

Diseño de un curso de capacitación en Preparación Física, Municipio San Carlos, Cojedes

Design of a training course in Physical Preparation, San Carlos Municipality, Cojedes

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RESUMEN

El diseño y aplicación de un curso de capacitación con temas actuales y específicos de la preparación física, fundamentado sobre las tecnología y principios de la formación de especialistas, a partir del banco de necesidades de capacitación de los recursos humanos, en coordinación con la Universidad Deportiva del Sur, donde se aplicó una encuesta inicial, así como test (aspectos positivos, negativos y los aspectos interesantes), además de una encuesta de satisfacción a los cursistas, ofrecen una valoración real del impacto causado por el curso a partir de todos los contenidos impartidos y el dominio de los facilitadores que lo impartieron.

Palabras clave: Curso de capacitación; Preparación física; Recurso humano; Actividad física; Deporte

ABSTRACT

The design and application of a training course with current and specific topics of the physical preparation, based on the technology and principles of the formation of specialists, starting from the bank of necessities of training of the human resources, in coordination with the South Sports University, where an initial survey was applied, as well as test (positive, negative aspects and the interesting

aspects), besides a survey of satisfaction to the students, they offer a real valuation of the impact caused by the course starting from all the imparted contents and the domain of the facilitators that imparted it.

Key words: Training course; Physical preparation; Human resource; Physical activity; Sport

INTRODUCTION

The development achieved by the applied sciences to physical activity and sports, both in Venezuela and in other parts of the world, is evident in the level of life reached by the population, and the great results achieved by athletes in the different competitive scenarios. So, if you want to continue raising the adolescents, youth, adults quality of life, in addition to achieving success in these events and the social value that this represents, it is necessary that science and technology for the development of this activity, become mandatory guidelines for those who aspire to sports development.

The results achieved in the massive practice of physical exercise and sport, on an international scale, are the result of the advantages of a system and a developing society, as well as a solid preparation, training, education and continuous improvement of human talent who works in physical activity and sports. These guarantee the preparation of the population, of the athletes from the early ages, until successfully leading them to the ranks of the national teams.

Overcoming these achievements is only possible if there are specialists in physical activity and sports, who besides possessing knowledge, skills and professional competences, possess aptitudes, moral qualities, as well as commitment to the specific task they develop.

The process of training, improvement and continuous updating of the human talent of the stated area of knowledge, given the current demands of sports development, constitutes a basic principle for the change of strategic conception to which those countries with less economic possibilities must submit (Álvarez, N. 1991). Sports development from the base, with a mass participation and competitive, attractive, sustainable system, is based on the systematic practice of physical exercise and sport, with the constant application of science and technology.

For the good of the Ministry of the Popular Union for Sports, of the regional sports development, of those who fulfill the arduous task of massifying the practice of physical exercise and training athletes in different parts of the Municipality of San Carlos de Austria, Cojedes State, Venezuela and especially for good of adolescents, youth and adults, was designed the referred training course, which has as a fundamental goal, to perfect the work of physical trainers who work in gyms, coaches, federation, teachers and managers, in a more complex world and in a difficult context, as soon as achieving a sports massification and conquering medals is referred to, in events of maximum magnitude.

At present, the idea has taken hold that for an adequate insertion and protagonism of the human resources of physical activity and sport that work in the territory, they have to appropriate of a set of knowledge, which reflect the demands of the current conditions in an increasingly demanding sport context, which are only achieved through hard training, improvement, preparation and professional training.

The term training and professional education, as an essential element of the preparation within the context of Physical Activity and Sport, have been researched from several approaches by multiple authors, highlighting, among others, the contributions of Berges Díaz, J.M. (2003), Hechavarría Urdaneta, M. (2008), Amircar Herrera, A. (2010), and Devalle de Rendo, A. (2004).

Despite the contributions of the studies as essential background for the design of the course, it has been noted that the existence of designs of courses not conducive to scientific degrees related to the permanent training of human talent that work within the context is limited. Venezuelan sports, and that are aimed at solving the deficiencies detected in terms of the development of skills and professional competences, abilities, knowledge, theoretical, scientific, methodological and pedagogical training of these.

