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Sports-recreational festival for the elderly, in communities of the Artemisa and Mayabeque provinces

*Festival Deportivo-Recreativo para el adulto mayor en comunidades de provincias
Artemisa y Mayabeque*

*Festival Esportivo-Recreativo para idosos em comunidades das províncias de Artemisa e
Mayabeque*

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ABSTRACT

The sports-recreational festival has promoted the local development of Cuban society, having as its fundamental basis physical recreation programs for the elderly that must be understood and appreciated beyond the enjoyment of all the possibilities that exist in the social and prepare them to accept, without giving up, their own limitations and reductions in their strength. The objective of this research is to propose a sports-recreational festival for the elderly that contributes to the management of physical recreation in the rural



communities of the Artemisa and Mayabeque provinces. The proposal was based on the constructivist paradigm, in relation to contextual, participatory, endogenous, social interaction and sustainable development. Participatory action and the use of empirical methods, such as participant observation, survey and group interview, are characteristic of this research; and the theoretical one, analytical-synthetic, historical-logical, induction-deduction and documentary analysis; in addition, the statistical-mathematical method that allowed to verify and manage the need to find ways to promote community physical recreation, from the needs and interests that emerge within the community and make it possible to raise awareness among the elderly in solving their problems and in promoting a lifestyle that improves your health.

Keywords: elderly, physical activities, sports-recreational festival

RESUMEN

El festival deportivo-recreativo ha promovido el desarrollo local de la sociedad cubana, al tener como base fundamental los programas de recreación física en el adulto mayor, que han de entenderse y apreciarse como algo más allá del disfrute de todas las posibilidades que existen en su entorno social y estar preparados para aceptar, sin claudicar las propias limitaciones y disminuciones de sus fuerzas. Esta investigación persigue como objetivo proponer un Festival Deportivo-Recreativo con el adulto mayor que contribuya a la gestión de la recreación física comunitaria en las comunidades rurales de las provincias Artemisa y Mayabeque, sustentado en el paradigma constructivista, en lo contextual, en lo participativo, en lo endógeno, en la interacción social y en el desarrollo sostenible. Es característica de esta investigación la acción participativa y el empleo de métodos empíricos, tales como: observación participante, encuesta, entrevista grupal y los teóricos como: analítico-sintético, histórico-lógico, inducción-deducción, análisis documental y el método estadístico-matemático, que permitieron constatar y gestionar la necesidad de buscar vías para favorecer la recreación física comunitaria, que partan desde las propias necesidades e intereses que emerjan desde el interior de la comunidad que posibiliten sensibilizar al adulto



mayor en la solución de sus propios problemas y en la promoción de un estilo de vida que eleve su salud.

Palabras clave: Festival Deportivo-Recreativo, actividades físicas recreativas, adulto mayor

RESUMO

O festival desportivo-recreativo tem promovido o desenvolvimento local da sociedade cubana, ao ter como base fundamental programas de recreação física para os idosos, que devem ser entendidos e apreciados como algo além da fruição de todas as possibilidades que existem no seu ambiente social. e estar preparado para aceitar, sem desistir, as próprias limitações e diminuições de forças. O objetivo desta pesquisa é propor um Festival Esportivo-Recreativo com idosos que contribua para a gestão da recreação física comunitária nas comunidades rurais das províncias de Artemisa e Mayabeque, com base no paradigma construtivista, contextualmente, participativamente, no endógeno, na interação social e no desenvolvimento sustentável. Característica desta pesquisa é a ação participativa e a utilização de métodos empíricos, tais como: observação participante, levantamento, entrevista em grupo e métodos teóricos como: analítico-sintético, histórico-lógico, indução-dedução, análise documental e o método estatístico-matemático, o que permitiu confirmar e gerir a necessidade de procurar formas de promover a recreação física comunitária, que partam das necessidades e interesses que emergem no seio da comunidade e que permitam sensibilizar os idosos para a solução dos seus próprios problemas. problemas e na promoção de um estilo de vida que melhore a sua saúde.

Palavras-chave: Festival Esportivo-Recreativo, atividades físicas recreativas, idosos.



