

Competitive test for the school category 13-14 years old in Cuban athletics

Pruebas competitivas para la categoría escolar 13-14 años en el atletismo cubano

Analia Vidiaud-Quebrun¹, Concepción Uberlinda Naranjo-Caboverde²

¹ Univ. Provincial office of sport. Guantánamo. Cuba.

² Dr.Sc. Titular Professor. Faculty of Physical Culture. Guantánamo University. Cuba.

Email

analia@cug.co.cu

concepcion@cug.co.cu

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ABSTRACT

The research tries to solve the dilemma presented by the competitive system of Cuban school athletics, with the objective of proposing combined tests based on the use of sensitive periods in the ages of 13-14 years. The methods used were historical-logical, analysis-synthesis, inductive-deductive, systemic-structural functional, observation and analysis of documents; the interview and the percentage calculation. Through the interview with the athletics teachers of this category, it was possible to verify the dissatisfaction of the current proposal which does not respond to the initial specialization for a certain area.

Keywords

Combined tests; Athletics sport; Sensitive period.

RESUMEN

La investigación trata de resolver la disyuntiva que presenta el sistema competitivo del atletismo escolar cubano, teniendo como objetivo proponer pruebas combinadas sustentadas en el aprovechamiento de los períodos sensitivos en las edades de 13-14 años. Los métodos utilizados fueron el histórico-lógico, análisis-síntesis, inductivo-deductivo, el sistémico-estructuralfuncional, la observación y análisis de documentos; la entrevista y el cálculo porcentual. A través de la entrevista a los profesores de atletismo de esta categoría, se pudo comprobar la insatisfacción de la propuesta actual la cual no responde a la especialización inicial para un área determinada.

Palabras clave

Pruebas combinadas; Deporte atletismo; Período sensitivo.

INTRODUCTION

Since the second half of the 20th century, the efforts of the Cuban state in pursuit of sports development where the massification of sports has played a fundamental role, have been in correspondence with the achievements made in regional, Pan-American, world and Olympic Games competitions. Since then, the competitive call for the different categories was created, its essential foundation being the multilateral development and the transit of athletes through the stages of periodization of training.

From these forms of competition, according to the stage of initiation and specialization in school sports, outstanding figures of athletics germinated, being absolute champions in different competitions called. However, in Cuba, contemporary competitive sports have modified their performance system compared to the 80s and 90s, when the realities of the process defined the country's sporting future in the objective selection of possible competitive talent.

Related to the above, Romero (2002) considers that sport is currently governed by the economic line, the commercialization of athletes, the number of competitions for prizes and privileges to more economically developed countries, and the use of competition as a spectacle. Therefore, the improvement of the possible talent selection system and its control constitute key elements for sustainable sports development.

In the same way, there are coaches who consider that the predominance of a tendency to championism was given, because the sports results that were achieved determined the teacher evaluation; cause that lacerated the motor and psychological development of adolescents and young people with attitudes that start in sports practice, by trying to accelerate the development of the athlete's abilities to achieve highly specialized training, resulting in their permanence in the sport not be sustainable for different reasons and one of them is the impossibility of progressing and revealing other results in the higher category.

Recognizing that the results of Cuban sports are fundamentally due to the participatory and organizational system, based on the so-called pyramids for high performance, the competitive tests where the student shows off the preparation received in his training, must be in correspondence with the periods sensitive so that children and young people with aptitudes for athletics can develop a range of general skills and then start the specialization so that, in the future, they obtain the competitive performances of importance that make it international achievements.

These reasons allowed a growing development of figures that showed their physical, technical, theoretical and psychological conditions internationally, today it is a necessity to attend to the claim of the scientific community, because in the context of Cuban athletics, there are few elite athletes and it is inferred that One cause is that in the centers of high sports performance the entry of talents that start at the base and move towards the higher categories has decreased, supported precisely by the pyramid of the Cuban competitive system, requiring a continuous process.