The idea of designing the course, arises precisely from a real contradiction detected during the observations made in the gyms of Physical Culture, and during the process of preparation of athletes in the different sports, as well as in the

delivery of lectures, seminars, debates, methodological workshops and meetings with federations of the Regional Sports Institute in the Cojedes state.

Through it, the intention is to consolidate the process of professional training, in such a way that it contributes to the promotion of the practice of physical-sporting activities with the aim of developing adolescents, young people and adults with a favorable health status, which favors through the systematic and pedagogically organized practice to the acquisition of humanistic values of a society in the way of full civilization and also pay tribute to the future development of sport in Venezuela. The objective of this research is to provide scientific-methodological and pedagogical tools to the federation, physical trainers, teachers, coaches and students who work in the sport of the Municipality of San Carlos de Austria who work as physical trainers in the Physical Fitness gyms and sports training in the Venezuelan context, in order to face with greater efficiency and professionalism the preparation of the population and the athlete.

DEVELOPMENT

Structure and organization of the training course.

For its design, it was based on some pedagogical and methodological considerations, these being the following directions:

1. Definition of the objectives.
2. Determination of the topics with their contents.
3. Instrumentation of the ways to develop the content.
4. Definition and argumentation of the forms of evaluation.
5. Delimitation of time for each of the topics to be taught.
6. Definition of the resources and means of teaching necessary to impart the topics.
7. The bibliography.

In its development, the topics of greatest interest on the part of the trainees were taken as a starting point, aspects that are included in the needs assessment for the training. They constitute an educational technology through which individual and group information is collected of the existing gaps in the professional field. These needs are seen as measurable differences, between a current situation and

another desired that is, the determination of the real problems, to be able to define certain strategies or alternative solutions through training courses not conducive to scientific degrees (refinement, deepening and expansion).

In the course, there are topics related to the work of physical abilities, as support of physical preparation for the population of adolescents, youth and adults, who attend the gym with the objective of exercising, and those who participate in the preparation process of some sport that, when articulated among themselves, offer a greater integral preparation to face the difficult and complex situations that the sport activity demands at present.

Table 1. Design of the training course

Thematic	Hours		
	Total	Meetings	Research work
Theoretical, methodological and scientific foundations of physical preparation. Concepts and classification.	4h	1h	3h
Bioenergetics, anatomo-physiological peculiarities of the school ages and the medical control of the preparation in adolescents, young people and adults.	8h	2h	6h
The work of physical qualities (strength, endurance, speed, flexibility or mobility and coordinative abilities).	8h	2h	6h
The integral diagnosis. Methodology for the preparation of pedagogical tests.	4h	1h	3h
Warming up in physical activity and sports training. Its peculiarities.	4h	2h	2h
The programming, organization, planning and dosing of the exercises. Methods, means, and procedures.	4h	2h	2h
Exercise variability and practical application.	4h	2h	2h

The control and evaluation of the practitioner's preparation.	4h	2h	2h
The recovery attending to the requirements of the preparation.	4h	1h	3h
Methodology to program, organize, plan, dose and distribute the contents.	4h	1h	3h
Total	48	16	32

The contents related to the theoretical, methodological and scientific foundations of physical preparation, concepts and classification, as well as bioenergetics, anatomo-physiological peculiarities of the ages and the control of the preparation in adolescents, young people and adults, provide a series of knowledge, that both preparers and coaches must appropriate to carry out their work with great mastery. With regard to the contents of physical qualities (strength, endurance, speed, flexibility or mobility and coordinative abilities), it is intended to provide all those theoretical, methodological and scientific knowledge that characterize the development of the same in the different stages through which they go through the practitioners. Knowledge such as concepts, typology, factors that condition their development, optimal development of sensitive periods and the benefits they produce in the human organism are the most important, among others.

The theme of the integral diagnosis, and the methodology for the preparation of the pedagogical tests, offers a series of orientations in relation to when and how to perform them, the design of all the tests based on the characteristics of each sport modality, as well as the methodology to follow to carry out the pedagogical tests: name of the test, definition of what it is wanted to measure, objective, theoretical foundation, methodology, task or slogan, standardization conditions, means and instruments, qualification form, researchers, protocol, information processing, and standards.

Regarding the fundamentals of warming up in physical activity and sports training, its particularities, its objective was based on equipping students with tools around it, its objective, its methodological organization, duration, demand and form of execution based on the characteristics or objective of the activity that is practiced.

