

La superación del profesional de Cultura Física que labora en condiciones de montaña

The overcoming of the Physical Culture professional that works in mountain conditions

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Date of reception: February 18, 2019

Date of acceptance: April 20, 2019

RESUMEN

Estudios realizados al proceso de superación de postgrado de los profesores de Cultura Física que laboran en condiciones de montaña del municipio Manuel Tames, provincia de Guantánamo, específicamente al desarrollo de las competencias profesionales, arrojaron que existen insuficiencias en el orden teórico-metodológico. Para dar respuesta a esta situación se elaboró una estrategia de superación integral continua, dirigida a los profesionales de la Cultura Física que laboran en el plan Turquino. Por último, se evaluó la factibilidad de la propuesta, por medio de técnicas y métodos investigativos, los cuales arrojaron los resultados esperados.

Palabras clave: Plan Turquino; Cultura Física; Condiciones de montaña; Superación

ABSTRACT

Studies made to the process of overcoming postgraduate Physical Education professors who work in mountain conditions of the municipality Manuel Tames, province of Guantánamo, specifically to the development of professional skills, showed that there are inadequacies in the theoretical-methodological order. In order to respond to this situation, a continuous comprehensive improvement

strategy was developed, aimed at Physical Culture professionals who work on the Turquino plan. Finally, the feasibility of the proposal was evaluated, by means of investigative methods and techniques, which yielded the expected results.

Key words: Plan Turquino; Physical culture; Mountain conditions; Overcoming

INTRODUCTION

Given the connotation of the accelerated development of science and technology, the educational process takes an important place within the educational sciences, and in this context, overcoming is essential, because of its complex mission of promoting the intervention of a man capable of tracing strategies, to find new solutions to complex problems of nature, society and thought. A creator and transformer person, who accepts the challenges of modern technology, and who in turn contributes to the development.

At present, the subject of post graduate overcoming reaches an extraordinary dimension, due to the social dynamism and the growing demand to raise the quality of teaching. For this reason, this work acquires special significance, and it is given the space it deserves in postgraduate education, an aspect that reverts to an increase in the effectiveness of teaching and education to which it aspires.

In the world, and especially in Latin America, the systems of improvement still require strong renovations and resounding transformations in their conceptions. In many regions there are still problems related to a strong academic and technocratic influence, poor scientific production, elitism, mercantilism, specialization, and even when some humanistic tendencies emerge, the self-improvement of men is not sufficiently stimulated within the framework of their social relationships.

In Cuba, not only there is awareness of the enormous scientific and technological challenge facing the underdeveloped world, but also strategies are being promoted in the field of postgraduate education, in addition to scientific and technological policy, which attempt to offer effective responses of conceptual frameworks renovators.

In Guantanamo province, as well as throughout the country, the professionals of Physical Culture who work in mountain conditions, do not demonstrate a level of

competence in accordance with those of urban areas. In addition, the Turquino Plan works as integrals, an issue that requires greater professionalization of the teacher. The programs of conventional overcoming, are designed to be deployed in each one of the performance spheres separately (Physical Education, Sport, Recreation and Physical Therapeutic and Prophylactic Culture), situation that does not favor the improvement of the professional competences of the teachers in the context, therefore, there is no instrument that contemplates the unification of the four major areas of action of these professionals in a single document, which can be made available to them.

In the mountain areas, due to social, economic, cultural and environmental conditions, it is necessary to carry out a different pedagogical work, so the University must play its role as an institution responsible for stimulating and coordinating the system of educational influences, which affect the process of post graduate overcoming of teachers in this context.

The material and natural conditions in which the process of improvement is carried out in these mountainous areas mean that there is sometimes a shortage of teaching means, as well as the absence of complementary resources (libraries, bookstores, museums, Internet access, etc.), for the development of socio-educational activity. Hence, the importance of developing an instrument capable of bringing the advances of science and modern technology in a tangible way to these communities.

From this perspective, even when there is a TV and a computer in each mountain school, the professionals who work in these mountain ranges do not have the same possibilities of appropriating knowledge, since there are pedagogical and methodological limitations not previously addressed. Consequently, their level of competence is limited and the proposals that allow their increase are insufficient, a matter that is clearly made through the disciplines of the development of the profession.

