

## System of activities to enhance the social image of the Physical Education professors

### Sistema de actividades para exaltar la imagen social del profesor de Educación Física

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#### ABSTRACT

This research was undertaken, in the heat of significant events promoted by INDER and MINED, aimed at proposing a system of activities to enhance the social image of the Physical Education professors, taking into account the stereotypes that will also shape the professors' image. Chosen because it is a subject that provides processes aimed at the formation of the human being. Different research methods and techniques used allowed access to the implementation of the proposal, achieving a positive impact on the professors of this sublime profession, demonstrated in their active and enthusiastic participation.

**Keywords:** Physical Education Professors; Social image; Activity systems; Stereotypes

#### RESUMEN

Se emprendió esta investigación, al calor de eventos significativos promovidos por el INDER y el MINED, encaminada a proponer un sistema de actividades para exaltar la imagen social del profesor de Educación Física, teniendo en cuenta los estereotipos que también van a conformar la imagen del profesor. Escogida porque es una asignatura que aporta procesos encaminados a la formación del ser humano. Diferentes métodos y técnicas de investigación utilizados permitieron acceder a la implementación de la propuesta logrando un impacto positivo en los propios profesores de esta sublime profesión demostrado en su participación activa y entusiasta.

**Palabras clave:** Profesor de Educación Física; Imagen social; Sistemas de actividades; Estereotipos

## INTRODUCTION

The Physical Education professors must be committed to their social environment, formed by the values that characterize a professional in this context, the bearer of analysis, reflection and the construction of knowledge and knowledge. It must be projected to maintain prestige in the social imaginary, for this it will be based on the consideration of a code of ethics that allows it to be responsible for building in individuals and in itself the most uplifting ideals as a human being and as a professional, to tone with the declared values. (Ocaña, 2018, p.10)

In this regard, the mode of action of this professional has an eminently pedagogical character and is put into practice, through professional skills that respond to the "know", "know how" and "know how to be" of the Physical Education professional, from of the functional analysis of the professional practice for a performance according to the social demands. (López, Rizo, Blanco, Campistrous and Guerrero, 2008 p.21). In addition, he will comply with a code of conduct to establish precepts, rules and regulations that will affect his personality, helping to configure the social profile.

The social image of the professors goes from being conceived as "a great social mission", enhancing and embellishing this sublime profession, to perceiving the teaching role as just another profession ". (Ibarra, 2006, p.11). In addition, the author agrees with Loscertales (1993) when she refers that another element that makes up the professors's image are "stereotypes", which represent spontaneous and unverified cognitive contents that are based on some real data that give consistency to the beliefs and attitudes they trigger. They are defined in two types:

- Positive stereotypes (idealization): the professors works by vocation and is consecrated, trainer of generations, trains, educates and has a good level of communication and understanding.
- Negative stereotypes (depreciation): the professors is undervalued, they are authoritarian, only scientific and academic knowledge is interested,

communication and the affective is inadequate, they are not very tolerant, violent and receive violence.

On the other hand, it is important to consider that the social image of the professors is the ideal social representation, which at the collective and personal level expresses the professional identity of the figure of the professors, manifested in his mode of action and professional-personal performance, according to social, ideopolitical, ethical-axiological, pedagogical and personal demands and expectations in a concrete historical context. (Ravelo, 2010, p.24) In turn, it proposes the characterization of the activity system as objective, flexible, coherent and the role of professors. (Ravelo, 2010, p.58)

Being consistent, with what the Physical Education professors said, he teaches the best subject of all, the one that is useful for life. He is the one who does magic, the one who can change the world, the one who is forbidden to get sick because he is irreplaceable. His classes are capable of fighting any disease as effectively as any drug, with the work they do today emptying hospitals tomorrow. They educate the body and mind of the subjects, to teach them that nothing is impossible, those who fill the school day with creativity, those who promote the new paradigm of education.

They identify with the school and defend it with love. If there is no material they invent it if they do not have areas to work they create it, if they are bored the students make them happy and if the children, grandparents, the community are with them they are invincible. Those are the Physical Education professors, let everyone see them, let everyone know and that every day they will be much better. (Carrasco, 2001)

## **METHODS**

The population used in the research is made up of 30 Physical Education professors, 25 managers, 520 students, 188 parents, and 105 community members for a total of 868 residents.