With respect to the programming, organization, planning and dosing of the exercises, as well as the methods, means and procedures, the students will be offered a series of tools for the design of a physical preparation plan, both for those who attend the gym as those who practice a systematic sport. It has the methodological scientific requirements that a highly qualified professional must master.

As for the variability of the exercise, it offers, through practical classes, a range of exercises to work both in the gym and in different areas of weight training and without weights, for the development of physical preparation, starting of the particularities of the ages or categories and the sensitive periods for their development.

In the control and evaluation of the practitioner's preparation, it is intended to offer some cognitive aspects related to the regulation and pedagogical control of the preparation, from a compendium for the collection of data and information, which allows to check the initial state of the practitioner, level of assimilation of the load and compliance with the objectives set. This facilitates the regulation or modification of physical burdens, and encourages research for the development of test systems in accordance with age, particularities of the subject and sport characteristics.

With respect to the recovery taking into account the requirements of the preparation, it is aimed at equipping the future specialists and professionals with the physical activity of knowledge regarding the importance, form and types of recovery, attending to the requirements of the preparation that receives the practitioner in each session or training unit. Some conceptions about rehabilitation are also related as an effective way for recovery.

Through the methodology to program, organize, plan, dose and distribute the contents of the physical preparation, it is intended to guide the trainees on the importance of designing a physical preparation plan from the conception of the socio-cultural historical approach, starting of age, sex, experience in the practice of exercises, in sports, as well as the anatomo-physiological characteristics of the practitioner and characteristic of sport.

Course Evaluation.

The evaluation system in the course, is made from the particularities of each of the subjects taught by the teachers, and is discussed in the different seminars, debates and workshops.

In addition, the following actions will be carried out:

- 1) Prepare a system of pedagogical tests for adolescents, youth and adults who attend the gym to perform physical exercises and sports, according to the needs and demands of competitive activity for the school, youth and high performance categories, based on the methodology offered.
- 2) Prepare a physical preparation plan, taking into account the characteristics and particularities of the practitioner who performs physical activity in the gym, as well as the demands and dynamics of the sport that practices.

Resources and teaching means.

Availability of a room with conditions to teach the contents of the training course. This includes computers, data show, acrylic blackboard, markers, gymnasium, sports facilities, chronometers, whistle, as well as computer labs, where practical classes and methodological workshops can be taught. In addition, there must be access to the internet so that the physical trainers, students, coaches, federations and sports teachers who participate can access knowledge related to the content that is taught, and so that the trainees can perform the work that is oriented with quality. In addition, so that communication can flow between those who receive and the facilitators of the course.

Results of the application of the training course.

Once the course was completed, the participatory technique of the PNI (positive, negative and interesting) was applied to the 32 trainees. Of these, 3 are federative, 4 teachers/coaches from the South Sports University, 6 physical trainers who work in the San Carlos municipality, and 19 students who belong to the 7th and 8th semesters of the race.

In the sample, the following opinions and points of view were collected:

Positive considerations:

- The theoretical and practical nature of the course, with specific examples for

work in the gymnasium and various sports.

- The professionalism of the specialists who taught it.
- The instructive and educational nature.
- The development of the skills and professional competencies shown by the facilitators.
- The modern, didactic and attractive way of imparting the contents, as well as the contribution, information, updated bibliography to enrich the work of the physical trainers, coaches and students.
- The level of depth with which the addressed content was delivered.
- The possibility of applying the knowledge and skills in their area of work.
- The degree of updating of the contents taught.
- The means used in teaching and practical activities.
- The bibliographic and material resources delivered by the professors for the improvement.
- The innovative way of integrating the social, psycho-pedagogical aspects, the planning of the physical preparation both for the work in the gymnasium and for the process of preparation of the athlete.

Negative considerations:

- Sometimes difficulties with the room and the means to impart the contents.

Interesting:

- The possibility of relating the theoretical and methodological considerations regarding the development of physical abilities, as a basis for physical preparation.
- It allowed to deepen the tendencies and planning methodology of the physical preparation, from the particularities of the human talent (adolescent, young, adult) that attends the gym and the practice of physical exercises, as well as the demands and competitive dynamics of every sport
- The socialization of experiences with high methodological scientific rigor among facilitators and physical trainers who work in gyms, students, federations and sports coaches.
- Need to implement other content related to the applied sciences to the

practice of physical activity and the process of preparation of the athlete, through deepening and extension courses, relating these aspects with the Techniques of Information and Communication.

