



Acciones para el desarrollo del voleibol sentado como alternativa recreativa comunitaria [

2019

text (article)

Analítica

The work entitled "Actions for the development of sitting volleyball as a community recreational alternative"; had the objective to design a plan of actions for the development of sitting volleyball as a recreational community alternative in La Isla de la Juventud, with the purpose of offering the population, mainly young people, a new healthy form of entertainment, physical preparation, health and leisure; taking into consideration the physical, cultural and social spaces with an appropriate use of free time. During its development there were used theoretical research methods (historical-logical, analysis-synthesis, inductive-deductive and documentary); empirical methods (scientific observation, survey, interviews), as well as the SWOT matrix (strengths, weaknesses, opportunities and threats) as a method of strategic definition in the conformation of actions. All these allowed to face the different research situations that were presented during the entire period of information search, data collection, selection and preparation of the action plan for the development of sitting volleyball as a community recreational alternative. From a population of 199 individuals, a sample of 62 was taken; what represented 31.15% of it. It consisted of 57 young people between 16-25 years old (23 men and 34 women), 3 members of the Popular Council (2 men and 1 women) and 2 technicians and activists (both male) from "José Martí" community in La Isla de la Juventud. The results obtained in the structuring and planning of community recreational activities and in the inclusion of sitting volleyball as a recreational alternative in community programs allowed concluding that the proposed actions will contribute to the development of sitting volleyball as a recreational alternative and therefore; a better quality of life in the community

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Título: Acciones para el desarrollo del voleibol sentado como alternativa recreativa comunitaria electronic resource]

Editorial: 2019

Tipo Audiovisual: Actions sitting volleyball recreational alternative community Acciones Voleibol sentado Alternativa recreativa Comunidad

Documento fuente: PODIUM: Revista de Ciencia y Tecnología en la Cultura Física, ISSN 1996-2452, Vol. 14, Nº. 1 (enero-abril), 2019, pags. 56-70

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Enlace a fuente de información: PODIUM: Revista de Ciencia y Tecnología en la Cultura Física, ISSN 1996-2452, Vol. 14, Nº. 1 (enero-abril), 2019, pags. 56-70

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