

***The study of opposites to promote sports intelligencenin school athletics,
category 15-14 years old, in the long distance area of the Guantnamo EIDE
El estudio de contrarios para promover la inteligencia deportiva del atletismo
escolar categoría 15 – 16 años en el área de fondo de la EIDE de Guantánamo***

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ABSTRACT

In our work, we will address the study of opponents to promote sports intelligence in 15-16-year-old school track and field athletes in the long-distance running area of the EIDE (School for Sports Initiation) in Guantánamo, focusing on decision-making to achieve planned success in competitions. It is important to keep in mind that the efficient use of information constitutes a key strategic tool for competing and ensuring athletic success. Likewise, it allows us to develop personalized training based on the strengths and weaknesses of both the athlete and their opponent.

RESUMEN

En nuestra obra abordaremos el estudio de contrarios para promover la inteligencia deportiva del atletismo escolar categoría 15 – 16 años en el área de fondo de la EIDE de Guantánamo dirigida a la toma de decisiones para alcanzar el éxito programado en las competencias. Es importante tener en cuenta que el eficiente uso de la información constituye un medio estratégico importante para competir y garantizar el éxito deportivo. De igual forma nos brinda la posibilidad de realizar una preparación personalizada en función de las fortalezas y debilidades del atleta y el contrario.

Keywords

Opponents; Tools; Sports intelligence.

Palabras clave

Contrarios; Herramientas; Inteligencia deportiva.

INTRODUCTION

The current state of sports at all levels, both nationally and internationally, is clearly evident in the results achieved by a large number of athletes from different countries in competitions across all levels and categories. These results have undoubtedly been supported by thorough and rigorous work in both scientific and methodological fields.

We can cite the school-age category, whose results are based on the contributions of educators, psychologists, physicians, and coaching staff, all of whom have helped to shape the theoretical and methodological foundations of Cuban sports.

One element in contemporary sport that is now of vital importance in all sports and competitive categories is the study of opponents to win intelligently, as discussed in the article "Sports Intelligence: A Trend in Contemporary Sport" (Dopico; Martínez, 2013, p. 1). It is essential to conduct a preliminary study of the opponent (scouting) before applying sports intelligence. This study, using pre-established tools, provides comprehensive information so that athletes, coaches, and support staff can understand all the weaknesses and strengths of their opponents and develop personalized training programs to achieve the desired results.

METHODS.

Theoretical Level Methods:

- a) Analysis – Synthesis. This will be taken into account to develop the theoretical framework, as well as the evaluation of the results regarding the application of the proposed empirical methods.
- b) Induction – Deduction. This will be used to determine the coaches' level of knowledge when applying the opponent analysis.
- c) Historical – Logical.

The evaluation of the study of opponents in the different sports that is developed in the sports institutions of the Guantánamo province and other provinces of the country, which constitutes an element to take into account, its trajectory, its evolution, because this is not a static phenomenon, it is dialectical and depends on the specific historical context in which it is analyzed.

From the empirical level.

The empirical methods employed were: survey, observation, and document analysis; these served as methods for gathering information to empirically verify the problem and collect

preliminary information regarding the object of study, as well as consulting specialists to assess the validity of the system of criteria and our proposal.

Statistical methods: Descriptive statistics and percentage analysis were used to tabulate the data.

Analytical-synthetic: This method was used to establish the theoretical foundation of the problem and to synthesize the studies conducted on the topic.

Inductive-deductive reasoning: This method will be used throughout the proposal.

Documentary analysis: This will be used to gather information about the solutions proposed to date by different researchers to address the problem.

Historical-logical reasoning: This will be used to analyze the background of the research topic and its recurring patterns.

Interviews with athletes, coaches, and methodologists of the sport in question, as well as others, will be conducted to gather information about the approach taken to the study of the opposite.

Systemic-structural-functional reasoning: This approach allowed for the conception of the research topic and the development of the proposal from a holistic perspective, as well as the Definition of its structural and functional elements.

DEVELOPMENT.

The study of opposing forces to promote sports intelligence in school athletics for the 15-16 age group in the long-distance running area of the EIDE (School for Sports Initiation) in Guantánamo.

Athletics is considered the oldest organized sport in the world, encompassing numerous disciplines grouped into running, jumping, throwing, combined events, and walking.

It is the art of surpassing the performance of opponents in speed or endurance (also called long-distance running), in distance, or in height. The number of events, and their types, whether individual or team events, have varied over time. Athletics is one of the few sports practiced universally, whether by amateurs or in competitions at all levels. Its simplicity and the minimal equipment required explain its success.

Long-distance running events are races with distances greater than 3,000 meters. Of British invention, the 5,000 m is an adaptation of three miles (4,828 m), and the 10,000 m is six miles (9,656 m). The first experiments in endurance events took place around 1740 in London, when an athlete ran a distance of 17,300 m in one hour. These tests are conducted entirely on the

athletics stadium track. Resistance to fatigue and pain, combined with good final acceleration, are essential qualities for distance runners.

This work stems from addressing the challenges currently faced in studying the opponents of 15-16 years old students in the long-distance running area of the EIDE (School for Sports Initiation) in Guantánamo, a factor that impacts their performance.

Information management is essential for studying opponents, and the use of this tool will allow for guidance and the development of appropriate strategies to achieve superior results. Distinguishing characteristics of the proposal

1. The proposal takes into account the characteristics of the 15-16 year old athletes in the long-distance running category at the Guantánamo Sports Initiation School (EIDE) as the central focus of the process.
2. It has a systemic character, which is evident in the relationship and interconnectedness of the stages involved in its development.
3. Flexibility is demonstrated when the athlete, coach, and team, based on the initial assessment, contextualize, organize, and implement their development.

Structure of the proposal to develop the study of opponents and promote sports intelligence in school athletics for the 15-16 years old category in the long-distance area of the EIDE of Guantánamo.

To define the proposed tool, the author analyzed publications by Dr. C. Hirbins Manuel Dopico Pérez and Dr. C. Fidel Martínez Álvarez of the University of Physical Culture and Sports Sciences, Faculty of Physical Culture of Camagüey, as well as other authors and their proposals on the subject.

CONCLUSIONS.

The proposed tool is based on theoretical foundations—psychological and pedagogical—and consists of six stages. Each stage contains a system of actions to contribute to the application of the study of opposing forces and thus promote sports intelligence in 15-16 year old school track and field athletes in the long-distance running area of the EIDE (School for Sports Initiation) in Guantánamo.

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