- To teach it in a complete semester, with the aim of dedicating more time to practical activities in the gym and in training, for a better understanding of the different exercises by the trainees.

The results obtained in the applied survey, had as objective to know the criteria and the opinions of the participants regarding the development of the training course and on the result of the same, as well as the impact caused.

The content of the survey was aimed at knowing about:

- 1) Evaluation of the facilitator (perceived degree of mastery of the subject, clarity in the transmission of knowledge and promotion of the participation of the assistants).
- 2) Evaluation of the contents developed by the teacher or teachers (degree of relevance for the activity, direct applicability to the field of work, distribution/ordering of the topics, profoundness/integrity in the treatment and adaptation of the methodology of applied work).
- 3) Evaluation of the support materials used in the course (presentation/general design, adequacy/relevance to the training offered, extension and detail of the received documentation).
- 4) General evaluation of the course (work environment, general applied dynamics, level of satisfaction with the activity).

With regard to the evaluation of teachers, the established the following categories: very good, good, fair and bad.

Regarding the perceived degree of mastery of the subject, it was classified as very good, which shows the high quality of the speakers of the course, all with experience in teaching.

Referred to the clarity in the transmission of knowledge, it was unanimously classified as very good, when the contents were exposed according to the human talent of the sport, with excellent exemplification and use of audiovisual media in an appropriate manner, with doubts being evacuated all certainty and details.

Regarding the promotion of the participation of the assistants, it turned out to be very good taking into account the wide participation of the trainees. They were given the opportunity to all of them to present their ideas and contributions in the workshops, practical classes, corresponding seminars.

Related to the evaluation of the degree of relevance for the activity, direct applicability to the work scope, distribution/ordering of the topics, profoundness/integrity in the treatment and adaptation of the methodology of applied work, all the elements were valued by the participants as good, for its application and importance in the current sporting context, which is enhanced by the practical exemplification of them, being of great relevance and importance for the professional performance of the coaches and other participants. A good level of depth was reached in terms of knowledge, according to the level of the course, far from the elementary knowledge of the undergraduate, although it must be recognized that there were interruptions in terms of frequencies due to subjective causes.

In another order of ideas, the integrity and assessment of the methodology applied to make the course more affordable was very good, as well as the support materials, presentation/general design, adequacy/relevance to the training offered, and extension and details of the received documentation.

All these aspects had a favorable result, according to the criteria, opinions and evaluations offered by the trainees in the applied survey, assessing the importance of the support materials presented by the facilitators, the use of computing means, the distribution of the documentation presented and other elaborated ones, in addition to the own digital materials extracted by the participants in Internet navigations.

The relevance was also considered very good, since the contents were perfectly adjusted to the work they do in the gym and to the different characteristics of each of the sports represented by each coach. Content of physical preparation in athletics, basketball, soccer, baseball and other deficit sports, eager for practical knowledge in their specific form of training, were exposed here.

Finally, the general evaluation of the course with its three indicators (work environment, general applied dynamics and level of satisfaction with the activity), is classified as very good, judging by the correct and favorable opinions of the trainees, under an adequate climate for teaching, where they consider the impact caused by the contents given during the conferences, debates, socialization workshops, seminars and in the practical classes. They consider that the knowledge acquired is of great importance and application for their future professional performance as teachers, coaches, managers, or members of sports federations.

CONCLUSIONS

The results of the PNI (positive, negative and interesting) and the satisfaction survey conducted once the contents were given through lectures, socialization workshops and practical classes, confirms the need for the South Sports University to continue implementing the training courses with these characteristics, which allow teachers, coaches, federation and students to continue deepening around knowledge that influence the practice of physical activity and the performance of the athlete.

Similarly, it is noted the need to implement, in future courses, these contents taught and others related to sports applied sciences, through a system of courses not conducive to scientific degrees (refinement, deepening and expansion), containing a compendium of subject relating to these sciences, the techniques of information and communication, with the objective of continuing the contribution of new methodological scientific knowledge and skills in accordance with the demands of these specialists' action sphere.

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