critical point of knowledge, of rigorous analysis, which should reach everyone. And yet, how important is knowledge and learning as to communication. It is relevant to note the effect in which it can have the power of discourse, in which its analysis is applied to visual and written texts. In this study, it was critically analyzed the speeches of people with disabilities, and of people who are involved with them. It was analyzed before macrovisions what stood out among all the texts, distinct by categories that expressed each moment of the spinal cord injury. "In casu" took care of presenting interviews with a former athlete, with a gymnastics trainer who is also a person with disability, and a physical education teacher specialized in studies of traumatic injuries like

these people. What was demonstrated through the macroviews of these interviewees is how they lived before the injury in being independent; how they live and react after the injury or accident, in a different world through dependence on others; how they feel hope to walk again, and especially learn from the new, with the difficulties faced by the lack of accessibility, making a correlation with the paralympic sport and the possibility of physical activity for people with disabilities.

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