In this regard, despite the importance of the management of postgraduate training, it is still possible to perceive a certain level of dissatisfaction on the part of

professionals regarding access to lifelong learning, in the sense that they require flexible solutions to overcome geographical barriers and temporary organization, which facilitate an optimal way to new technologies of education.

In the last decade, valuable research has been carried out on the overcoming in the postgraduate of Physical Culture, among the authors who venture into this topic stands Castillejo Olán, R. (2003). This researcher focuses his study on job training, and defines it as an initial moment of basic training, which guarantees the link with later moments and the future transition to specialized training. According to his criterion, integration must be seen in two senses: the process of improvement of the newly graduated and his professional activity based on the integration of the academic, labor and research components; and the integrating work of the figure of the tutor in the labor training, where it becomes clear how they achieve the integration of the overcoming actions highlighting the planning, organization, execution and control of the individual project of each professional.

Despite the importance of the proposal, this author only refers to a single sphere of action of the professional.

It is not enough to prepare the graduate for the solution of specific professional problems, it is necessary to start from an improvement that encourages the active and creative integration of the contents, and that provides teachers with tools to think and act, which result in a self-improvement continuous in the context of their social relationships. This constitutes a challenge for the postgraduate didactics.

From this point of view, the concept of a broad profile in the "D" and "E" Physical Culture Study Plans is interpreted globally, that is, to train a professional capable of developing his work in the 4 main spheres of professional activity, which was a shift from extreme specialization, from Plans "A" and "B", to the generalist.

Despite these changes, the postgraduate course is maintained as the ideal place to train specialists.

The existing theoretical proposals referred to the object of this research, do not address the process of overcoming from the diagnosis of the educational needs of the professional, the evaluation of its effectiveness and impact, and the integrality of

the same, limited, generally, to the conception of curricular programs for that purpose.

The professional improvement, with an integrating and continuous conception, has not been sufficiently addressed by the authors who have worked on this object.

Some, such as Bernaza, G. and Lee, F. (2005), Álvarez de Zayas, C. (1995), allude to current challenges of postgraduate education, reveal some nuances of how to promote a developer learning through it. However, they suffer from proposals with this conception.

Notwithstanding the pertinence in the context of these works, the authors do not approach the overcoming of integral way from the contents of the spheres of action of the professional, and their studies do not adapt to the mountain conditions.

However, it is important to consult the research of Tejeda González, R. (2000), who proposes improvement actions for the improvement of the methodological work of the disciplines of the profession in the Faculty of Physical Culture of Holguin, with important contributions that are taken into account in this research. However, despite the relevance of this work, it does not consider integration as an effective instrument to solve the methodological problems of these professionals, offering separate recommendations for each sphere of action of Physical Culture.

The results of a diagnostic study conducted by the authors of this research as part of the celebration of the XXII anniversary of the Turquino Plan in Guantanamo, together with their experience in the direction and methodological advice of professionals working in mountain conditions in The Manuel Tames municipality, made it possible to identify as insufficiencies the designs for improvement designed with a continuous and gradual focus, which make possible the performance of the profession, as well as the fact that the process of overcoming that is applied does not allow the acquisition and development of the professional competencies of these teachers, and that there are few methodological proposals that use the post graduate overcoming way depending on the integration of the contents of the spheres of action, in mountain conditions.

From the theoretical assessment and interpretation from the practice of the shortcomings detected, it is defined as the objective of this research to develop a strategy of continuous comprehensive improvement for the professional of Physical Culture that works in mountain conditions.

DEVELOPMENT

The research was developed in the Municipal University Center of Manuel Tames, in Guantánamo province. One hundred percent of the professionals of the Physical Culture that work in mountain conditions were taken as sample.

Strategy oriented to the improvement of the continuous integral improvement for the professional of the Physical Culture that works in mountain conditions.

The proposed strategy starts from considering society as a conditioning factor of integration. The social environment conditions the integral teaching process, based on the requirements posed by the directions of the development of society, in order to prepare man for life, to interact with the environment, transform it and transform himself. This is the result of the challenge that professionals have, at the academic, labor and research levels, to respond to social problems and demands, which presupposes the permanent improvement aimed at improving the school-community-society relationship.