To characterize the current situation presented by the competitive tests, the group interview was applied to 55% of coaches in the 13-14 year-old category of the country, verifying the dispersion of the competitive tests, little concatenation towards the higher category and the form of its evaluation limits the qualitative assessment of the preparation of the athlete; This demonstrates the absence of a logical process of training and transition to a higher competitive category, where the athlete demonstrates his talent for the area that is conditioned and undertakes his initial specialization.

Starting from these criteria, the following scientific problem was raised: how to improve the competitive system of Cuban school athletics? being consistent, the following objective was proposed: to propose tests for the competitive system of Cuban athletics taking into account the sensitive periods of schoolchildren from the category 13-14 years.

It is defined as a hypothesis: if new groups of combined tests are formed in the competitive system of Cuban athletics, taking into account the sensitive periods of schoolchildren in the 13-14 year-old category, then the continuity of development for each stage of the competition can be promoted. sports training.

METHODS

To carry out the research, 35 coaches from the provinces of a total of 64 who participated in the national school games of 2022, representing 55%, were taken as a sample; in addition to 16 Provincial Commissioners, 3 members of the National Commission and 32 professors who attend the higher category. The methods applied were historical-logical, analysis-synthesis, inductive-deductive, structural-functional systemic, observation and analysis of documents; As a technique: the interview, from the mathematicians the percentage calculation technique, coincidence criteria from the specialists for the validation of the proposal of combined tests for the 13-14 year-old category of Cuban athletics.

RESULTS

Since the beginning of the school games in Cuba, the events in athletics were structured in all categories, where in the early ages they competed in combined tests that favored a future sports specialization. However, this genesis changed over time, in 1997 other quadrillions and trialons arose that did not maintain a stable figure, hindering its stability and with it the sequential comparison from one year to another. Between the years 2000-2004 (Olympic cycle), the trend of the quadrillions arose again, which brought with it a new flourishing in these ages, since several athletes who went through the initial training joined the superior category, emerging highly competitive athletes such as Dairon Roble, Mabel Gay, Arazay Tondique, Ayme Martínez, Analia Vidiaud, Yarisley Silva and Leonel Suarez, among others, who revealed sustained results and evidenced that the competition in well-conceived mixed events contributes to improving their sports participation in the superior category.

By virtue of the above, the sports system carried out a group of actions to strengthen the sports strategy, new school categories of competitions are organized that brought with it a decrease in results, athletes who lost a year caused by the change of age and an imbalance of events by category.

In this way, from 2009 to today, the competitive tests that are applied for the 13-14 year-old category are the following exalons:

Female

A	B	C	D	E	F	G
50 m/p	50 m/p	50 m/p	50 m/p	50 m/p	50 m/p	J. Length s/ci
60 c/v (0.72)	60 c/v (0.72)	60 c/v (0.72)	60 c/v (0.72)	60 c/v (0.72)	60 c/v (0.72)	Shot put F (3kg)
J. Length	J. Length	J. Length	J. Length	J. Length	J. Length	Shot put E (3kg)
Shot put (3kg)	Shot put (3kg)	Shot put (3kg)	Shot put (3kg)	Shot put (3kg)	Shot put (3kg)	1000 m/p
High Jump	P	Pole vault	Discus Throw 0.75	hammer throw 3 kg	2000 C. Country	1000 hike
1000 m	1000 m	1000 m	1000 m	1000 m	1000 m	3000 caminata

Male

A	B	C	D	E	F	G
50 m/p	50 m/p	50 m/p	50 m/p	50 m/p	50 m/p	J. Length s/ci
60 c/v (0.84)	60 c/v (0.84)	60 c/v (0.84)	60 c/v (0.84)	60 c/v (0.84)	60 c/v (0.84)	Shot put F (4kg)
J. Length	J. Length	J. Length	J. Length	J. Length	J. Length	Shot put E(4 kg)
Bullet drive (4kg)	Bullet drive 4kg	Bullet drive (4kg)	Bullet drive (4kg)	Bullet drive (4kg)	Bullet drive (4kg)	1000 Run
High Jump	Pole vault	Javelin Throw	Discus Throw (1kg)	hammer throw 4kg	2000 C. Country	1000 hike
1000 m	1000 m	1000 m	1000 m	1000 m	1000 m	3000 hike

