

Analysis of the Athletics Classes in Basic Education Schools of Ecuador and China

Lic. Liliana Gabriela Baque Catuto¹, PhD. Maritza Paula Chica², MSc. Cecilia Jara Escobar³

[l_gabita25\[at\]hotmail.com](mailto:l_gabita25[at]hotmail.com)

Licenciada en Educación Física (Ecuador), Beijing Sport University, (República Popular de China)

Abstract: *This research will allow an analysis of the curriculum of Athletics in schools of basic education in Ecuador and China, in order to integrate knowledge and thus have a model for the initiation of Athletics in these schools, different from what has been developing in recent years; and thus prevent that in the stage of specialization of Athletics, the children drop out either by physical exhaustion or injury from a bad practice of sport. The research approach of this article is based on field research, the historical-logical methods to know the beginning the Athletics inside the Curriculum of the physical education in schools to its proper application; the analytic-synthetic method allowed investigate the bibliographical sources and synthesize criteria by experts who will serve to support this work. That is why the importance of the curriculum analysis of Athletics in the elementary schools of Ecuador and China and continuous capacitation to the teachers of Athletics where produce different didactic and methodological aspects with criteria aimed to the early ages and in turn cause a deepen change in the conception of athletics classes in elementary schools of Ecuador.*

Keywords: Athletic. Curriculum. Training

1. Introduction

In the early sports life of children, track and field Athletic activities provide an excellent means of multilateral development in future athletes. But if you want this type of activities been attractive and motivate the participation of children, you need to organize structured programs that contemplate certain requirements, specific for children, who have those requirements.

One of the biggest problems that athletics faces, national and international athletes, is the high dropout rate that manifests itself at the beginning of the higher categories and much has to do with this the lack of special programs and the competitive selective approach that is given to the competition.

Athletics has become a grassroots Project for China, however it is comparatively behind in the world for a long term Project, it is unquestionable to recognize that China has gotten achievements in Athletics at high level games, however, the characteristics of their athletes are still lagging behind, but overall their achievements remain poor. It is an arduous task that China has at the moment to elevate Athletics to its maximum Sporting expression worldwide. China currently has great progress in other sports projects, recognizing the backwardness of athletics on the tracks at the international level. Lianhua (2003)

There are different aspects to improve the physical education curriculum at a basic level, such as: a complete curriculum that includes teaching methodologies for athletics, create a brochure to guide the teacher and has a better development in the classroom and in this way the teachers will be updated. Athletic as a subject should have a unified conception that allows a link between one sport and other. The athletics to be considered a subject has to have the mastery and development of basic skills like jumping, running, throwing, among others which are present from the moment of born

of a person, and at the same time need to be worked to evolve together.

In the world of athletics exist a large number of books, magazines with reference to the teaching of athletics in schools. Next, we expose the point of view of different authors:

Criteria proposed by doctor Jorge Castañeda López (2009), who proposes the use of pre Athletic games as a way to develop basic motor skills in physical education.

Several avenues of information support The IAAF Guide to teaching Athletics where the authors Muller & Ritzdorf (2000), corresponding to the IAAF Coaches Training and Certification System; and together with the criterion of Dintiman Ward and Téllez (2001), in his work "The speed in sport" among others, they detail that the fundamental factors of the characteristics of the sprinters depend a lot on the speed in the phase of the races, reaction time, putting into action, acceleration, maximum speed and resistance to speed.

For Hernández (2000; p. 12), the term "sport initiation", is the teaching learning process, did by the person, for the acquisition of the capacity for practical execution and knowledge about sport. This knowledge ranges since the first contact of person with sport until he is able to play it according his functional structure.

From the search for information, it is established that from the support of several authors in relation to the teaching of athletics, classes should be considered as sports activities through the use of exercises and games according to the characteristics of the different ages, psychological, physiological, morphological that allows them to continue with the development at these ages without violating growth stages.

The objective of this research is to analyze different methods of teaching learning in athletics for early ages in basic

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education schools in Ecuador and China, which must be considered in teaching athletics.

2. Resources and Method

Several authors analyze the teaching of athletics as described by Ozolin (1983) who states “that it is a process of education, teaching, development and elevation of the functional possibilities fo athletes, which has a special organization and lasts the whole year, lasting for many years. Process whose component parts are also the hygienic regimen, the scientific, medical and pedagogical control, the material conditions the organization and others indissolubly linked to each other, on the basis of certain principles, rules and propositions” However Forteza (1994) describes that the teaching of athletics “is of great importance to guide high school students in sports orientation through the introduction of athletics, framed in the constant preparation to develop long term physical abilities and capacities in a discipline or sports specialty in which the methods and procedures that the teacher must follow for a developing class are taken into account. Castañer and Camerino (1996) analyze that “ the activities proposed in this primary stage (from 6 to 12 years old) should encourage the appearance and development of perceptual motor, physical motor and sociomotor capacities.”