From the previous analysis, the following essential features of the process of overcoming the teachers were determined:

- ✓ It is articulated with the initial formation.
- ✓ The process of professionalization, research and other processes related to Physical Culture, includes self-improvement.
- ✓ It has a systemic, continuous, permanent and integrating, axiological, transforming and autotransforming character.
- ✓ Its purpose is development.
- ✓ Its objectives are generalizing: diagnose, update, expand, refine, systematize and complete knowledge, skills and abilities; stimulate the production of knowledge and its practical application.

It is in the interest of the authors to complete these features with the continuous integral approach and the ideological character of the process, for the development of the overcoming of the Physical Culture in mountain conditions.

The concept of overcoming is often identified with others, such as training, improvement, training and development. Overcoming comes from the preparation of the undergraduate and his needs, thus determining the new knowledge and skills they must acquire in their basic training. In the treatment of the concept of overcoming, the definitions of Añorga Morales, J. (1994) and Bernaza, G. (2006), have been used.

The first author defines the improvement as the *"...figure addressed to various processes of labor resources with the purpose of updating and improving current and / or perspective professional performance, addressing shortcomings in training or complementing knowledge and skills not previously acquired and necessary for performance."*

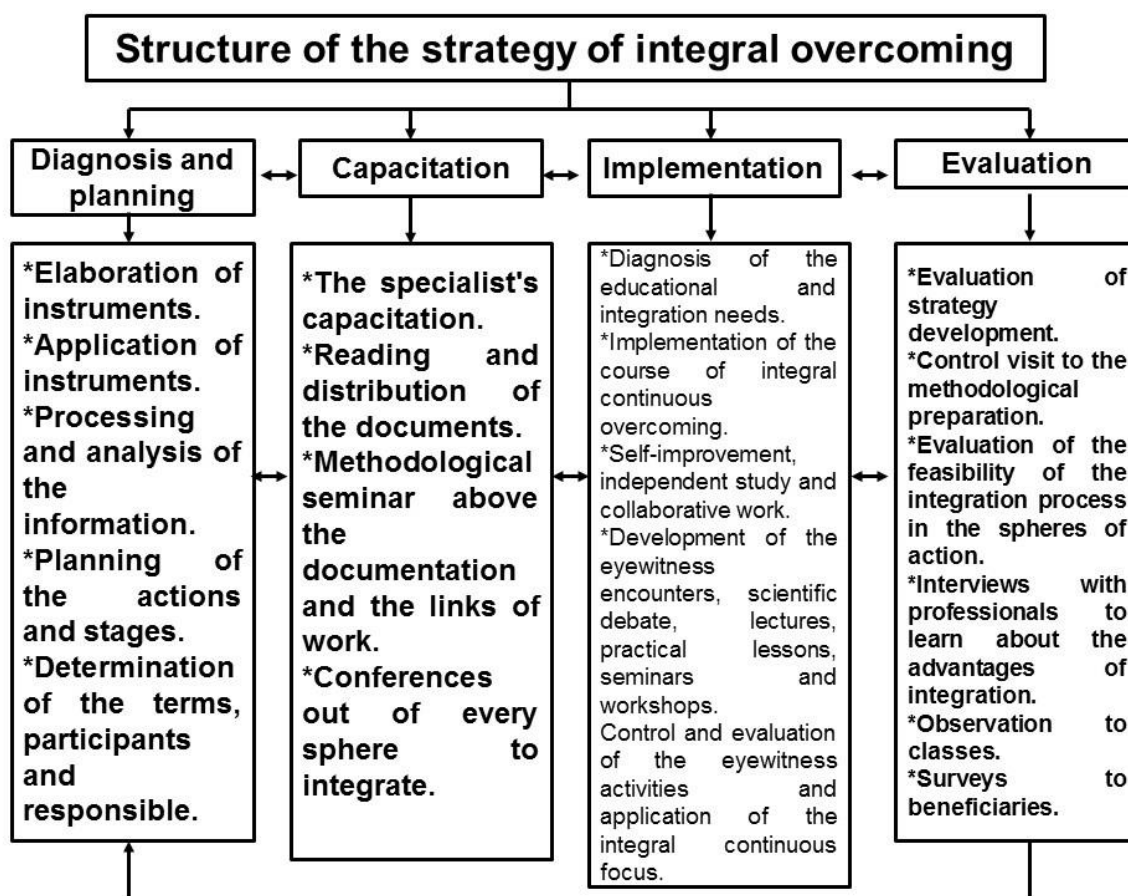
The second author, states that the overcoming is the *"...set of training processes that enable university graduates the acquisition, expansion and continuous improvement of knowledge and basic and specialized skills required for better performance of their responsibilities and job functions; as well as, for its integral cultural development."*