INTRODUCTION

In many countries around the world, there is an increase in the population of older people, understood to be 60 years of age or older; this figure will have doubled by 2030. It is expected that the population sector aged 80 or over will triple between 2020 and 2050 (WHO, 2020).

This is one of the demographic phenomena that current Cuban society presents: the progressive aging of the population as a result of a persistent trend in the decrease in fertility rates and an increase in life expectancy, so the number of people older people exceeds the number of young people (ONEI, 2021). In 2021, all the country's provinces had values above 15.0% aging; where Artemisa stands out as the least aged and Mayabeque, one of the most.

In various consultations on research related to physical activity aimed at improving the quality of life of elderly, the work of Reyes and Campus (2020) has been determined as references, who propose physical activity connected with nature, in order to strengthen social cohesion, trust and security; in addition to promoting psychosocial well-being accompanied by systematic physical exercise, this proposal helps maintain a low mortality rate in that age group. On the other hand, Villamizar et al. (2021) use physical activity as a means to expand the aerobic capacity in these subjects, by encouraging them to practice exercise, enjoy the advantages of healthy recreation and the use of music as a method to harmonize physical activity with the environment. spiritual enjoyment.

Regarding the spaces in which the elderly generally carries out their physical activity, the work of Saavedra et al. is presented (2021) who not only address the importance of physical activity, with a view to health and social integration, but also in the interaction with the environment, in this case it was public parks, which favor this cohesion and connection.

Physical activity aimed at improving quality of life is not only beneficial for healthy people, the impact it offers for elderly people is also notable for those who suffer from diseases that in some way can be alleviated, reduced or treated, as is the case of type II diabetes (Solórzano and Vargas, 2019). Also in this prophylactic therapeutic variant of physical activity is the work of Noa et al., (2021) focused on care for non-communicable diseases. All



of this helps to ensure longevity is favored and in many cases exceeds the life expectancies proposed by experts.

From the above, it is concluded that longevity increases in parallel with life expectancy and is an individual process, which varies according to age, social differences, countries, provinces and municipalities. This growth, added to the fact of the reduction in birth cuts, implies a narrowing at the base of the population pyramid and a widening at the top.

Every adult should be encouraged to maintain physical recreation throughout the aging process, aimed at the development of habits, skills, capacities and acquisition of knowledge, which leads to raising the political, ideological, cultural level, comprehensive training, according to with the characteristics and needs of different communities. Therefore, it is suggested that they be incorporated into physical activities to prevent and help control heart disease, diabetes and cancer, as well as to reduce symptoms of depression, anxiety, cognitive decline and enhance brain health.

Globally, more than a quarter of the world's adult population (1.4 billion adults) does not achieve a sufficient level of physical activity. People with an insufficient level of physical activity have a 20% to 30% higher risk of death compared to people who achieve a sufficient level of physical activity. (WHO, 2020, p.1)

For the elderly there are no specific recreational physical activities, the fundamental thing is that those proposed are properly adapted to their possibilities and the ideal place within the program, so that the didactic and methodological treatment guarantees the participation of everyone.

The Recreational Sports Festival: These have a much more sporting than recreational character. In addition to certain competitions, skills contests, artistic activities, recreational games, dances, tourist competitions, etc. are held. When holding this type of meeting, a pleasant atmosphere of play and happiness must prevail. (Pérez, 1997, p.124)



The recreational sports festival combines various games and activities in a program of activities to improve motor skills and physical abilities that promote quality of life and happiness at that stage of life.

In general, a study is carried out of precedents for recreational programs in the community that include and enhance the quality of life of the elderly. So this exploration serves as material for analysis, reflection and transfer of knowledge. Among the most interesting is the research by Catellarí , Camaño (2019) that beyond physical activity, energizes artistic activity as a method of recreational and social motivation.

The work of Gil et al. (2021) gives a responsibility to community managers to insert this population sector in recreational activities. Others have focused more on designing recreational activities in rural areas, where the vulnerability of living in poverty is greater than in urban areas (Analuiza , et al., 2020; Pérez, et al., 2020; Juniu , Salazar, 2020).