In the same way Mazón in his article published in 2016” proposes to introduce athletics in high school students in which a part of the human movement is worked on where the interdisciplinary, structural approaches and the educational physical relationship are broken down, allowing to integrate the races, jumps and launches within the classes, involving the coordinated motor actions of the students as well as physical sports activity, enriching the knowledge of those who practice it and those who practice it and those who execute it” (2015)

However, the author of this research propouses that teaching of athletics must have a pedagogical way where the practice and the theory are included in early ages.

Inside of Physical Education curriculum in Ecuador, we can identify that doesn’t exist an organized process for athletics, it has a general focus. Don’t exist brochures or manuals in order to dominate the concept and be able to use strategies for teaching classes.

At the following lines, there are the essential indicators of Physical Eduactions curriculum for basic general and high education in Ecuador, Ecuador Ministry (2012)

Level	Essential items for evaluation
6th General Basic Education GBE	<ul style="list-style-type: none"> • Reconnize and apply techniques bases to resistance and obstacles races.. • Show techniques to distance and high jumps individual and groups . • Execute different techniques of distance and precision throwing, apply to challenges
7th GBE	<ul style="list-style-type: none"> • Characterize and demonstrate technical and tactical procedures to execute runs and jumps.
8th GBE	<ul style="list-style-type: none"> • Show thecnical, tactical and regulatory procedures in execution on internal challenge on tracks. • Explain and show technical, tactical and regulatory procedures to execute jumps in athletics.. • Describe the sequence of movements and show technical, tactical and regulatory procedures to execute throwing in athletics.
9th GBE	<ul style="list-style-type: none"> • Apply, describe and show technical, tactical and regulatory procedures to execute tracks and field events in athletics.
1st High Education	<ul style="list-style-type: none"> • Participate in different competitions ,apply technical, tactical and regulatory procedures in marathon, jumps, impulsión and releases.. • Organize little competition in classroom or internal insitucion.
2nd HE	<ul style="list-style-type: none"> • Apply technical, tactical and regulatory procedures in hurdling and obstacles races, in different situations. • Do triple jump applying fundamental bases and basic techniques • Describe and show the discus throw technique. • Organize smal competitions to show races, jumps and throw techniques.
3rd HE	<ul style="list-style-type: none"> • Show the theoretical and technical knowledge in aerobic and anaerobic resistance. • Show technical gesture of race walking.. • Organice and participate in marathon, jumps and throw competitions .

Data 1: Teaching Strategies. Items of Evaluation.

Source: Ecuadorian Ministry, update and strengthening curriculum(2012, págs. 71-164)

We can see in this table, that evaluations are explained in a general way for sports, however we must consider organizative forms inside Athletics like these: feedback, apply different tests, in order to evaluate the level of habilites and capacities development in students during teaching learning process, and include Athletics like part of Physical Education curriculum in Ecuador, in 9 to 10 years students that is since 6th level of basic education. In other places around the world, the IAAF and Sports comité in

China show in their studies that Athletics must be taught in early ages, like it is shown in Mini Athletic Project, who offers a plan for 7 to 12 years old children. Gozzoli, Simohamed, && Malek (2009)

The authors of this research “Mini Athletics” say the following items must be considered like reference to elaborate of dydactic manuals and courses to couches of Athletics for children in early ages. Baque (2016)

Mini Athletic Project. Ecuadorian Project	
Items of Project	Pedagogical Approach to Athletics and mini Athletics
	Mini Athletics and impact in early ages.
	Allows to organize competitions between classmates or different schools.
	Help to understand different sports options Have a multidisciplinary aspects..
	Children have responsibilities and work in autonomous way.
	Skills to physical evaluation in children, with various tests to be used for education community.
	Learning motor skills
	Learning phases motor skills
	Growing and development in children
	Physical development
Remarks for the coach	

Data 2: Program of Mini Athletics Training for Santa Elena Sport Federation’s Coaches.

Source: Baque (2013, pág. 61)

Using Data 2 like reference, we can say “Mini Athletics is considered like a group of activities and games doing in group and allow all children been involved without consider differences in natural conditions.

In Athletics Approach in Physical Education -Ecuador, must consider specific measures using instruments or teaching ways that join motor basic skills, they are bases for all sports. Giving the introduction and improving skills motor in children. In IAAF, they are doing changes to improve the Athletics for children.

The Physical Education Curriculum in Ecuador was developed in 2012, was approved by experts (Phds, Masters and Bacchellors) from different áreas but for different reasons of country it is not applied. For this reason the curriculum must be redone and evaluated for experts in Physical education, must be considered coach in process with professional title to learn and apply al content in classes, using the approach for Athletics. Ecuadorian Ministry(2012)

China focus Athletics Approach in Physical Education for schools

Various researches in indexed magazines, Zhilin (2007), show that in order to create a new curriculum for Athletics in Physical Education for children in China , the IAAF regional development groups, Gozzoli, Simohamed, && Malek (2009) with Beijing Education Society, Sports