In this evolution, the call has had some excitement among the coaches, because despite the fact that, at these ages, the nature of sports training maintains its multilateral character, it must be fulfilled with the beginning of specialized preparation. In this direction, Muñiz, A. (2022), from his experiences as a professional who had an interaction with the sport when he lived in the country, made an assessment in this regard, placing great emphasis on the disagreement of the coaches in a general sense, without contextualizing other causes or factors that gave rise to said call that has aroused so much controversy; Nor can it be forgotten that the campionismo tendency causes the unilateral tendency of training at an early age.

This same author proposed tests and forms of competition for the different categories of school athletics from his point of view and theoretical-methodological foundation oriented towards talents by areas of preparation.

In the current programs of integral preparation of the athlete, in relation to the 13-14 year-old category, they only allude to the multilateral work that must be carried out at this stage, without making explicit the contents, means, methods and methodological indications to be taken into account. in sports preparation at these ages, as if it is reflected in the continuous category to which they must move.

So, the following position is assumed, consistent with the challenges that exist, the criteria of the coaches and officials of this sport, the new conception being the following:

New competitive tests for the school category (13 - 14 years)

Female

A	B	C	D	E	F	G	H	I
60 m/p	60 m/p	60 m/p	60 m/p	60 m/p	60 m/p	60m/p	2000MD	60c/v (0,72)
60 c/v (0.72)	60 c/v (0.72)	J. Length	Bullet drive (3kg)	Bullet drive (3kg)	Javelin Throw (500)	1200 c/v	4000MD	S J. Length
J. Length	High Jump	Pole vault	L. Disco (0.75)	hammer throw (3 kg)	-	2000cross	-	Bullet drive 3kg
								High Jump
								600 m/p

Male

1	2	3	4	5	6	7	8	9
60 m/p	60 m/p	60 m/p	60 m/p	60 m/p	60 m/p	60m/p	3000	60c/v (0.72)
60 c/v (0.72)	60 c/v (0.72)	J. Length	Bullet drive (3kg)	Bullet drive (3kg)	Javelin Throw (500g)	1200 c/v	5000 MD	60 m/p
J. Length	High Jump	Pole vault	Discus Throw 0.75kg	hammer throw 3 kg		2000 Cross		Pole vault
						60 m/p		High Jump
								Discus
								1000 m/p

DISCUSSION

The new conception of competitive tests for the 13-14 year-old school category, has as its main objective to reorganize the specialization to avoid an exclusive motor role, in order to maintain a formidable development of habits and motor skills directing the start of sports specialization.

The competitive tests group has as a project to promote the preparation of talents towards the different areas of athletics; for speed and jumps, groups A, B, C, 1 are oriented; 2 and 3; groups D, E, F, 4 are assigned to the launching area; 5 and 6. Groups G, H, 7 and 8 towards the area of midfielder, funder and march; and finally the group of the multiple area identified by the letter I and the number 9, for the feminine and masculine respectively in all cases.

All of the above maintains coherence with the possible individual tests that talents can enter into in the immediate category (15-16 years old) where their beginnings towards deep specialization will be defined.

This proposal will be the starting point to establish the competitive parameters and form of evaluation in the upcoming national school games within the Cuban school athletics competition system.

CONCLUSIONS

The work synthesizes the trend that the competitive Cuban school system has presented, where advances and setbacks are observed that have historically marked the formation of sports talent.

Considering the little acceptance that the current system has reached, characterized by the exclusive conformation of competition exams for both sexes in the category, it was convenient to propose variants of tests destined to the different areas and to be consistent with the beginning of the initial specialization stage.

Finally, to verify the feasibility of the proposal, it will be applied in the next national school games where its acceptance or not will be defined to be considered within the official competitive system.

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