In the case of Cuban communities, specifically in the provinces of Artemisa and Mayabeque, community activities are carried out with physical, recreational and sports games, where elderly have the possibility of participating and thus recover the traditions of their community, which over time they have been lost, due to technological changes and scientific advances; however, the insufficiency of community recreational promoters causes poor physical exercise practices and leads to restricted knowledge and abilities to develop self-management skills for recreational physical activities.

To fulfill the research, the objective was to propose a sports-recreational festival with the elderly that contributes to the management of community physical recreation in the Callejón de Portugués, province of Artemisa; in the Las Yaguas neighborhood, in the Güines municipality; and El Río, from the municipality of Jaruco, Mayabeque province.

MATERIALS AND METHODS

The study sample consisted of a total of 1,121 elderly, of which 234 are from the Callejón de Portugués community, province of Artemisa; 755 are from the Las Yaguas community, in the Güines municipality, and 132 from the El Río community, in the Jaruco municipality,



Mayabeque province. It was characterized by constituting an intentional sample with pathologies of chronic non-communicable diseases, in the period between September 2022 and December 2023. 25 Physical Culture professionals, in charge of bringing a plan of physical activities to the communities, were also integrated into the study. of the two provinces.

In this research, the participatory action methodology was assumed, from this perspective the analytical-synthetic, historical-logical, induction-deduction, documentary review, participant observation, survey, group interview and statistical-mathematical methods were used. The following tools were applied, such as the knowledge, attitude and practice (KAP) methodology and knowledge construction workshops.

A documentary review was carried out on the regulatory records by which the 25 chosen professionals are guided in their mission to activate the community in physical exercise. Participant observation was carried out at six work sessions with elderly subjects.

The survey was applied to the selected elderly with the objective of knowing their state of opinion about the importance of these objectives and the interview group with the objective of determining the satisfaction of this sector, on the design of recreational activities to contribute to the management of physical recreation.

The open questions formulated in the questionnaire allowed to know whether the targeted recreational physical activities were effective or not. Therefore, it was considered of great importance to express the main opinions, recommendations and general assessments, the results of which were interpreted and analyzed.

Methodological triangulation allowed, from the application of two or more methods, to obtain information by contrasting the results and analyzing coincidences and differences. This type of triangulation made it possible to overcome weaknesses and compensate for each technique.

In this study, the CAP methodology was applied, which made it possible to identify the needs and accompany the entire process to address the causes of the problems identified by



the beneficiaries. Older adults do not practice certain behaviors because: or they do not know; or they know, but they don't care; or they care, but they don't know what to do about it. It was started from the analysis of the knowledge that must be had, the attitudes that must be adopted and the practices that must be carried out. Once the tool was applied, the behavior change was evaluated to improve the results.

In the second stage of the research, CAP (I): 2nd stage was applied on the systematic management of the RFC and for the diagnosis CAP (II): 3rd stage, with the objective of building participatory strategic planning among all those involved. This methodology was analyzed in the first knowledge construction workshop on community physical recreation.

Quality of life was measured using the IADOV technique, which is the user criterion, to obtain the group satisfaction index of the elderly in the Callejón de Portugués community, province of Artemisa; the Las Yaguas community, of the Güines municipality; and El Río from the municipality of Jaruco, Mayabeque province. It was used as an instrument, since it constitutes an indirect way to study satisfaction, since the criteria used are based on the relationships established between the three closed questions that are interspersed within a questionnaire (questions 3, 5 and 7), and whose relationship the subject does not know. These three questions are related through what is called IADOV's logical framework.

RESULTS AND DISCUSSION

In the documentary review a general treatment of physical activities was determined at all ages in the communities; in the case of the elderly, there was no relationship between the activity plan and the treatment of individual differences.

