

Educational sport. Reflections and contributions

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Ugarteburu Artamendi, Iñaki; Fernández de Larrinoa, Imanol (Gipuzkoako Foru Aldundia. Gipuzkoako plaza, z/g. 20004 Donostia): **Gipuzkoako eskola kirolaren bilakaera 1989-2005** (The development of school sport in Gipuzkoa between 1989 and 2005) (Orig. eu)

In: *Ikastaria*. 15, 15-20

Abstract: Sport in Gipuzkoa's schools today was officially established by a local decree issued in 1989. The process of setting up a model for school sports, however, experienced a number of ups and downs before a stable structure was created to establish a range of activities and develop the various sports. Thus sport in Gipuzkoa's schools has made considerable progress from both the quantitative point of view (the number of different sports categories and participants) and the point of view of quality.

Key Words: School sport's rules. Organisation's structure. Results. Quantitative aspects. Qualitative aspects.

Mujika Usobiaga, Iñaki (Bizkaiko Foru Aldundia. Kultura Saila. Rekalde zumarkalea, 30 - 1. 48009 Bilbo): **Udal kirol eskolak: jolastu eta alaitu** (Municipal sports schools: come play and cheer) (Orig. eu)

In: *Ikastaria*. 15, 21-28

Abstract: The project Jolastu eta Alaitu is led by the Regional Council of Bizkaia and its aim is to establish sports schools for children in Bizkaia, in order to provide non-competitive training in a variety of sports. Thus, children enjoy playing through sports practice. Moreover, there are two specific programs for the promotion of strategical sports, i.e., rural sports and "pelota".

Key Words: Sport schools. Traditional Basque sports. Sport traditions. At schooling age. Sport coordinators. Strategic sports. Basque game of pilota. Basque Plan for Sports. School children.

Sautu Apellániz; Luis M^a (UPV/EHU. Fac. de CC. de la Actividad Física y el Deporte. Portal de Lasarte s/n. 01007 Vitoria/Gasteiz); **Martínez de Ilarduya García, Fernando** (Diputación Foral de Álava. Servicio de Deportes. Plaza de la Provincia, 5. 01001 Vitoria/Gasteiz): **Deportes minoritarios: Programa de promoción en las escuelas de Álava** (Promotion programme of minority sports in schools of Alava) (Orig. es)

In: *Ikastaria*. 15, 29-34

Abstract: The Sports Service of the Statutory Deputation of Alava, presents a minority sport promotion program for the schools of the province, within the framework of the School Sports Program. The main objective is to divulge and offer the possibility to practice a series of somewhat unknown sports amongst our young people, by taking such sports to the schools.

Key Words: Alava. School sport. Minority Sports. School.

Irazusta Astiazaran, Jon (UPV/EHU. Medikuntza eta Odontologia Fak. Fisiologia Saila. Sarriena, z/g. 48940 Leioa); **Hoyos Cillero, Itziar** (UPV/EHU. Erizaintzako Unibertsitate Eskola. Sarriena, z/g. 48940 Leioa): **Ariketa fisikoa, kirola eta osasuna haurren garapenean: oraina eta etorkizuna** (Physical activity, sport and health in the development of boys and girls. Present and future) (Orig. eu)

In: *Ikastaria*. 15, 37-44

Abstract: In this study we achieved health benefits through children and physical activity in young people. Benefits were distributed in five different groups: heart and blood vessels, obesity, skeletal- muscle, respiration and diabetes. Physical activity involves many reversible effects. Therefore, maintainable regular exercise and physical habits must be recommended.

Key Words: Physical Activity. Sport. Physical Fitness. Health. Children. Youth.

Gil Orozko, Susana (UPV/EHU. Jarduera Fisikoaren eta Kirol Zientzien Fak. Lasarteko bidea, z/g. 01007 Gasteiz): **Jarduera fisikoaren eta kirolaren arriskuak haur eta gazteetan** (The risks of physical activity and sport in the children and the young athlete) (Orig. eu)

In: *Ikastaria*. 15, 45-53

Abstract: Although physical exercise is clearly beneficial for health, it has some risks. These risks can be divided into medical problems and trauma problems or injuries. The most serious medical risk is *sudden death*, which in children and young athletes happens when there is an underlying cardiac problem. *Epiphysiolisis* and *traction fractures* are common acute injuries of children. Whereas *apophysitis* and *stress fractures* are chronic injuries. Prevention is the most important way of avoid risks during physical activity.