The intentional sample was specified, where basic levels of education were represented in five educational centers of the San Justo Popular Council. According to indicators and results achieved, composed of the following: a total of

21 professors and (as) for 70%, 10 directors representing 40%, 278 students constituted 53%, 36% represented by 68 parents and 42 members of the community representing 40%.

In a first stage, several sources were consulted such as: articles in Google, international magazines, master's and doctoral theses, different reports, conferences, printed and digital materials, for the scientific foundation of the problem. Also, interviews and surveys were conducted with professors, students, leaders, cadres and parents of the selected centers, with the aim of knowing the criteria and proposals about this professional, as well as the image of him at the educational and social level.

Similarly, participant observation was carried out, with the inclusion of the researcher in the process, to experience the behavior of Physical Education professors, and interpret and understand their performance in activities carried out in their educational and social environment. which allowed the events to be recorded.

In a second stage for the structuring of the activity system, in order to enhance the image of the Physical Education professors, modeling was used. For their part, the educational agents benefited from the proposal and in charge of applying it, the user criterion was applied, for the assessment from their real possibilities and potentialities of application, under the specific conditions of the San Justo Popular Council.

Finally, for the mathematical processing of the results of the instruments applied throughout the research process, the technique of percentage analysis was used. To obtain and tabulate the information, the following dimensions were established; they are summarized below:

1. Professors-society correlation dimension: to focus the Physical Education professional towards social participation and collective action as a decision-making mechanism, defining objectives and their practical realization in the development of society (PCC, 2017, p.30).
2. Dimension professors-profession correlation: from their role to demonstrate, attitudes and aptitudes, professional skills shown in their work actions. RESULTS

Characteristics of the activity system to enhance the social image of the Physical Education professors the activities of the proposed system must be characterized by being:

- ✓ Objectives: they respond to the need to enhance the image of the Physical Education professors.
- ✓ Flexible: they adapt to the social context where they are implemented.
- ✓ Coherent: they are framed in the logic of the methodological work and are aimed at exalting the social image of the Physical Education professors.

### **Structure of the activity system to enhance the social image of the Physical Education professors.**

The system of activities that is proposed is based on the results of the diagnosis carried out on the selected sample and the review of normative documents, is structured as follows, title, topic, objective and methodological instrumentation. The components of the structure are described below:

Title: Name of the activity to develop.

Theme: Refers to what is going to be embroidered in the activity.

Objective: Purpose pursued with the activity.

Methodological instrumentation: The methodological indications to carry out the activity.

### **System of activities to enhance the social image of the Physical Education professors.**

*Activity #1:* Methodological workshop

*Topic:* The Physical Education professors.

*Objective:* Explain what it means to be a Physical Education professor, its functions. In this way, he will demonstrate his love for the profession, level of reflection and performance.

*Methodological instrumentation:* Participants must be oriented on the qualities of the Physical Education professors that allows achieving the intended objective and assist with a level of preparation to intervene in the workshop with their criteria, experiences, routes used during the process and in the exchange with the auditorium, to promote professional pedagogical interests.

**Activity #2: Methodological workshop****Theme:** Sport and health

**Objective:** To broaden the knowledge of educators, students, parents and members of the community, of the benefits that systematic physical exercises provide to the body, highlighting the role of the Physical Education professors, manifested in the level of knowledge and preparation of the subject, suitability and identification as a pedagogue.

**Methodological instrumentation:** brochures with topics related to the concept of Physical Education will be distributed to the participants; physical activity; difference between the two; purpose; benefits of physical activity for health; and the importance of exercises in the physical development of students and the general population. It constitutes an important moment for the professor of this branch because he will be able to exchange experiences with the rest of the participants.

**Activity #3: Teaching aids**

**Topic:** create teaching aids for Physical Education between parents and students in order to stimulate responsible creativity, enhancing the hard work of the professors, love for the profession and will display the level of reflection and action.

**Methodological instrumentation:** the professors will highlight the lack of teaching aids and will guide parents and students in the creation of teaching aids for Physical Education classes and that their cooperation is needed to solve this problem. Once an agreement has been reached, the professors will inform them that the resources to use are low-cost: broomsticks and mop sticks, bicycle tires, shoe sewing threads, scraps of cloth, old balls and pieces of wire rod.