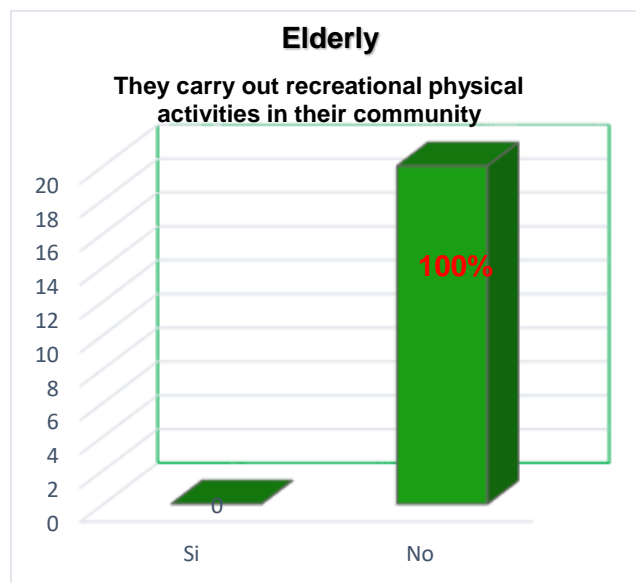
In the results of the survey, 100% of the professionals expressed that there are limitations and insufficiencies in the practice of physical activities for the elderly, in the community; despite the willingness to transform that reality.

According to the results of the interview, 100% of elderly thought that recreational physical activities are not enough in their community and their interest in that reality being transformed for their physical and psychological well-being.



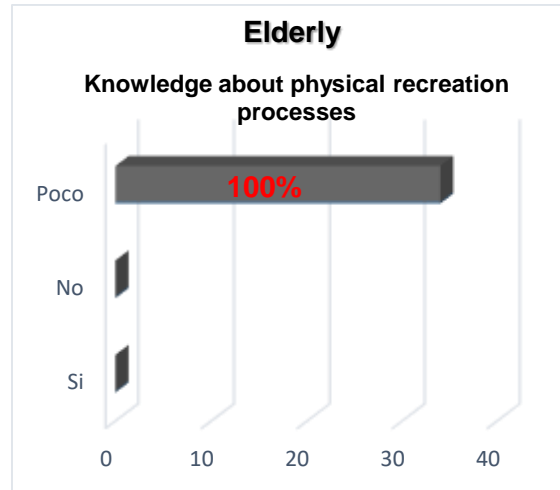
CAP methodology was low in each of the beneficiary groups, as a result of the few references that exist in the communities to appropriate knowledge and the lack of willingness to carry out recreational physical activities systematically. The elderly valued the importance of recreational physical exercises as a therapeutic resource to achieve quality of life and reflections and exchanges were carried out on the actions to be developed to carry out the strategies of the CAP methodology, when building a participatory proposal through a sports festival. recreational with the communities under study.

This initiative was supported by the constructivist development paradigm, in its contextual vision, community participation, endogenous, social interaction and sustainability, to train, raise awareness and experiment on the use of available media in participatory workshops, knowledge meetings, events and presentations of experiences, in order to promote transformation, from learning to practice.

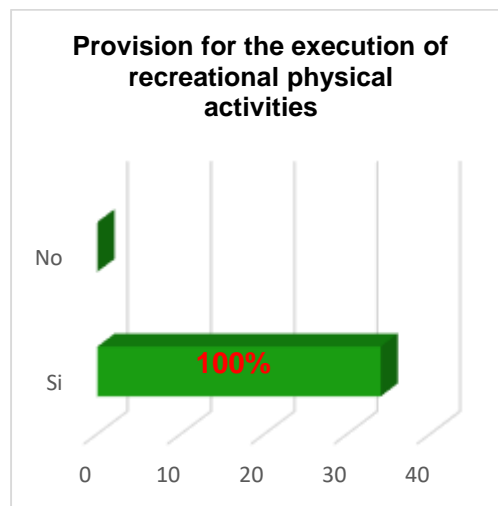


Figures 1. Information on analysis of the CAP methodology.





Figures 2. Information on analysis of the CAP methodology.



Figures 3. Information on analysis of the CAP methodology.

As seen in Figure No.1, 100% of the sample did not systematically carry out recreational physical activities; in figure No.2, little knowledge was shown to deal with physical recreation, knowledge about its benefits, application or solution and few practical experiences in this regard; and in figure No. 3, the lack of willingness to carry out recreational physical activities systematically.

