

## Socio-Cultural Significance of the Training of Physical Culture Activists in the Care of the Elderly in the Community



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**SUMMARY:** This article addresses the theoretical and contextual references, based on the epistemological characterization, in particular the training of Physical Culture activists in the care of the elderly in the community context; the essential theoretical considerations about the investigated problem are established; actions by which the process flows and the changes that mark historical standards that determine it are presented, based on the importance of the issue for the training of activists to confront this age group, a documentary analysis was carried out and the methods of analysis and synthesis and logical history.

**KEYWORDS:** Activist, Older Adult, Physical Culture, Training.

### INTRODUCTION

In the new scenarios that draw the advancement of science and technology, the Cuban university works on the path of its social commitments engaged today in the process of resizing for greater quality of universalization, channeled from the production of science and technology of scope universal with territorial landing, towards the purpose of social appropriation of sustainable knowledge for the development of its territorial environments, (Núñez J.2006., 2007, 2008; Díaz - Canel, 2011 and Aguilera, 2016).

Starting from the previous theoretical position, what is addressed by Núñez is assumed, that when talking about science refers to an extraordinary social force with marked economic, ethical, political resonances, an issue that becomes evident fundamentally at the end of the 20th century and the beginning of the 21st.

Science has very diverse expressions in education, in industry, in services, in consulting and management tasks carried out by people who have a scientific education. In these and other areas, science has a relevant presence. The analysis of these contexts, not reducible to the laboratory environment, offers additional possibilities to grasp the science-society links. Science is an institutionalized professional activity that involves prolonged education, internalization of values, beliefs, development of styles of thinking and acting. Science is a whole culture and that is how it should be studied (Núñez, 2006).

It cannot be denied that science and technology have brought enormous benefits to the world, that humans have not known how to take advantage of them and that they have allowed the practice of knowledge that has given rise to great repercussions of socio-cultural, educational, economic impact. and political that help with development or development by making decisions about scientific and technological knowledge.

The current historical moment comes from prepared citizens and creators of new knowledge, appropriate to the scientific method, to use it according to society.

In this problem, Revolutionary Sport in Cuba has its bases in the activists, since there have been several sporting glories that have been discovered thanks to the tireless work carried out by these people, this being a reality, that is outside of any statement, of any slogan, of all speech. Its important role is closely linked to the new stage, for this it is necessary to achieve an adequate preparation of this movement and keep up to date on the problems and forms of organization of physical activity in general.

In the document on the Guidelines for the economic and social policy of the party and the revolution for the period 2016-2021, in chapter V. Science, Technology, Innovation and Environment Policy, it is stated:

Prioritize the comprehensive improvement of the Cuban sports system, adjusted to both national and international conditions. Continue promoting the development of Physical Culture and achieve the massive practice of sport that contributes to raising the quality of life of the population, having the school as a fundamental link. Maintain satisfactory results in international events. (line 134.).

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Later in chapter VI on social policy it is stated:

Promote the integral and full development of human beings. Continue consolidating the achievements of the Revolution, such as access to medical care, education, culture, sports, recreation, justice, citizen peace, social security and protection through Social Assistance to people who they need it. Promote and reaffirm the adoption of the values, practices and attitudes that should distinguish our society. (lin113).

At present, interest in the study of this topic is increasing based on the guidelines of the higher body, in correspondence with the development plans of the Revolution, in order to raise the quality of life of the population. The activists voluntarily contribute to the well-being of the people through the practice of physical exercise in the different spheres of sports action, leading the movement in the sports field that exists in the neighborhood and being an example to be followed by the inhabitants of a certain region.

The Voluntary Sports Councils (CDV) which are located in all the communities of the national territory, are organized in factories, cooperatives, units of the FAR and the MININT, communities, work centers and constituencies of the municipal councils of People's Power, place where there is a massive movement of sport for all.

The activists of the Community Physical Culture carry out a high level of responsibility in the fulfillment of their function, worker, medium technician or intellectual, who feels identified with Sport, Physical Culture or Recreation.

Taking into account the importance of this process, it was considered necessary to carry out a factual diagnosis that started from the application of different instruments, in the number one team Mártires del Barbados, which allowed us to verify the following manifestations:

- Insufficiencies in the deepening, expansion and updating of the contents of the activist in community work that limit their work.
- Scarce participation in actions to improve care for the elderly.
- Limited performance of community activists in training in sports science and technology related to care for the elderly.

From the assessment of the theoretical foundations and the factual diagnosis, it can be inferred that there are epistemological and praxiological restrictions that are expressed in the understanding, explanation and interpretation of the training of Physical Culture activists.