Key Words: Sudden death. Prevention. Injuries. Fractures. Growth. Overload. Trauma.

Iturriaga Madariaga, Gorka; Sagastume Fernández, Rafael (UPV/EHU. Jarduera Fisikoaren eta Kirol Zientzien Fak. Lasarteko bidea, z/g. 01007 Gasteiz): **Eskola-adineko entrenamendurako jarraibideak** (Guidelines for sport training at school level) (Orig. eu)

In: *Ikastaria*. 15, 55-67

Abstract: The paper deals with the process of training sports at school level. Apart from studying the biological and pedagogical principles, the paper also extracts some of the aspects that we should, in general, consider. In the same way, the paper includes the different proposals for the distribution of the training contents, considering the disagreement that exists in between the age and the sport level. Above all, we would like to encourage the reader to reflect on to think about this subject, since many of the conclusions included on the paper have been drawn from the experience.

Key Words: Sport at School Level. Guidelines for training. Training principles.

Lizarraga Sainz, Kepa; Serra Ispizua, Francisco J.; Landaburu Robredo, Rosario (Diputación Foral de Bizkaia. Dirección de Deportes. Medicina Deportiva. Alda. Rekalde, 30-1º. 48009 Bilbao): **La pelota vasca a mano entre 9 y 14 años: Propuesta de pesos y diámetros de la pelota adecuados para cada categoría** (Basque pelota (hand modality) for ages between 9 and 14en: Proposed suitable ball-weight and diameter for each category) (Orig. es)

In: *Ikastaria*. 15, 69-77

Abstract: In order to provide acceptable weight and size ranges for balls used in Basque Pelota, in the hand-played style for the categories of “benjamín”, “alevín” and “infantil” (9 to 14 years), we will study the connection between the isometric grip force of the hand muscle and the weight of the ball, as well as between the size of the hand and the size of the material to be used in each category. Finally, we will conclude the article by providing new set values.

Key Words: Basque Pelota. Hand. Sport regulations. School Sport.

Ortuzar Oyanguren, Iñaki (UPV/EHU. Jarduera Fisikoaren eta Kirol Zientzien Fak. Lasarteko bidea, z/g. 01007 Gasteiz): **Deporte escolar y proyecto educativo de centro** (School sport and educational curriculum) (Orig. es)

In: *Ikastaria*. 15, 81-88

Abstract: Sport at school currently brings about discrepancies that question even its very definition. Consequently an attempt to clarify its terminology is presented, connecting it with its obvious educational vocation. Such a pretension is hindered by the fact that there is hardly any connection between curricular activities and extra-curricular activities and the inhibition of the responsible agents. As an alternative, it is proposed to create an organisational structure and project.

Key Words: School sport. Conceptualisation. Educational project per centres. Curricular activities versus extra-curricular activities. Responsibilities. Sport plans per centres.

Vizcarra Morales, M^a Teresa (UPV/EHU. Gasteizko Irakasleen Unib. Eskola. Juan Ibañéz de Sto. Domingo, 1. 01006 Gasteiz): **Trebetasun sozialak erakusten eskola kirolean** (Teaching social skills through school sport) (Orig. eu)

In: *Ikastaria*. 15, 89-101

Abstract: In this article we want to propose a way to understand staff development (education) for school sport trainers. Our viewpoint is that the teaching/learning process is affected by the development of certain social factors. The work that we are presenting takes place in the Basque territory (province, county) of Gipuzkoa thanks to a research project supported by the county government. The research project deals with the needs and struggles of a group of trainers and sport coordinators. We have devised an intervention plan to help develop the participants' social skills.

Key Words: School sport. Staff development (education). Intervention plan. Social skills. Practice.

Arribas Galarraga, Silvia; Arruza Gabilondo, José A; Gil de Montes Etxaide, Lorena (UPV/EHU. Gasteizko Irakasleen Unib. Eskola. Juan Ibañéz de Sto. Domingo, 1. 01006 Gasteiz): **Deporte escolar: factores psico-socio-estructurales que lo determinan** (Psycho-socio-structural factors determining sport participation at school) (Orig. es)

In: *Ikastaria*. 15, 103-112

Abstract: This article addresses the educational features of sport. It is directed to those sport agents who through transmission of values, establishment of rewards and by using optimal feedback styles articulate the educational sport context. This context in turn, offers opportunities to make decisions, to commit errors without negative consequences and allowing new trials, to become aware of one's competence... These are some of the issues underlying this article.