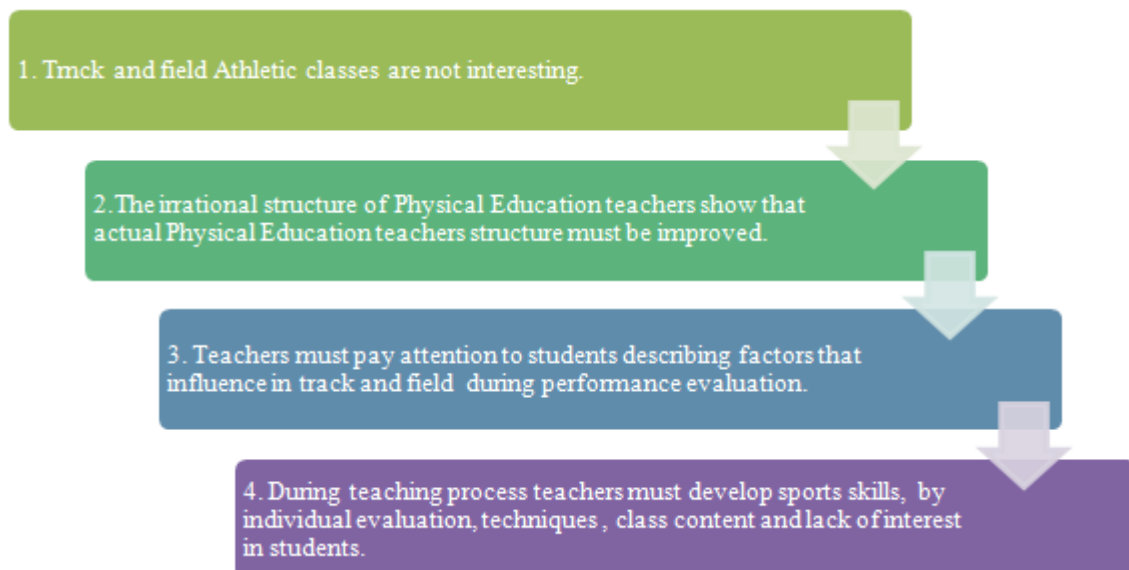
comitee , Athletic asociation in China, promote Athletic IAAF programs, Yu (2010) for children these activities has an authoritarian since bases in general basic education to a systemic approach in their teaching process , be obligated to change traditional teaching model in track and field in China.

General Situation and develop of Track and Field Athletics in China

China decided begin with books for different sport activities, describing Works for ages, sex and other characteristics of early ages, including competitive learning and the develop of skills in track and field Ahtletics..Qiang (2011)

Currently the athletics in China’s schools show the bases for develop motor skills in early ages China has new projects that are available, for this reason primary schools said that studies to be a professional in Physical Education is in charge of Physical Education Institute or Physical Education department The objective is that professional in Physical Education has bases in their profession.

Like reference, Honghai(2011) in the reform of teaching in the education in track and field Alhleticthe common challenges and their current state are discussed in the existing technical problems you can observe that in the following data:



Graph 1: Technical problems - Actual State Athletic Teaching process.Xuan (2005)

By Qiang (2011) about teaching sports in primary schools in China, describes and propose a new idea to develop teaching in track and field Athletics, the establishment of guidelines as well as the modification of the teaching of contents and methods that allow to inspire learning interest on the part of primary students in Athletic classes increasing physical and mental development in them.

Zu (2010) says about teaching Athletics innovation in primary and secondary school, and its influence in interest in students. The technique of movements during competition and entertainment. In this form describes that learning techniques must be about gross praxis instead of thin praxis. Teachers must find appropriate teaching plans and innovate methods in Athletics classes to improve student's awareness and participation in athletics competition like individual, with respect in individual difference.

3. Results

- It is important that during development of child, he or she knows about pedagogical bases and direct motility in each age, like a source of teaching Athletics. It is a base for this sport.
- China has a complete curricula plan for primary teaching procedure, for basic education including Athletic and knowledge about physical health and health care, getting a develop since first year of general education.
- In Ecuador, this begins in 5th level and in Ecuador and encourages the development of motor schemes and its didactic approach for the teaching of athletics in the field of schools.
- China promotes a quality education to strengthening of sport and healthy grow for children and teenagers, this is fundamental for Physical education in primary school in present or virtual mode.
- In Ecuador, we suggest that methodology, didactic books, papers and webs Will be used to improve the level of result in teaching Athletics

4. Discussion

- The different ways that evaluate results in early ages in Athletic classes in a constant form, allow to transform the organism since early ages improving the capacity of answer and adaptability.
- Learning procedure breaks paradigms at international level, allowing that since early ages the person forms his abilities and can be in the future a famous athlete with honors in Athletics.

5. Conclusion

- Improve Physical Education classes in Ecuador, the teaching learning process using brochures, print books, digital books, and audiovisual resources to evidence the importance of practice Athletics in early ages.
- Recognize the Athletics current problema national and international, to promote a change for 7 to 12 years old program inside Curriculum, like in different countries like Cuba, Venezuela, Argentina, Mexico and others in sports development ways.

- Create brochures, informative manuals that improve teacher's performance of Athletics during Physical Education Class.
- Promote a Training System for Physical Education teachers to improve didactic aspects focus in children's Athletics.

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