

La gestión ambiental para los profesionales de la Cultura Física

Environmental management to Physical Culture professionals

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RESUMEN

El presente trabajo se realizó con el objetivo de fundamentar la necesidad de que los profesionales de la Cultura Física y el Deporte trabajen la gestión ambiental desde el punto de vista de la protección y conservación del medio ambiente y también desde el cuidado de la salud de los participantes para el logro de una mayor calidad de vida. Como resultado principal aporta un procedimiento didáctico para la gestión ambiental, valorado en su estado inicial mediante métodos empíricos de la investigación tales como: entrevistas, encuestas y la observación, diseñado a la protección y preservación del medio ambiente y al cuidado de la salud de los participantes.

Palabras clave: Gestión ambiental; Cultura física y deporte, Protección y conservación del medio ambiente; Salud; Calidad de vida

ABSTRACT

The present work was carried out with the objective of substantiating the need for professionals of Physical Culture and Sports to work on environmental management from the point of view of the protection and conservation of the environment and also from the health care of the participants to achieve a better quality of life. As a main result, it provides a didactic procedure for environmental management, valued in its initial state through empirical research methods such as: interviews, surveys and observation, designed to protect and preserve the environment and care for the health of participants.

Key words: Environmental management; Physical culture; Conservation and care of environment; Health; Life quality

INTRODUCTION

In the contemporary world it is a concern, for the vast majority of men who inhabit the planet, the environmental problems that have been appearing over the years. These issues have constituted the cardinal point of the main events in the different international, regional and national scenarios, in which governments have promoted the conscious search for a better quality of life through the balance between daily practices and the environment as a scenario. Therefore, this situation requires that the different institutions be directly involved in the promotion of new behaviors for those who develop activities in natural spaces.

Reversing this situation requires, among many other things, that we all get directly involved in the promotion of new behaviors, especially of professionals and citizens who systematically use the medium for their activities depending on their profession. Due to the dissimilar environmental problems that the planet suffers today, it stands as a strength to minimize them, environmental management. Environmental management is applied to achieve what sustainable development raises: a favorable balance for economic development, population growth, rational use of resources and protection and conservation of the environment, so it is used in all areas of the society.

Physical activity is one of the various activities that man performs in the different facets of his life, creating a broad relationship between the Environment and Physical Culture, so it is important to identify environmental problems and tasks for their solution in order to mitigate those that can cause affectations in physical-sports activities and facilities, this implies that from the Physical Culture environmental management is carried out, not only for the care and preservation of the environment, but for the achievement of the quality of Practitioners' life, a problem that is not taken into account by professionals working in Physical Culture in the planning of activities; what allowed to declare the scientific problem of the investigation in the following terms How to contribute to that the professionals of

the Physical Culture strengthen the environmental management by means of the physical activities that they develop?

This work aims to propose didactic procedures that contribute to strengthen environmental management, by professionals of Physical Culture, by characterizing the different areas where activities that involve the protection and preservation of the environment and care are developed of the health of the participants.

DEVELOPMENT

The protection, care and conservation of the Environment is one of the tasks to which the Cuban state gives a prioritized interest in preserving the survival of the human species, traditions and culture of the peoples. An important role for its achievement is played by the environmental management carried out by each one of the entities that interact with the surrounding environment and especially the professionals of the Physical Culture, which may involve, with their actions, dissimilar environmental problems.

Environmental problems refer to situations caused by human, economic, social, cultural and political activities, processes or behaviors, among others; that alter the environment and cause negative impacts on the environment, the economy and society. Among the main environmental problems in Cuba are: soil degradation, impacts on forest cover, pollution, loss of biological diversity and deterioration of ecosystems, lack and difficulties with management, water availability and quality, impacts of climate change and the deterioration of the sanitary hygienic condition in human settlements.

So environmental management is established as the way to prevent, solve or mitigate environmental problems. It has been studied by many authors, who have defined it in different ways.

According to Bolca E, 1994 defines it as "Set of actions that allow maximum rationality to be achieved in the decision-making process related to the conservation, defense, protection and improvement of the environment, through coordinated interdisciplinary information and citizen participation"

Buros Castillo, 1996 "Group of instruments, standards, processes, controls, etc. that seek the defense, conservation and improvement of environmental quality, and the usufruct of environmental goods and services, without compromising their potential as an intergenerational legacy "

Pahl-Wost, C. 2007 "It is the set of procedures leading to the integral management of the environmental system. In other words, and including the concept of sustainable or sustainable development, it is the strategy through which anthropic activities that affect the environment are organized, in order to achieve an adequate quality of life, preventing or mitigating environmental problems.