It is revealed as a scientific research problem: How to contribute to a better understanding of the need and importance of training Physical Culture activists in the care of the elderly in the community context?

From this epistemic consideration, which marks the imprint of this dialectical relationship, it is determined in the logic of scientific research, a causal assessment, where it is specified:

- Insufficient epistemological and methodological approach in understanding and explaining the training of the Physical Culture activist.
- Limited actions aimed at training physical culture activists in caring for older adults in their community performance.
- Limited praxiological procedures in the strategic order at the level of sports teams, based on training, of the Physical Culture activists, in the care of the elderly.

In this way, Community Physical Activity (AFC) aimed at the elderly and its methodological theoretical conception contributes in the community to counteract the tendency to incorrect eating habits that have a significant impact on the health status of the population through its education in how to maintain a responsible lifestyle in the social environment where they live. All this, combining the criteria that are related to the contextualization and the popular sense that is built in the locality, in correspondence with its characteristics and the training of the activists who work with this age group.

In Cuba, the indications, programs, agreements with agencies, organizations and institutions of INDER and the studies by Rivero (2014), Bequer, (2015) and Revilla, (2016) are an example of the process of building safe and sustainable opportunities in which Community Physical Activity (AFC) programs are projected, in the author's opinion theoretical and methodological inconsistencies are evident in the training procedures of Physical Culture activists to achieve growth in the lifestyle of older adults within of the community context that leads to suggest that until now a sufficient level of systematization has not been achieved to project its dynamics in the community context.

It is expressed as an objective: Propose actions that contribute to a better understanding of the need and importance of the training of Physical Culture activists, in the care of the elderly in the context of the community.

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In order to achieve the proposed general objective, the following specific objectives are formulated to guide the development of the research:

1. Specify from the conceptual point of view what is meant in this research by the training of Physical Culture activists.
2. Determine socio-cultural requirements that demonstrate the need and importance of training Physical Culture activists, in the care of the elderly in the context of the community.
3. Propose actions that contribute to a better understanding of the need and importance of training Physical Culture activists, in the care of the elderly in the context of the community.

### DEVELOPING

Conceptual precisions on training is conceived as a social and cultural process that obeys the character of the integrity of the development of the human transforming capacity that occurs in the dynamics of relationships between subjects in society, in constant and systematic relationship, capable of empowering and transform their behavior into knowing, doing, being and living together.

This process allows each subject the deepening of the socio-cultural content, at the same time that it reveals itself contradictorily in the process of human development, whether in a totality, as in individuality, in the subject and his thought, which runs based on the continuity that allows qualitative leaps in human development, from the appropriation of culture (Fuentes, 2008).

The determining role of education in society and the dynamics of interrelationships that occur in it are not limited to education, but have socio-cultural significance in the conception of what should be, the perception and resolution of society's problems that transcend the immediate present.

These interrelationships encompass the person in particular and their contributions to the construction of society, give rise to new practices, new worldviews, specific ways of facing the challenges that are imposed by the emerging changes in their context, their history and culture from the interaction with their peers, given their potential as a particular and social subject.

A study of official documents from international political and academic organizations on the link education and society, although referring to higher education, analyzes the role that training plays for socio-economic development from a reduced vision of society, framed in powerful companies and interests. of the developed world, to the detriment of less developed countries; and a broader vision that recognizes the value of education for the construction and progress of society, based on human development and social inclusion. (Ortiz, 2016)

As a subject of education, the sports activist is a main actor for society, a transmitter of the culture that has preceded him and a facilitator of learning through the educational process, which, according to Vygotsky, must be "planned, organized and anticipated by the subject development. Vygotsky quoted by Martinez, (2015). That is, the training process is required.

The pedagogical task has become the center of attention of researchers, appearing as one of the most important aspects of society, to assume the challenges that are emerging from the situations in which social development is built, as Perrenoud affirms, (2001), must anticipate the transformations. The studies cover initial and continuous or permanent training, Pérez, (2010); Alvarado, (2013); Castro, (2014); UNESCO; (2014).

It is clear that training should not be accidental and spontaneous, nor is it limited to those who start as educators; it is fundamental for all the educational actors that participate in the processes of cultural development, of the type of human being and inclusive society that it wants to perpetuate

The university is the social institution that preserves, develops and disseminates universal, national and regional culture with the best characteristics. The influence of the university becomes more evident as societies become more developed, but the relevance, optimization and impact of the university as a preserver, developer and disseminator of culture is not achieved spontaneously nor does it depend only on subjective criteria, this is a consequence of the application of science to the study from inside and outside (Fuentes, 1999), is agreed when it is stated that social development needs robust universities (.Núñez, 2007). It must fulfill universally recognized functions such as teaching, research, management of human and material resources, technical and scientific support to companies, the creation, development and critical transmission of science, technology and culture, the extension of university culture to society and preparation for the exercise of professional activities that require the application of scientific knowledge and methods or for artistic creation. (Bozu, 2008). Quoted by conception.

