



El entrenamiento de la lucha olímpica para el desarrollo personal y social en adolescentes: una propuesta extracurricular desde la Educación Física/The training in the Olympic Wrestling for the social and personal development in teenagers: an extracurricu [

2021

text (article)

Analítica

The objective of this article is to present an educational proposal based on Olympic Wrestling training for personal and social development in teenagers in extracurricular settings. For this, the ethnographic and documentary methodologies were used in order to answer the question, can there be personal and social development when training wrestling in educational institutions? The bibliographic review was applied in two phases, the first one, called phase I, allowed the analysis of the selected thematic units to later assume a phase II, which was propositional based on the theoretical argumentation and the contextualization that allowed to present the objectives, the pedagogical methodology, the relationship with the official Physical Education curriculum, general activities and evaluation; to fill in some information gaps, the interview was applied to ten physical education teachers from educational institutions in the Costa region, all of them former wrestling athletes. Both instruments were based on two dimensions: the first one, The Olympic Wrestling: between the curricular and the extracurricular, and the second one, The Olympic wrestling in the personal and social formation of the teenagers. After a critical analysis of the results, the extracurricular wrestling proposal was obtained. It addresses the importance of implementing Olympic Wrestling as an innovative extracurricular activity, which promotes personal development in terms of self-esteem, self-control and self-care, as well as social skills of cooperation, respect for rules and care for others

The objective of this article is to present an educational proposal based on Olympic Wrestling training for personal and social development in teenagers in extracurricular settings. For this, the ethnographic and

documentary methodologies were used in order to answer the question, can there be personal and social development when training wrestling in educational institutions? The bibliographic review was applied in two phases, the first one, called phase I, allowed the analysis of the selected thematic units to later assume a phase II, which was propositional based on the theoretical argumentation and the contextualization that allowed to present the objectives, the pedagogical methodology, the relationship with the official Physical Education curriculum, general activities and evaluation; to fill in some information gaps, the interview was applied to ten physical education teachers from educational institutions in the Costa region, all of them former wrestling athletes. Both instruments were based on two dimensions: the first one, The Olympic Wrestling: between the curricular and the extracurricular, and the second one, The Olympic wrestling in the personal and social formation of the teenagers. After a critical analysis of the results, the extracurricular wrestling proposal was obtained. It addresses the importance of implementing Olympic Wrestling as an innovative extracurricular activity, which promotes personal development in terms of self-esteem, self-control and self-care, as well as social skills of cooperation, respect for rules and care for others

The objective of this article is to present an educational proposal based on Olympic Wrestling training for personal and social development in teenagers in extracurricular settings. For this, the ethnographic and documentary methodologies were used in order to answer the question, can there be personal and social development when training wrestling in educational institutions? The bibliographic review was applied in two phases, the first one, called phase I, allowed the analysis of the selected thematic units to later assume a phase II, which was propositional based on the theoretical argumentation and the contextualization that allowed to present the objectives, the pedagogical methodology, the relationship with the official Physical Education curriculum, general activities and evaluation; to fill in some information gaps, the interview was applied to ten physical education teachers from educational institutions in the Costa region, all of them former wrestling athletes. Both instruments were based on two dimensions: the first one, The Olympic Wrestling: between the curricular and the extracurricular, and the second one, The Olympic wrestling in the personal and social formation of the teenagers. After a critical analysis of the results, the extracurricular wrestling proposal was obtained. It addresses the importance of implementing Olympic Wrestling as an innovative extracurricular activity, which promotes personal development in terms of self-esteem, self-control and self-care, as well as social skills of cooperation, respect for rules and care for others

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhemF0ei5yZW4vMzE0MDc3NjQ>

Título: El entrenamiento de la lucha olímpica para el desarrollo personal y social en adolescentes: una propuesta extracurricular desde la Educación Física/The training in the Olympic Wrestling for the social and personal development in teenagers: an extracurricu electronic resource]

Editorial: 2021

Tipo Audiovisual: Olympic Wrestling Personal and social development Adolescence Physical Education Lucha olímpica Desarrollo personal y social Adolescencia Educación Física Luta-livre olímpica Desenvolvimento pessoal e social Adolescência Educação Física

Documento fuente: PODIUM: Revista de Ciencia y Tecnología en la Cultura Física, ISSN 1996-2452, Vol. 16, N°. 1, 2021, pags. 63-75

Nota general: application/pdf

Restricciones de acceso: Open access content. Open access content star

Condiciones de uso y reproducción: LICENCIA DE USO: Los documentos a texto completo incluidos en Dialnet son de acceso libre y propiedad de sus autores y/o editores. Por tanto, cualquier acto de reproducción, distribución, comunicación pública y/o transformación total o parcial requiere el consentimiento expreso y escrito de aquéllos. Cualquier enlace al texto completo de estos documentos deberá hacerse a través de la URL oficial de éstos en Dialnet. Más información: <https://dialnet.unirioja.es/info/derechosOAI> | INTELLECTUAL PROPERTY RIGHTS STATEMENT: Full text documents hosted by Dialnet are protected by copyright and/or related rights. This digital object is accessible without charge, but its use is subject to the licensing conditions set by its authors or editors.

Unless expressly stated otherwise in the licensing conditions, you are free to linking, browsing, printing and making a copy for your own personal purposes. All other acts of reproduction and communication to the public are subject to the licensing conditions expressed by editors and authors and require consent from them. Any link to this document should be made using its official URL in Dialnet. More info: <https://dialnet.unirioja.es/info/derechosOAI>

Lengua: Spanish

Enlace a fuente de información: PODIUM: Revista de Ciencia y Tecnología en la Cultura Física, ISSN 1996-2452, Vol. 16, Nº. 1, 2021, pags. 63-75

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es