At the conclusion of the recreational festival, an interview was applied to the elderly of these communities under study and the results were:



- 98% thought that at the beginning the activities were not developed with the full participation of the main decision-makers of the district because not all the factors were present.
- 100% considered it important to develop recreational physical activities for and among themselves, based on the needs of the community; this is how exchanges are established with the group, reflections and decision-making to solve problems.
- 100% expressed willingness to participate again in carrying out the activities, because it is of great benefit to their physical and mental health and promotes a healthy lifestyle.

Methodological triangulation was carried out with the purpose of contrasting the data obtained by the different methods used, they were analyzed and compared as a way to validate the findings not only in this phase of the research, but also in the phase of drawing up the conclusions. The results showed that, between the two communities in the provinces of Artemisa and Mayabeque, there are common points:

- Insufficient planning and execution of local development activities in which social actors are involved, which showed little participation from the university, the government and the community, to achieve community work with the objective of promoting development in the territory.
- Low participation of elderly in strategies, plans, programs, projects, actions and tasks for the local development of the territory.
- Insufficient community management in terms of planning recreational, systematic, variable and flexible physical activities that take into account the creativity and needs of this age group.
- Older adults mostly do not do physical activities in their free time.
- These individuals were willing to carry out recreational physical activities systematically and initially had little knowledge about their management; however, they valued the importance that recreational physical exercises offer as a new therapeutic style and resource.



- The facilities in the study communities did not always meet the needs for recreational physical activity, due to the limited existence of community sports facilities, inadequate terrain, insufficient maintenance of the facilities and the scarcity of sports materials for community work.

The IADOV technique constituted an indirect way to diagnose satisfaction. Through this, it was possible to determine the group satisfaction index (ISG) of the students and teachers of the faculty towards physical-recreational activities, from their own needs and interests supported by their contextual vision, community participation, endogenous, interaction. social and sustainability; With its use, sociocultural development was guaranteed.

To specify the ISG, the IADOV technique was used to create a questionnaire. The number resulting from the interrelation of the three closed questions indicated the position of each subject on the satisfaction scale. Individual results showed clear satisfaction with recreational physical activities at 85% and 15%. more satisfied than dissatisfied. The data is summarized in the following table:

Table 1. "Information on the individual satisfaction index (ISI)"

Scale	Result	Amount	%
+ 1	Clear satisfaction	953	85
+0.5	More satisfied than dissatisfied	168	15
0	Undefined and contradictory	0	-
-1	More dissatisfied than satisfied	0	-
-0.5	Clear dissatisfaction	0	-
	Total	1121	100

Consecutively, the group satisfaction index (ISG) could be found, using the following formula:

$$ISG = \frac{A (+1) + B (+0.5) + C (0) + D (-0.5) + E (-1)}{N}$$



N

$$ISG = \frac{953(+1) + 168(+0.5) + 0(0) + 0(-0.5) + 0(-1)}{1121} = 0.93$$

1121



Figure 4. Location of the group satisfaction index according to the value scale, 2023

When calculating the formula, a group satisfaction index of 0.93 was obtained, which is interpreted as a positive evaluation of the older adult with the Sports-Recreational Festival.

This study allowed the validation of the recreational sports festival aimed at the elderly, verified through the satisfaction of the participants involved in the design and the generation of knowledge, to solve the problem identified in the community, in addition, alternatives were proposed and decisions were made in the construction of the result of good practices, with the achievement of a better quality of life.

The trend was aimed at developing old age in conditions of family coexistence; Although in the last decade there have been important advances in incorporating the activities of grandparents' circles into activities, whose main influences are associated with the possibilities of a greater space for personal fulfillment.

It is considered that the aging of the organism is an irreversible phenomenon that includes structural and functional changes and causes a decrease in physical and mental capacity that is common in all genders, but this also depends on the socioeconomic conditions in which the subject develops. how to be social Therefore, it is a complex and varied process that depends not only on biological causes, but also on the social conditions of life and a series of material and environmental factors.



Recreation arises as a need for the development of the human being, which radiates in the social, work and family sphere, so that the individual can spread out and use their free time, based on their integral development; therefore, it is a topic of great importance today, it contributes to the quality of life and promotes a healthy lifestyle.