Taking into account the nerve points of these criteria, it can be defined, in simple terms, as the conduct of all human activities that influence the environment in such a way, that they allow the implementation of an environmental policy correctly grounded and sustained in function of mitigating environmental problems and achieving a better quality of life.

The implementation of environmental management has as basic requirements the construction of organizational modes that allow maximum decentralization and the participation of society in decision-making, cultural diversity within a platform of common citizenship, a certain degree of economic and social planning and the creation of state institutions that coordinate functions and are subordinate to society.

Performing a well-planned, conscious and sustained Environmental Management affects the achievement of a better quality of life, and to achieve this achievement it is necessary to analyze it from two points of view: from the active elements, which are the activities that man promotes for his development and are the cause of environmental problems, and the liability, which corresponds to environmental elements, their relationships and the effects that also cause the individual.

In a look from the Physical Culture and taking into account the above, it is demonstrated that there is a close relationship between the Environment and the Physical Culture.

The Physical Culture has four spheres of action: Sports, Physical Education, Recreation and Therapeutic and Prophylactic Physical Culture; all one element in common: physical activity.

Physical activity is one of the varied activities that man undertakes in the different facets of his life, it develops primarily in the environment, therefore, in direct contact with the urban or rural environment.

Through the physical activities carried out by the four spheres of action of the Physical Culture, man transforms and uses the environment according to his needs and requirements, so that this can be converted directly into a mobile phone through which he could contaminate himself establishing in this way a harmful and harmful relationship, where only a conscious policy and willing to take care of our environment, would avoid the addition of another polluting agent and transform it into a favorable means by which both benefit.

According to Caraballo Rodríguez M and Ross Calderón I, 2014 The development of sport and physical activity are not large-scale pollutants such as industries and factories, but as any human activity can harm the environment in many ways:

- Deforestation and transformation of natural landscapes for the construction of sports facilities.
- The practice of racing sports where motor machines become air pollutants.
- The means used during the development of sporting events, physical recreation and others, generate large volumes of polluting waste which must be recyclable.
- Large sports industries throughout the world, generate large waste since the materials used in many of the sports facilities are composed of non-biodegradable materials.
- Orientation careers, which due to their characteristics may imply deterioration of ecosystems, if they are not given adequate treatment.

Examples of only some health and well-being effects that man suffers from environmental problems is evidenced when it is known that the level of carbon monoxide (CO) in the urban environment is not toxic to plants, but to humans in the transport of oxygen in the blood. The CO that reaches the lungs along with the contaminated air or cigarette smoke is combined with hemoglobin (Hb) to form

carboxyhemoglobin (HbCO). This process is irreversible and hinders the normal transport of oxygen through the blood. Effects on the central nervous system and visual acuity failures are some of the symptoms when the HbCO concentration is 2-5%. Cardiac and pulmonary functional changes appear at concentrations greater than 5% HbCO. Headaches, fatigue, coma, drowsiness and death may appear with 10-80% HbCO. These effects are aggravated as the HbCO concentration values or the time of exposure increase causing cardiovascular disease as sufficient oxygen does not reach the myocardium. (Castro Ruz, F. 1990)

In the National Conference on Health, Environment and Sustainable Development held in 1995, data were presented that, to date, are valid. Nitrogen oxides are very toxic, causing irritation of the mucous membranes of the eyes, nose, throat, not to mention that it increases the risk of allergic diseases. In addition, these particles can accumulate in the lungs and produce a group of diseases called pneumoconiosis which are considered within professional neuropathies, and are characterized by damage to the parenchymal tissue of the lung, that is, pulmonary fibrosis.

Radioactive gases such as ozone (formed in the lower atmosphere by the reaction between oxygen, nitrogen and volatile hydrocarbons) have a negative effect on the airways causing bronchitis and inducing asthma attacks and worsening the symptoms of patients with obstructive pulmonary diseases Chronic (COPD). When a person is exposed to these gases for a long time, it causes more serious diseases such as pulmonary edema due to the toxic effect on the alveoli.

There is also an increase in the likelihood of an increase in lung cancer, especially by foundries in the industry that give off the arsenic environment. Sulfur dioxide (S₂) comes mainly from petroleum combustion, which causes bronchoconstriction and with it, resistance to normal breathing.

Water pollution is the alteration of the purity or normal conditions of its composition by chemical, physical and biological agents. Water pollution can occur at the level of surface water and groundwater. Surface water is more easily contaminated by being more exposed to the usual sources of pollution, given by waters from natural phenomena such as erosion, or by sewage from human activities (domestic

masons, industrial waste, agricultural activities, etc.). Health problems related to water are classified according to the origin of their contamination: Those acquired by ingestion of contaminated water, which can be bacterial, viral or parasitic.

- Those acquired through contact with contaminated water such as diseases caused by microorganisms that penetrate the skin and mucous membranes, rashes or skin irritations.
- Those that the water constitutes habitat of vectors, and those that can be avoided by the regular use of the water.

