

The practice of physico-sports activities in medicine students

Abstract

Nowadays it is considered that the practice of physical activity is a fundamental factor as part of a healthy lifestyle. The objective of the study was to assess the comprehensive educational strategic projection that reduces risk factors for health in medical students at the Salvador Allende faculty. The qualitative analysis assessed the expiration of programs and objectives for Physical Education classes and related activities, through an intervention strategy supported by observation methods, together with the application of surveys, interviews and triangulation. The review of specialized publications and magazines emphasizes the main reference criteria. The results conceive the analysis of factors of greater incidence, methodological orientations, alternatives and programs in favor of greater inclusion of young people in physical activities.

Keywords: health, students, medicine, physical activity.

Introduction

Currently, the practice of physical activity is recognized as part of a healthy lifestyle. The decline in the systematic practice of activities of this type in the population constitutes an important mortality risk factor throughout the world and influences the prevalence of non-communicable diseases and the general health of the world population World Health Organization Health (WHO, 2014).

From a health perspective, the observation of a significant association between low physical activity and habits considered harmful is particularly important. Among the various groups at higher risk, there is a high incidence in the university area, being students of the medical career at the Salvador Allende Faculty in Havana, object of study of this work.

The study seeks pertinent assessments regarding a necessary systematic practice of physical-sport activities given its importance in reducing diseases and improving

lifestyles. Undoubtedly, to accomplish this, it is necessary to improve the rates of participation, awareness and systematization, from a harmonic, significant and effective process with comprehensive physical and sports activities in future medicine graduates given their important social mandate, for this it is required the updating, development and design of superior quality activities, in correspondence to the current demands of this researched population group.

Authors such as Pernas, Abrahantes, Morales and Ramos (2020) carried out a study of cardiovascular physiological indicators and their relationship with Physical Education in medical students from Villa Clara and confirmed that male students tend to suffer from high blood pressure more than men. the female sex, so they recommend prophylactic work by Physical Education teachers, promoting the improvement of their physical condition and, in turn, quality of life and achieving comprehensive training in them.

In addition, these authors themselves highlight that it is observed that hypertensive young people are unaware of it and limit themselves to carrying out physical-educational practices that can favor their health, physical well-being and comprehensive training and currently a significant number of students of the Medicine career are excluded from physical activity for the simple fact of suffering from this disease.

For their part, Martín, Nieves, Pèrez and Pérez León (2020) carry out a study of free time in students receiving scholarships from Medical Sciences of Villa Clara and have verified that there are insufficiencies in their participation in physical-recreational activities in their free time and that the poor variety and quality of the same, do not favor an adequate behavior in the university environment.

The authors and studies referred to, cover recurring aspects in various investigations, especially those concerning the analysis of the motivations, contribution and effects of the practice of physical activity for health, its influence on academic performance and knowledge for a productive life and satisfactory in adolescents and university students, among others: Hernández and Forero (2011); Castillo and Giménez (2011); Moreno, et al. (2014); Perez (2016); Úbeda (2017) Mella, et al. (2019) Almanza (2019) and Durazo, et al. (2021).

At present, there has been a decreasing interest in sports practice in medical students at the Salvador Allende Faculty, which undoubtedly puts their health and academic

performance at risk. The objective of the present study was: to assess the comprehensive educational strategic projection that reduces risk factors for health in medical students of the Salvador Allende Faculty.

Materials and methods

The research design is descriptive, and the random sampling method is implemented. A sample of 60 students from the 1st and 2nd years at the Dr. Salvador Allende Faculty in Havana was included. They materialize from different interviews, surveys and questionnaires to the fundamental actors of the educational teaching process: students, teachers and leaders with the aim of pointing out the main interests, observations and assessments about the development of the main activities of the university in the field of sports physical development. The tabulation and triangulation of data allowed the processing of the information, its analysis and the elaboration of the report with the main conclusions.

The questionnaire used is of the closed type and consists of several dimensions that allow information to be obtained from the subjects and their activities. The indicators included allow analyzing the progress of the sports management of the university, characteristic of the practice of physical activity planned and carried out, management of free time, psychosocial influence of the practice of physical activity, and habits related to health, have within Its main objectives are to assess the driving motives for this practice that guarantee a systematic and healthy activity together with the assessment of the quality of sports facilities and the possible membership or not of a sports association.

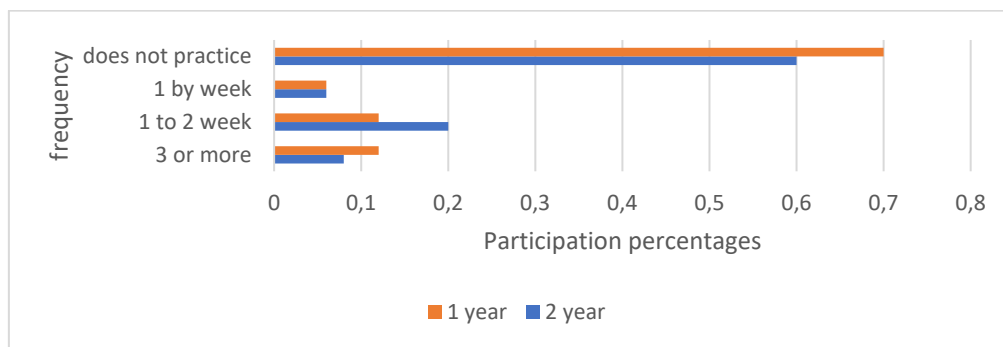
On the other hand, harmful habits in relation to health are related: smoking, consumption of alcoholic beverages and type of diet. The methodological indications of the Physical Education program of the Medicine career were also reviewed, since they are reflected in their importance for the educational and intellectual performance of the student. This is conditioned by the type of motivation for the sport or activity practiced, its intensity and duration, as well as by its systematic nature.

