

Sports as a social promoter

El deporte como dinamizador social

O esporte como um dinamizador social

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Within the definitions of sport, there have been elements that have been repeated in various bibliographical settlements, such as: physical activity, sports training, physical condition, play, recreation and sports organizations. However, only a few sources, among them the European Sports Charter, associate sport with the social relations that derive from this type of activity.

This social involvement is, in its own right, determined by man's nature of living as a collective, and above all by the consideration that everyone should have the possibility of practising sport without discrimination on the basis of sex, race or idiosyncrasy. It follows from this conception that during this interaction, mutual understanding, solidarity and the spirit of friendship and fair play, free from the influence of doping, let alone malignant pretensions, should be paramount.

Some research has addressed this social foundation from the sport-health relationship. In the case of **Manzano, A. B., Caballero, J. M. G., & Muñoz, E. R. (2009)** a typology of physical activity to be treated is presented depending on the characteristics of the patient in a social environment in Extremadura, Spain. A personalization of exercise is even considered depending on age and a psychosocial study: "Move with us" (for children), "Exercise activates you" (for adults) and "Exercise takes care of you" (for older adults). It would have been very convenient to add to this proposal: "Your trainer knows you" (for special education) and show them "That you can" (for the disabled), of course with their types of exercises that would be applied to meet the needs of each age group.

Danilo, Z. V. C. (2009) from his perspective proposes an analysis of the effects of globalization, the demographic advance of the population and the impact of sports activity on local development. With the expansion of computerization in society, many social groups are moving away from physical activity and are choosing to spend more time exercising digital technologies than physical exercise. This approach calls for a search for common ground in the use of these globalizing elements, not to the detriment of human welfare but in favor of maintaining physical fitness at optimal levels and the healthy and attractive use of leisure time.



Without losing sight of this sport-health link in its social component **Cueli, C. D. (2011)** is committed to the formation of values through sport in patients in a Psychiatric Hospital. In other words, the author defends the idea that sometimes a conscious and systematic physical activity can achieve in people what perhaps a conventional clinical treatment would not achieve or would take a long time to achieve. In this he agrees with **Castillo Silverio Y. A., (2015)**, where the sport from a social prism or social sport as several authors call it, contributes to achieve the following qualities

- It teaches you to accept and assume defeat.
- It improves body image.
- It teaches to take responsibility and accept rules.
- It encourages attendance at teaching or work activities
- It improves the relationship with friends, spouses and parents.
- It decreases behavioral problems.
- It helps with sociability and having friends.
- Increases academic or performance and productive capacity.

Montero Serra, A. (2015) on the other hand, sees the social impact of sport from areas, organizations and institutions that make possible the realization of large sporting events such as architecture, tourism, transport and all the industrial scaffolding in terms of sporting performance. Although it is only a research proposal to obtain a degree in a polytechnic career, it reveals how important it can be for the socioeconomic development of a country to design a coherent superstructure that harmonizes the sports event with the development of society.

Galán, M., Alexander, G., & Perdomo Pérez, J. D. (2019) come closer to this sport-social function axis to the formation of the personality, specifically in young people and adolescents, an initiative very similar in its curricular effects to the work of **Bernate, J., Fonseca, I., Urrea, P., & Amaya, G. (2019)** who are carrying out a study from the curricular program in the process of contributing to the professionals in formation and later, in their first years of graduation, assume a more dynamic and active role framed in high quality standards of each institution where they will exercise their future work, so that in this way employers recognize and consider in the graduate great human and axiological quality that has been developed since their first years in the course of the undergraduate program.

There are many examples and researches that in one way or another address the relationship between sport, physical activity and society either as a subject of study or as one of the aspects that this artist touches collaterally. This relationship is very evident from a historical perspective where sport brought together primitive and tribal communities for entertainment, victory celebrations over occupied territories and popular celebrations.

As a result of this social involvement in sport, the Coliseum of Rome was built where more than a combat exercise, the social differences between rich, poor, masters and slaves were shown.

Social events, such as the world wars, affected the Olympic Games, which corresponded to those dark stages of the 20th century. Today, once again, humanity is facing a terrible evil, this time it is the Crown Pandemic virus COVID-19 and it is because of its lethal power and threat to the human race that it was decided to postpone the great event for the year 2021; one more demonstration that sport has



no meaning without the guarantee of human health, because sport is simply that: health and happiness.

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The authors have participated in the writing of the work and analysis of the documents.



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