The contamination in excess of the water, its waste and misuse will cause a considerable decrease of the same leading in many occasions to the lack of water, so these aspects have great relation to each other, demonstrating once again the interrelation that exists Among the environmental problems.

Water is essential for life, since we need to drink between one and two liters per day. Water quality is of great importance, as a number of bacteria, viruses and parasites can spread through the water and cause disease. Most of these diseases are called transmissible because they go from one sick person to another through the water. Water is a vehicle for disease transfer, a latent situation in the country today.

Water scarcity is related to the increase in contagious diseases due to the worsening of hygienic practices. It is directly related to gastrointestinal diseases, but it is also the gateway to other harmful chemical elements present in surface and groundwater from chemical activity in agriculture or industrial, as discussed above, we also have others that although they are not the only ones are those with the highest incidence and they are: diarrheal diseases, parasitic pinworm infection, trachoma that is related to overcrowding and lack of hygiene. It ends in loss of sight; Schistosomiasis that the infection occurs when the skin comes into contact with contaminated water, cholera that is usually spread by sanitation deficiencies and lack of access to drinking water, giardiasis frequently asymptotically, the infection can cause abdominal cramps, diarrhea, fatigue and weight loss The infection can be acquired by ingestion of water or fecally contaminated food or by transferring the hand to the mouth of the cysts of the feces of infected people.

Effects of ultraviolet radiation on human health, today it is estimated that skin cancer rates increased due to the decrease in stratospheric ozone. The most common type of skin cancer, the so-called non-melanoma, is the cause of UV-B radiation exposures for several years.

A person's defenses to fight infections depend on the strength of their immune system. It is known that exposure to ultraviolet light reduces the effectiveness of the immune system, not only related to skin infections but also to those verifiable in other parts of the body.

Knowing the negative impact that, for years, man has exerted on the environment and the damages that these problems bring to the health of the same man, then it is in a position to state that the Physical Culture professional must have in account, for the development of physical activities with children, adolescents, young people, adults and the elderly, the realization of environmental management not only from the point of view of environmental care, but also for the health care of Practitioners and non-practitioners. Non-practitioners attend the areas where the activities take place, therefore they are also participants in this whole analysis.

In order to achieve environmental management by the Physical Culture professional, which also contributes to guaranteeing a better quality of life for active or passive participants, it is proposed to take into account the environmental conditions that characterize the environment, but:

For the care of the environment

- Carry out a thorough study where it is taken into account, among others:
 - Characteristics of the place where the activities will be carried out: nearby rivers, vegetation that predominates, its characteristics and importance, historical and cultural heritage that prevails; all with the objective of working with the practitioners, intentionally, the characteristics of the place for the creation of habits, mitigate the causes of environmental deterioration and disseminate and inform to create the environmental perception and promotion of the protection so necessary in these times (environmental education). This can be worked in different ways; through conferences, conversations, competitions, talks, creation of circles of interest, among others.

- Insist that no waste is dumped where activities take place.
 - To think and elaborate control forms to know environmental impacts produced by the development of these activities to feed back the planned and accomplished.
- All this on par with physical preparation and the development of physical activity; It is done in urban or rural areas.

For the health care of practitioners and non-practitioners.

- Take into account to select the area where the activities will be carried out:
 - That there are no nearby areas where waste is dumped.
 - Locate outdoor spaces where there are, around it, places where participants can take refuge (active and passive), from time to time, so that they do not persistently receive the intensity of the sun's rays, especially if systematically perform these activities.
 - At these times when some epidemics proliferate, be informed that there are no manifestations of any of them within the range of activities where the activities will take place.
 - Due to the need for the ingestion of liquid, especially water, for which you spend physical energy, guide practitioners or participants bring drinking water to drink.
 - Try not to locate places where there are nearby rivers or lagoons that may arouse the desire to cool off, without prior knowledge of the conditions of the water.
 - In general, many of the physical activities carried out by the different age groups are enlivened by music; take care that the equipment is not so close to the participants that it can produce sonic contamination.

If it were possible to dedicate time to carry out these studies, it would be in a position to protect and conserve the environment that surrounds us and contribute to health care and therefore, to the improvement of the quality of life of citizens, even if they continue to exist. environmental problems.

CONCLUSIONS

The implementation of didactic procedures that contribute to strengthen environmental management, by the professionals of the Physical Culture, by characterizing the different areas where the activities are carried out will allow the protection and preservation of the environment and the care of the Health of the

participants. The environmental management for the professional of the Physical Culture implies to carry out a thorough preparation that takes into account, an organization and effective planning of the work that is arranged to carry out in order to a prosperous and sustainable development of the society in general.

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