**Activity #4: Work ergonomics****Theme:** Hygienic labor gymnastics

**Objective:** Prevent injuries and illnesses in the hands, wrists, joints, back or other parts of the organism in the workers of the entity, due to repetitive effort, educating the moral, volitional and aesthetic qualities of the workforce, in turn, demonstrates level of preparation and knowledge about Physical Education.

*Methodological instrumentation:* Professors will explain to the group that injuries caused by repetitive efforts are a common cause of injuries and diseases of the musculoskeletal system. It occurs when the load on the lift and locomotion apparatus reaches its maximum limit of resistance. And that physical activity influences the harmonious development of the forms and functions of the body, with the purpose of perfecting physical capacities, strengthening health and providing longevity.

*Examples of exercises to be carried out from the workplace*

- From a sitting position in a chair, straight back, looking straight ahead, legs joined arms to the side of the body, gently flex the neck forward and backward. R / 8.
- From the same position, twist the neck for both sides. 8 / R.
- Exercises for shoulder fatigue.
- From the same position, perform an arm pendulum, first with one and then with the other. 8 / R.
- From the same position, flex and extend the arms
- Exercises for fine motor skills (hands).
- From the same position, circle the wrists of the hand. A:
- 8 From the same position, flex and extend the fingers to the front up, sides and down. 8 / R
- To relax the muscles: standing facing the front, arms at the sides of the body, shake the arms and legs gently.

*Activity #5: Meeting with personalities of Physical Education*

*Topic:* Meeting with personalities of Physical Education.

*Objective:* To exchange experience with paradigm professors of Physical Education, and maintain it as a social historical legacy for the image of the Physical Education professors.

*Activity #6: Practice of Sport*

*Theme:* Generalizing sport

*Objective:* To carry out games that allow the generalization of sport with the participation of the community with the San Justo and Centro sports complexes,

using conventional and rustic teaching means made by students, professors and parents to select and train sports talents increasing the pyramid sporty.

*Methodological instrumentation:* Several ways will be used to give an outlet to the subject: workshops; conversations; sporting events among others. An introduction will be made explaining to all participants that they will be able to experience through physical activity great influences on the physical and mental, which provide decisive structural and functional changes in the development of their different organ systems: nervous, blood, respiratory systems, muscular, etc.

Hence, systematic sports practice and competitive sports activities constitute effective ways to develop favorable performance capacity to develop courage, disposition, tenacity to overcome difficulties, as well as to educate independence and discipline in close unity with collective thought and behavior.

## **DISCUSSION**

The authors Ibarra (2006) and Ravelo (2010) agree on the need to exalt the social image of the professors manifested in the way of acting and professional-personal performance of him, which served as a fundamental basis for this research extrapolating it to the Physical Education professors.

In the guidelines of (PCC, 2017) the Physical Education professional is highlighted as the main entity for the development of massive physical activities in society. On the other hand (Carrasco, 2001) in the letter to the Physical Education professors, it coincides with the elements addressed in the guidelines and provides new criteria that were taken into account in this research as theoretical support to develop the proposal.

From the characterization made by Ravelo Gainza (2010) in his degree thesis, objectivity, flexibility and coherence were agreed, which were taken into account for the proposed activity system.

Most of the investigations that have addressed the subject related to the image of the Physical Education professors are related to the reconstruction of the image, the professional profile, or the characteristics of this professors, but very few are aimed at recognizing the attitude and importance of this professors especially in the national context to exalt the social image of this professors.

Therefore, it deserves to be recognized and it is where the novelty of the work lies, focusing basically on exalting the image of the Physical Education professors, based on the professional model and the use of a scientific path, focusing it as a paradigm of students and society. usually.

The idea is defended that the mode of action and professional-personal performance that they assume constitute an essential factor to enhance the social image of the Physical Education professors, based on their knowledge, reflection, involvement and conscious commitments, so that they respond to the claim implicit in social expectations and educational policy, act accordingly and deserve the prestige and recognition of the entire society.

The system of activities developed has an adequate level of feasibility, as was demonstrated in the application of the selected activities where the experience obtained with the interactives and the professors, allows us to affirm that this professor is valued and respected for their work in the social imaginary

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