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Traditionally, the practice of physical activities and sports are related to the use of force by pure beings to reach their limits, and this has created a stereotype about athletes in their intellectual abilities.

But on Thursday the completion of the [III International Convention on Physical Activity and Sports](#) (AFIDE 2009), at the Palacio de Convenciones in Havana, showed that life is always richer than compartmentalization, as applied to scientific knowledge **Sports** overflowed each session.

Thus, the conference was very successful master of Angel Iglesias, vice president **INDER**, Who discussed the details in the path of revolutionary sport, where one could know the main coping strategies for the next Olympic cycle.

The document explained the problems faced by Cuban sport in the last three races multisport center, Pan American and Olympic.

Iglesias emphasized the need to strengthen political and ideological work, the training and upgrading of human resources, teaching physical education, sports, high performance, technical assurance and material science component.

He further stressed that **Cuba** has guaranteed the future of the sports movement through the work of attracting talent from very early ages. Such is the case, now being reported 717 741 potential athletes between five and nine years of age, where those who will represent us at the 2028 Olympics.

Equally interesting was the lecture of Dr. Manuel Vizquete, Spanish professor at the University of Extremadura, and member of the Council of Europe.

Vizquete explained the need for the **Physical Education** be reoriented in order to defend threats to health and quality of life resulting from modern social dynamics.

"Physical inactivity is the great pandemic of the XXI century in developed countries, it generates a variety of problems and pathologies. Today most children in developed countries do not walk more than 20 minutes a day. Such is a serious problem" said the professor.

"Social integration, motor skills development and acquisition of values are some of the benefits of Physical Education, contributing to better social and psychological development of children and youth," Vizquete said.

However, the work done in Europe for many physical education teachers does not transcend, because they themselves do not see it as an activity that exceeds the so-called "recreational controlled. Thus, a study conducted in Mexico revealed as 43 per cent of teachers felt their class after successful at keeping students achieve "controlled, fun and sweaty.

"Physical Education serves as health education, so that a program that starts from very early ages should impart knowledge and skills necessary to take care of the body throughout life. The idea is to live more years without ill . That is why Cuba is a reference to what it means sport and physical education throughout Latin America, as they have managed to articulate a very positive move in this branch.

Moreover, the keynote of Canada's Clara Fitzgerald, Program Director for the **Canadian Centre for Activity and Aging** at the University of Western Ontario, Canada, revealed very enlightening information about the importance of sporting activities and physical activity even for the older people.

According to Fitzgerald, after 25 years of age are beginning to lose every year, about 1 percent of motor skills, strength, cardio respiratory fitness and balance, so it can only be sustained by **exercise**.

"Unfortunately, many seniors believe that doing housework will keep them in shape, so we try to teach the importance of

quality of life for staying active, through physical activity as more than a cultural or recreational experience but an activity to help maintain function for purpose as we get older" said the director Clara Fitzgerald.

In addition, Dr. Paavo Komi, director of the Neuromuscular Research Center at the University of Jyväskylä, Finland, addressed a packed room the last details of progress in biomechanical studies applied to high performance sport.

It also highlighted the conference by Dr. Cornelius Eagle, University of Almeria, Spain on the commercialism associated with the sport in modernity, and the presentation of science Dr. Mayra del Toro, a member of the Faculty of Physical Culture Villa Clara, which explained how to build value through physical activity.

## **LIFEGUARD FOR INJURIES**

A special moment **AFIDE 2009** conference held by Dr. Rodrigo Alvarez Cambras Sciences, director of the International Orthopedic Science Complex Frank Pais, who revealed how some of the Cuban Olympic medals and world were hit by our athletes under treatment significant sporting trauma.

Thus, it was revealed the case of boxer Teofilo Stevenson, three-time Olympic and world, who won gold at the World Cup in Havana 1978 with a lesion infiltrated into the first knuckle of his right foot.

Also javelin Maria Caridad Colon, first Latin American to win gold medal in the Olympics, rose to the top of the podium with a severe sprain of lumbar dorsal column after being infiltrated with lidocaine ten minutes before competing.

Alberto Juantorena had surgery two Morton's neuroma, two and half months before the 1976 Olympics, yet stunned the world after winning the 400 and 800 meters for the first time in the history of the Cuban Olympic sport.

Finally, Dr. Alvarez Cambras mention the most spectacular of the caseload, the volleyball Maikel Sanchez, who suffered extremely serious injury lumbosacral spine in the Pan American Games in Rio de Janeiro 2007, and after a long rehabilitation process returned to the sporting life.

The successes mentioned above were made possible by the creation of the Center for Sports Trauma Services of the Frank Pais Hospital, founded in 1970 by initiative of the Commander in Chief Fidel Castro.

He became concerned and relevant sensitized to see how top athletes finished their treatments unsuccessful race for sports injuries.

He also discussed training on modern high performance sport for disabled people and the importance of comprehensive professional training in physical culture and their experience in Cuba.

The final keynote of the conclave was conducted by Dr. Beatriz Sanchez Cordova, chancellor of the University of the Sciences of Physical Culture and Sport (UCCFD), who explained the university-society relationship as a driver of physical activity and sport.

Through this study revealed was the implementation in Cuba since 2002, of universal education, an experience that is applied in 165 of the 169 municipalities.

Thus, 36 721 PE teachers provide services through this program at different educational levels.

Furthermore, the creation of the International School of Physical Education and Sport (International Sports School) in 2000, extended the Cuban experience to everyone. Such is the case so far have graduated from this house of higher learning 1384 people of 69 nationalities, and this school year transiting the 1007 International Sports School students from 85 countries.

No less important was the debate flowing from the application of therapeutic physical culture as a way to help prevent and treat various diseases such as arthrosis, arthritis and diabetes type II.

The presentation, developed by the teacher of UCCFD Mayda Lozada, explained how state policy is to help those who need such treatment, full length and breadth of the Cuban archipelago, a position which was in contrast to the above after a number of present.

According to them, in Latin America and globally in general, not stimulated physical activity as a preventive or curative therapy, as most governments do not have a policy for these activities.

Finally, the Community gymnastic festival "For Life" served as a coda to the global family of sports in the Sports City Coliseum.