Key Words: Sport at school. Training. Motivational climate. Physical activity. Coaches.

Zulaika Isasti, Luis M. (UPV/EHU. Jarduera Fisikoaren eta Kirol Zientzien Fak. Lasarteko bidea, z/g. 01007 Gasteiz): **Kirol Hezitzailea: balizko onurak eta errealitateko arriskuak** (Sport-education: theoretical benefits and risks associated with their practice) (Orig. eu)

In: *Ikastaria*. 15, 113-121

Abstract: It is often said that sport is educational, since this activity allows for the development of important values and qualities. However, in practice situations arise in sports that are not educational, and not everyone fully benefits from sport activities. In this article, we intend to share some thoughts around the principles that should be applied in the education of sports in schools in order to make this activity as beneficial as possible.

Key Words: School sport. Education of values. Physical education. Teacher of physical education.

Etxebeste Otegi, Joseba (UPV/EHU. Jarduera Fisikoaren eta Kirol Zientzien Fak. Lasarteko bidea, z/g. 01007 Gasteiz): **Euskal curriculuma eta eskolaz kanpoko joko-jolasak** (Interscholastic Sports and Basque Physical Education) (Orig. eu)

In: *Ikastaria*. 15, 123-132

Abstract: The Basque society believes that the interscholastic sport has important values, but the actual researches are suggesting a difficult link between sport and education. The Basque culture concepts of game and play, Joko and jolas, could help to understand today's contradictions in Physical Education and parents behaviours.

Key Words: Basque game. Basque play. Basque curriculum. Sport. Physical Education.

Egibar Mitxelena, Mikel (Gipuzkoako Ikastolen Elkarte. Errotazar bidea, 124. 20018 Donostia): **Euskal Kirol Eskola: Euskal Jolas, joko eta kirol eskola hezitzailea** (Basque Sports School: School for the transmission of the educational values of Basque sport and games) (Orig. eu)

In: *Ikastaria*. 15, 133-142

Abstract: Important steps are being taken in the Basque Country to complete the pedagogical project. The aim of most of the pedagogical agents in our country is to establish the basic knowledge that young people should have on Basque culture. In fact, no country can be a nation without their own language and culture- and, if the country's language and culture is not trasmitted from generation to generation, they country will disappear together with the nation. Basque sport, by structuring it in in the context of the Basque Country, canhelp from its field to strength Basque culture.

Key Words: Closed curriculum and open curriculum. Limbic brain and cortical brain. Praxemic code. Motor interaction. Internal logic and symbolic net. Uncertainty. Stable, formal and standardised space. Risk and danger.

Usabiaga Arruabarrena, Oidui (UPV/EHU. Jarduera Fisikoaren eta Kirol Zientzien Fak. Lasarteko bidea, z/g. 01007 Gasteiz): **Gipuzkoako Euskal Pilota Federazioa: Errendimendua eta sustapena uztartzen dituen eredua** (Basque Pelota Federation of Gipuzkoa: A model to develop performance and promotion) (Orig. eu)

In: *Ikastaria*. 15, 143-151

Abstract: The duties of a sport federation have always been related to the aims of high performance. However, in the last decade, there has been a major change. And, more relevance has been given to some other aspects of sport. The Basque Pilota Federation of Gipuzkoa has tried to balance the different aspects of sport. Thus, the aims of high performance, such as initiation and promotion, have been linked together in a general project.

Key Words: Sport federation. Promotion. Initiation. Performance.

Maldonado Martín, Sara; Calleja González, Julio (UPV/EHU. Jarduera Fisikoaren eta Kirolaren Zientzien Fak. Lasarte Ataria, z/g. 01009 Gasteiz): **Saskibaloiaaren entrenamendua eskola-adinean. Kirolaren errendimendu handiko hastapena** (Basketball training in school age. Start of sports high performance) (Orig. eu)

In: *Ikastaria*. 15, 155-162

Abstract: Nowadays one of the major worries related to training is how to train the young athletes and specially those who are yet into the school. In basketball, as other sports, training adaptation with regard to athlete's age and growth is very important. Thus, in any of prepubertal, pubertal and postpubertal ages there are sensitive phases in order to train both physical conditions and technical and tactic variables of the game. It is well known that in those sensitive phases the body is very receptive to physical and psychological development.