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### MAIN SOCIO-CULTURAL DEMANDS OF THE TRAINING OF PHYSICAL CULTURE ACTIVISTS IN THE COMMUNITY.

There are multiple investigations related to the training of Physical Culture activists, among them the works of Aguilera (2014); Soda, (2014); Betancourt, (2015); Alvarez,(2017); Cazeguene, (2018) and Cotelo; (2018) analyze it from the didactic training process of the community sports activist, Suarez, (2017), face it from the selection of talents, Suarez, (2018), from the voluntary female sports activism and this author in 2020 addresses it from the contents of the subject History of Physical Culture. The investigations carried out around the training of Physical Culture activists denote significant contributions in the conceptions, models and strategies to structure and dynamize the training process, however, regarding the problem of training the Physical Culture activist in the care of the elderly, there are still limitations in the theoretical constructs that hinder the understanding, explanation and interpretation of this process, based on the recognition of assumptions related to transformation, which respond to the demands of contemporary development.

In the document Methodological Indications for Community Physical Activity 2008-2030, the specific objective is: To improve the quality, effectiveness and growth of systematic practitioners in physical activity programs, with special attention to the aging process and non-communicable diseases, contributing for our communities and work centers to be more active for the health of the population expresses within its main guidelines; strengthen the systemic character of continuous improvement and training, prioritizing the differentiated character and developer of the methodological preparation of all human resources (managers, teachers and activists).

Further on, it refers to the action plan that must be developed among those indicated.

- Increase spaces, offers and systematic practitioners of physical activities in its various programs, to achieve permanence and quality of services.
- Reinforce training actions, reaching sports activists in the community.

From what is expressed in the documents and in correspondence with the stated objective, it is possible to infer four important ideas:

- The starting point should focus through the diagnosis of educational needs.
- The training of Physical Culture activists in care for the elderly must be comprehensive and systematic.
- For the training of Physical Culture activists in the care of the elderly, the permanent nature of individual improvement must be taken into account, regardless of the experience acquired.
- Knowledge, culture and identity of the community in which they are going to interact with the older adult.

Action plan for the training of the Physical Culture activist in the care of the elderly in the community

### ACTIONS

- 1 Review the bibliography and search digital archives for activist information. (Libraries, digital archives, university campuses and faculties of Physical Culture) that serve as coordinators of actions related to the training of Physical Culture activists.
- 2 Incorporate training courses for the Physical Culture activist in the care of the elderly in the community in the overcoming of Physical Culture cadres and their reserves.
- 3 Encourage research that serves as theoretical and methodological support for the projection of educational and scientific-technological policies with the participation of various actors for the training of Physical Culture activists on scientific bases.
- 4 Design in the individual plans of the teaching department and combined sports actions that contribute to the training of Physical Culture activists towards the different programs for the elderly.
- 5 Encourage training commitments in the different areas of knowledge in sports teams to provide content that contributes to the care of the elderly in the community.
- 6 Invite national or foreign personalities with recognized prestige and results in the different spheres of society's life to courses, events, conferences, etc., at universities.
- 7 Promote the use of social networks, radio and TV programs as an active source of updated information to promote activities related to the elderly.
- 8 Permanent study of the articles approved in the new family code related to the treatment of the elderly.

### CONCLUSIONS

Socio, economic and cultural development in recent decades has had varied consequences in society in general and in education in particular, this has raised as a need and demand the socio-cultural training of Physical Culture activists, what has remained

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evidenced both in the scientific literature and in the normative documents of the National Institute of Sport, Fiscal Education and Recreation.

The proposed actions consider sports teams and management teams as key actors, for the realization of the necessary actions to project educational policies or guidelines that support the training of Physical Culture activists in the care of the elderly.

The implementation of the proposed actions to contribute to a better understanding of the need and importance of the socio-cultural training of Physical Culture activists supported by a STS approach requires the creation of a multidisciplinary working group, which could be inserted into the Observatory of work on the care of the elderly in the community and under the advice of the sports teams, although they would not be the only ones, with sports science specialists and professionals (sociologists, psychologists, specialists and communicators) playing a significant role. Information in order to improve the quality of life of this age group.

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