Pérez (1997) states that physical recreation "(...) is the set of activities of physical, sports or tourist content to which man voluntarily dedicates himself in his free time, for active rest, fun and individual development" (p.28). Meanwhile, Ramos (2003) states:

It is all the activity of physical, sporting and tourist content to which man dedicates himself in his free time for the purposes of entertainment, outdoor recreation, competition or systematic practices of specific activities, as long as his will and the selection of when, how and where you do them depending on your personal development. (p.12)

Enrique and Suárez (2019) complement Pérez's (1997) concept from a community perspective, more inclined to the formation of culture than to the planning and carrying out of activities. The criterion of Contreras (2021) is also considered very valuable, who connects the unity between elderly, recreational activity, quality of life and institution in a novel and functional way.

General composition of the sports-recreational festival

General objectives:

1. Offer physical, sports, therapeutic and recreational activities that contribute to the motivation and enjoyment of elderly to improve the quality of life in Callejón de Portugués, province of Artemisa; in the Las Yaguas neighborhood, in the Güines municipality; and El Río, from the municipality of Jaruco, Mayabeque province.
2. Highlight the importance of physical, recreational, therapeutic and sports activities as a means of facilitating learning , experiences, values and exchange of skills and abilities that consolidate the participation of all social actors in the study communities.



Place: Callejón de Portugués Communities, province of Artemisa; the Las Yaguas neighborhood, in the Güines municipality; and El Río, from the municipality of Jaruco, Mayabeque province.

Forms of group participation: Individual, duo and collective.

Participants: Older adults, professors of the Faculty of Physical Culture, Universities of UNAH and UA, CUM, INDER technicians and methodologists, parents, presidents of the Popular Council, the CDR, the FMC, government representatives, family doctor and physiotherapist.

Activities to develop:

1. 1. Sets physical activities:

- Walk in a straight line
- Walk in zigzag
- Who jumps the most?
- dance therapy

2. Recreational participation games:

- To dance
- Stop
- Find your number
- Word formulation
- Fishing in the lake

3. Sports and pre-sports games:

- mini soccer
- Pass the ball
- The restless ball



1. 4. Table games:

- Domino
- Chess
- Ludo
- Cards

5. therapeutic activities:

- Stretch
- Smooth walking by raising your arms
- Tai exercises chi

Punctuation system: The Scoring System is designed according to the game to be developed, since each one has its specific norms and rules.

Materials to be used: Material resources such as pencils, chalk, markers, sheets, books, audio, music, electric extension cord, balls, fishing rod, letters, numbers, obstacles, board game materials (checkers, dominoes, ludo, etc.) are used. chess), thermoses of water , disposable cups, drinking water and first aid kit .

General organization of the Festival (before and during):

Table 2. General organization of the sports-recreational festival

Hou r	Activity	Description	Proc Organizatio nal	Responsible	Place
9:00 am- 5:00 pm	Call and promotion	Banners are made and broadcast on Artemisa Radio and TV to call on the community to participate in the Sports-Recreational Festival.	Equipment	organizing committee	Commun ity Radio TV Artemis





9 o'clock A.M	Opening Ceremony	Intonation of the National Anthem. Words from the organizing committee	in horseshoe	organizing committee	Community
9:30 A.M	Educational chat	Talks are held on the benefits of the systematic practice of physical, recreational and sports activities for the elderly.	Circle	Organizing committee family doctor	Community
10:00 A.M	recreational participation games <ul style="list-style-type: none"> ✓ To dance ✓ Stop ✓ Find your number ✓ Word formulation ✓ Fishing in the lake 	<p>Activities are carried out to develop the motivation and enjoyment of the elderly.</p> <p>Dance competitions are held where couples dance different genres of songs and the public chooses the couple that dances the best.</p> <p>The couples dance to the sound of music, until the teacher says: Stop! Upon hearing the word, everyone must remain static.</p> <p>Players search for numbers that are hidden in the community area.</p> <p>Players choose the letters that correspond to the words they must formulate.</p>	<p>Couples</p> <p>Equipment</p>	<p>Combined #2 technicians and FCF professors from UNAH and UA</p>	Community