Based on the analysis of the definitions already established, the authors of the present investigation consider that the fundamental features can be established to specify the concept of continuous integral improvement that is specified below: *"system of processes of permanent reconstruction of professional knowledge, suitable for responding to social demands, living ethically and committedly the task, which enables the acquisition, expansion and incessant improvement of knowledge and skills, which allows professionals to be trained with a revolutionary thought and political-moral convictions, capable of creating and above all of love, favoring its integral cultural development."*

The strategy of continuous comprehensive improvement presented, is composed of a system of successive actions and closely related coherent, which are aimed at

strengthening the professional of the Physical Culture that works in mountain conditions. For the same, it is part of a diagnosis of the integration needs of the improvement, in the four areas of action of Physical Culture, the determination of a general goal, the deadlines for its implementation, and the organizational ways of overcoming that integrate it. These will be controlled before, during and after the instrumentation of the same, to transform the existing reality from a real state to a desired state. This is distinguished by the employment, during the process of improvement, of scientific advances in computing and telecommunications.

Figure 1. Structure of the continuous improvement strategy for the Physical Culture professional who works in mountain conditions.



Assessment of the continuous improvement strategy for the professional of the Physical Culture that works in mountain conditions.

The theoretical conception of the process of overcoming and the strategy of continuous integral improvement, oriented to the professionals of the Physical

Culture that work in mountain conditions, was evaluated of positive when arriving at the consensus in the fourth stage, where the categories were evaluated of Very Adequate, Fairly Adequate and Adequate, which was controlled from the systematic methodological preparation and a quarterly methodological activity evaluated by the expert council.

The above criteria corroborate the need to conceive in a new way the process of improvement, in order to solve the educational needs and the improvement of the professional competence of teachers working in mountain conditions.

At the beginning of the research, a predominance of unfavorable evaluations was evident. Subsequently, after implementing the strategy, it was found that 95,3% of the Physical Culture professionals who work in mountain conditions, acquired a superior knowledge of the contents. This issue is reflected in a broad discernment to identify each of the nuclei of the disciplines, reflecting 98% satisfaction and acceptance by the population in the communities.

In the comparison of the results obtained in the initial and final diagnosis of the test of professional performance, at the beginning of the research the professionals of Physical Culture in mountain conditions, stated that 49,6% did not know how to develop their work in these terms. After implementing the strategy of continuous comprehensive improvement, 99,3% managed to improve their work in the exercise of the profession.

Teachers of Physical Culture who work in mountain conditions, show a high satisfaction and pleasure for the improvement of the improvement, from the partial implementation of the strategy, so that from the theoretical foundations and the contents of the improvement It deals with the connotation of integration in the educational teaching process from a psychopedagogical approach, which responds to the current demands of the scientific and technical advances of contemporary Physical Culture.

CONCLUSIONS

The study carried out, evidenced that there are insufficient contextualized backgrounds that support the overcoming of the professional of the Physical Culture that works in mountain conditions.

The strategy of continuous comprehensive improvement for the professional of Physical Culture that works in mountain conditions, allows the harmonic fusion of the contents of the four spheres of action, with the application of the structural systemic approach, from an integrating perspective.

The partial application of the strategy of continuous comprehensive improvement in the mountain sports teams of the municipality of Manuel Tames, had a favorable effect on the development of professional skills of these in the Community of the Turquino Plan.

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