Evolution of sports practice in the municipality of Castro Daire

https://doi.org/10.56238/homeIsevenhealth-092

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1 INTRODUCTION

Believing that physical activity determines, a fundamental role in our society, in general, promoting the health of the population and combating the consumption of substances harmful to the body and some risky behaviors. In particular, in the municipality of Castro Daire, with its characteristics of an inland municipality, it is even more important how policy makers make their choices. In this sense we will systematize some values on the evolution of physical activity, structured, in the years 2001, 2011 and 2021.

2 OBJECTIVE


3 METHODOLOGY / DEVELOPMENT

Survey with the sports services of the data of sports practice in the municipality of Castro Daire, in the years 2001, 2011 and 2021.
Table 1 - Number of inhabitants in the Castro Daire municipality (2001, 2011, 2021)

<table>
<thead>
<tr>
<th></th>
<th>2001</th>
<th>2011</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>16990</td>
<td>15339</td>
<td>13736</td>
</tr>
</tbody>
</table>

Table 2 - Number of associations, modalities, players, sport technicians/teachers, in the years 2001, 2011, 2021, in the Municipality of Castro Daire

<table>
<thead>
<tr>
<th></th>
<th>2001</th>
<th>2011</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Associations</td>
<td>4</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Federated Modalities</td>
<td>1</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Sports Technicians (Teachers) SMD</td>
<td>0</td>
<td>3</td>
<td>10</td>
</tr>
<tr>
<td>Practitioners (federated)</td>
<td>120</td>
<td>220</td>
<td>360</td>
</tr>
<tr>
<td>Practitioners' ages (years)</td>
<td>14 to 35</td>
<td>10 to 60</td>
<td>6 to 60</td>
</tr>
<tr>
<td>Soccer, Futsal, Swimming, Athletics, Mountain Biking, Gymnastics</td>
<td>SMD - Municipal Sports Service</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4 CONCLUDING REMARKS

The sports service of the Municipality of Castro Daire in 2001 had no sports technician. All physical activity was developed, without any coordination, by the existing associations, in an organized way, only in soccer. In 2021, Castro Daire SMD had 10 technicians, who coordinate all the sports activity, in soccer, futsal, swimming, athletics, mountain biking and gymnastics. In this period of time we went from 120 to 360 practitioners.