		Players catch fish found in the lake.			
10:50 a.m.	SNACK			organizing committee	Community
11:00 A.M	<p>Sport games</p> <ul style="list-style-type: none"> ✓ Pass the ball ✓ The restless ball ✓ mini soccer 	<p>With these activities, older people have the opportunity to put dexterity and memory into practice.</p> <p>The players pass the ball to each other and must choose a fruit.</p> <p>The players throw the ball to one of the participants and name a country.</p> <p>The players participate in mini soccer, to score goals in the opponent's goal.</p>	Equipment	<p>Combined #2 technicians and FCF professors from UNAH and UA</p>	Community
12:00 pm	LUNCH			organizing committee	Community
1:00 pm	<p>Physical activity games</p> <ul style="list-style-type: none"> ✓ Walk in a straight line ✓ Walk in zigzag ✓ Who jumps the most? 	<p>activities are carried out to develop motor skills and physical abilities in the elderly.</p> <p>Players walk on a straight line that is in the established area up to 6 meters.</p> <p>Players walk in a zigzag pattern, skirting obstacles that are in the established area up to 6 meters.</p> <p>Players jump towards the marks that are in the established areas, the player</p>	<p>Equipment</p> <p>Scattered</p>	<p>Combined #2 technicians and FCF professors from UNAH and UA</p>	





	✓ dance therapy	who jumps the most is rewarded. The participants perform dance therapy, starting from the execution of the physical exercises mentioned by the teacher.			
2:00 p.m.	Table games ✓ Domino ✓ Chess ✓ Ludo ✓ Cards	Board games are played to develop the cognitive abilities of elderly. Players participate in the different board games that are offered.	Duo Individual	Combined #2 technicians and FCF professors from UNAH and UA	Community
3:00 pm	Therapeutic activities ✓ Stretch ✓ Smooth walking by raising your arms ✓ Tai chi exercises	Therapeutic activities are carried out as a means of recovery for elderly in physical, recreational and sports activities. Participants gently stretch their muscles and remain in this position for exactly the same amount of time spent in muscle tension of 10-30 s. Participants perform a gentle march raising their arms for 3-5 repetitions. Smooth walking by raising your arms Smooth walking by raising your arms Participants perform Tai chi exercises Example: Standing, looking forward,	Individual	Physiotherapeutics	Community



		take a step to the right side and bend both legs, with arms flexed with palms facing up, at the level of the hips or waist.			
3:30 pm	Closing ceremony	Winners are rewarded by delivering a diploma that certifies them as a participant and winner of the Community Festival. The motto proposed by elderly is expressed. A recreational video is projected	in horseshoe	Organizing committee	Community

Awards: The awards ceremony should be a solemn and important moment of the festival, therefore, it should encourage camaraderie and honesty. In addition, elderly are recognized and rewarded for each activity carried out and those with the best results are highlighted, in order to stimulate motivation and enjoyment of physical, recreational, therapeutic and sports activities to improve the quality of life.

Farewell: The farewell to the sports-recreational festival is held with the motto proposed by the elderly, a recreational video is projected and a call is made to participate in the activities planned by the communities.

When making a comparison of this festival or program of recreational activities for the elderly at a general level, it can be summarized that it gained distinctive characteristics, with respect to that of Rodríguez et al. (2019). On the other hand, results are also compared with Tejero's proposal (2020), which focuses its gaze on the indissoluble relationship that characterizes recreational proposals during the time of the Covid-19 pandemic.



CONCLUSIONS

The study carried out in the different literatures consulted allowed to establish the benefits of recreational physical activities, to contribute to the quality of life of the elderly. The results of the diagnosis revealed insufficiencies in the performance of systematic recreational physical activities that contribute to the quality of this group in the study municipalities.

The sports-recreational festival responded to the needs and interests of elderly in the communities of the Artemisa and Mayabeque provinces, with a group satisfaction index of 0.93, which is interpreted as an indicator of clear satisfaction with the results obtained.

The proposal was based on the constructivist paradigm, with a contextual, community participatory, endogenous, interactive and sustainable vision, which managed to increase participation, motivation and enjoyment of the practice of physical, recreational, therapeutic and sports activities for quality improvement and well-being of life of this generational group.

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The author is responsible for writing the work and analyzing the documents.



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