Key Words: Young. Growth. Development. Sensitive phases.

Pinedo Otaola, Jesús (Athletic Club. Ibaigane. Alameda Mazarredo, 23. 48009 Bilbao): **Bases para el desarrollo de la formación deportiva** (Bases for the development of sport expertise) (Orig. es)

In: *Ikastaria*. 15, 163-170

Abstract: In this article I am going to analyse the different concepts that I think they are significant in the sportsman's expertise, emphasizing more specific the first years of the sports practice, where the bases of acquisition of the knowledge of the play are going to be significant to get in the future a high level in the sport profit.

Key Words: Sport profit. Sport expertise. Training. Competition.

Toral Madariaga, Gotzon (UPV/EHU. Fac. de CC. SS. y de la Comunicación. 644 Posta kutxatila. 48080 Bilbo): **El Gran Hermano y otras estrategias de iniciación en el fútbol** (The *Big Brother* and other Initiation Strategies in Football) (Orig. es)

In: *Ikastaria*. 15, 171-179

Abstract: In the initiation to the football, the natural rhythm of learning of the children has been substituted by a succedaneum of the adult's soccer, already discredited in the high performance. The text offers a decalogue to coach better to these children's, and not to lose the main objectives.

Key Words: Initiation to the football. School sport. Trainer. Positive communication. To flow.

González Suárez, Ángel M. (UPV/EHU. Fac. de CC. de la Actividad Física y del Deporte. Carretera de Lasarte s/n. 01007 Vitoria/Gasteiz): **Práctica físico-deportiva en chicas en edad escolar. Hacia un modelo social de promoción** (Promoting of physical activity and sport among school age girls. Toward a social model of promotion) (Orig. es)

In: *Ikastaria*. 15, 183-193

Abstract: In this work the positive effect of using a social model for promoting the physical and sport practice among school age girls is analyzed. This model looks for the coordination and the greater effectiveness of the initiatives of promotion in its different action levels and places. With this objective, the most important factors relating to the interpersonal relations, institutions, community and the educative and sport policies implied are considered.

Key Words: Promotion. Physical activity. Sport practice. Girls. Social model.

Gimeno Marco, Fernando (Univ. de Zaragoza, Dpto. de Psicología y Sociología. Dr. Cerrada, 1-3. 50005 Zaragoza): **El trabajo en equipo de padres y entrenadores** (The work in team of parents and coaches) (Orig. es)

In: *Ikastaria*. 15, 195-203

Abstract: Parents and coaches behavior influence on young athletes education is analyzed. On the base of this analysis, the counselling and psychological skills training process is described with the objective to favour the work in team of parents and coaches in a same sport organization context.

Key Words: Counselling. Psychological skills training. Parents. Coaches. Young athletes.

González Aramendi, José Manuel (Virgen del Pilar Osasun Zentroa. Paseo Zarategi, 10. 20013 Donostia): **Kirola eta balio etikoak** (Promotion of ethic values on sport) (Orig. eu)

In: *Ikastaria*. 15, 205-213

Abstract: Sport asks for us, like sportsmen, sportswomen and sport linked persons, several ethics guidelines: a respect agreement with all athletes, with the sport, and with ourselves. We must train and play with security, integrity and loyalty. We can not act any way for obtaining the results; they must be based on the main richness of sport: their ethic values.

Key Words: Sport. Values. Ethic. Respect. Commitment.

Macazaga López, Ana M^a (UPV/EHU. Escuela Universitaria de Magisterio. Ramón y Cajal, 72. 48014 Bilbao): **Análisis del deporte escolar. Problemática y propuestas de solución** (Analysis of the school sport. Problematic and solution proposals) (Orig. es)

In: *Ikastaria*. 15, 215-224

Abstract: I seek to contribute to encourage the open debate starting from the popularization of the model of Basque Sport (MVD). I try to stimulate the debate and the reflection around the different problematic that MDE contains it. Starting from the revision of the current normative frame and of the introduced shadings, to be able to offer solutions that contribute to the improvement of the ordinance.

Key-Words: School Sport. Problems. Alternatives.