Results and Discussion

The growing understanding of how physical activity affects psychosocial well-being and health supports the recommendations of certain systematic practices with important positive effects on the musculoskeletal system, cardiovascular and respiratory systems, and endocrine systems. These changes are consistent with a series of benefits attributable

only to the increase and sustainability of participation and frequency in the practice of physical and sports activities.

The main results of the study showed the persistence of unhealthy and harmful habits related to low sports motivation in the population studied, some more relevant factors are described in the following graph.



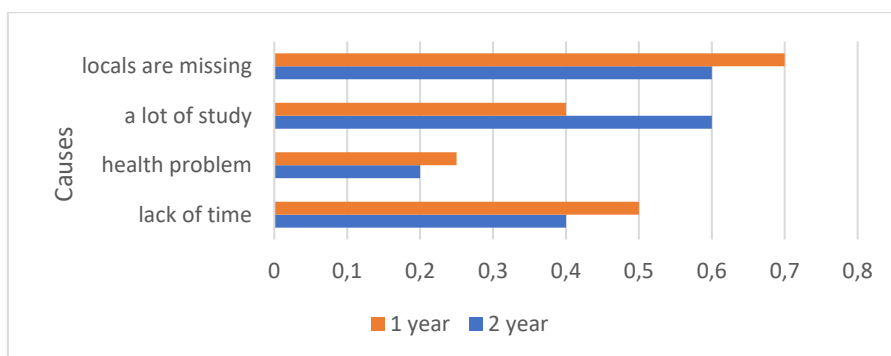
Graph / 1. Incidence in participation in sports practice

One of the behaviors that caught the attention of the researchers was noticed in the high percentage of 1st year students who declare that they do not practice any specific type of sports, 70%; very close to 60% in the second course. It is paradoxical that, in the face of the increase in health welfare policies related to the practice of exercises and sports in youth, the results regarding belonging in this direction decrease during the period of initiation and training in this career. university.

According to the analysis and discussion of pertinent results, a tacit recognition persists towards a low incentive to attend the sports areas of the institution in free time (except students with a taste for futsal) among the students investigated, being evident in students again career entry, which may influence later active lifestyles and lead to negative health events in adulthood.

In observing the planning of Physical Education classes, notwithstanding the recognition of the established general requirements, individual differences are not treated according to the motivations and interests of the participants and their dosage is carried out mainly according to the understandings of the professors and not by the concepts established in the program and methodological orientations.

In turn, the number of activities that used games for the development of skills and abilities is small, this being a reason for the classes to be monotonous and of little significance for the students, aspects that limit the qualitative aspect of the work carried out.



Graph / 2. Incidence factors in the organization and practice of sports

The reasons why the young people under study lead a life that is not physically active are excessive pressure over time, the lack of suitable premises and they practice sports sporadically. The presence of health problems such as asthma, and the excessive medical certification of different diseases and physical disorders, determining causal elements that do not guarantee the quality and efficiency in the participation conceived. In this regard, the need arises to expand the sports programmatic offer through an effective order aimed at diversifying sports projects, programs and strategies, giving it continuity over time and with projection into the future.

In this way, the perspectives of the process to be transformed need to generate visible results, and evaluate the corresponding professional pedagogical and institutional organizational attitude based on the improvement of the standards established in the career curriculum in reference to those norms, knowledge, procedures, guidelines or criteria to be met within the global structure to configure an ideal motivational behavior towards the practice of healthy physical activities with multiple solutions, ways of coping valid for each person or group with due success, only possible with the participation and realization of a practice regular and a meaningful and consistent projection.

However, these results must be considered with caution, given the specific conditions of the sample (age, maturity, level and previous experience and student and academic commitments), as well as the experimental design carried out.

Conclusions

The study data suggest that the shortcomings detected in the programming of physical activity could be interacting negatively with respect to motivation indices, and a lower growth of comprehensive educational activities, which lead to reductions in participation parameters, carrying out a regular practice together with a significant and congruent projection in students of the medical career at the Salvador Allende Faculty in Havana.

Based on the limitations found, insufficiencies were found in the parameters and indicators evaluated, more accentuated in freshmen and first-year students who warn of an abnormal response associated with significant negative effects on the evaluation of moods and motivation.

The low use of the content of Physical Education and educational activities programmed in the university institution demand to provide comprehensive educational alternatives in favor of the greater inclusion of young people in physical activities with the acceptance of the students.

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