

PHYSICAL SPORTS ACTIVITIES. CLASSIFICATION AND ORGANIZATION

1. INTRODUCTION TO THE TOPIC

There is a huge variety of sports and physical-sports activities. Movement is inherent to living beings and necessary to develop, relate, communicate... but on a human scale it acquires peculiar characteristics in terms of training, psycho-social role, health maintenance, economic...

It is the objective of the topic to try to analyze the [sports fact](#) and classify the multiple sports activities and group them according to their characteristics. Also see what type of competitions can be established when playing in a competition.

Finally we will try to analyze the social, economic, political, cultural... repercussions of sport.



2. CONCEPT OF SPORTS

Currently, due to the great rise in physical-sports activity, sport is analyzed from different points of view, both from the cultural and scientific fields. In this way, sport is studied by sociology, philosophy, biomechanics, education, history, etc.

We can all clearly identify sports activities but it is complex to define them because they cover different related aspects such as economic, social, educational... There are quite

a few authors who refer to the subject.

If we consult the **Dictionary of the Spanish Language of the Royal Spanish Academy** (1992), we find that in its first meaning the term *sport* means “*recreation, pastime, pleasure, amusement, or physical exercise, usually outdoors.*” While in its second meaning it refers to the “*physical activity, exercised as a game or competition, the practice of which involves training and subjection to rules.*” As we can see, the term sport is characterized by the following aspects: physical and mental activity, rules or norms, competition, fun, play. All these aspects will provide us with a first approach to the concept of *deport*. It seems that the concept of sport is polysemous, that is, it has different meanings.

For **Coubertin** (1960), restorer of the Modern Olympic Games in 1896, the sport is “*voluntary and habitual cult of intense muscular exercise, supported by the desire to progress and which can go as far as risk.*”

According to **José María Cagigal** (1985), “*SPORT is that organized competition that ranges from the great spectacle to the modest level competition; It is also every type of physical activity carried out with the desire to compare oneself, to surpass others or oneself, or carried out in general with aspects of expression, fun, gratifying, despite the effort.*”

While, **you were talking** (1981), defines sport as “*driving situation of regulated and institutionalized competition*” to which Hernández Moreno (1994) adds the recreational aspect, leaving the definition of sport as follows: “*motor competition situation, regulated, playful and institutionalized*”.

Garcia Ferrando (1990), understands that three essential elements appear in every sport, defining it as *“a physical and intellectual activity, human, competitive in nature and governed by institutionalized rules.”*

Sanchez Bañuelos (1992), when defining the term sport, tells us that it is related to *“any physical activity that the individual undertakes as recreation and that implies for him a certain commitment to surpassing goals, a commitment that in principle does not need to be established except with oneself.”*

Castejon (2001), provides a new, fairly broad definition of sport in which any sporting discipline has a place: *“physical activity where the person develops and manifests a set of movements or voluntary control of movements, taking advantage of their individual characteristics and/or in cooperation with another(s), so that they can compete with themselves, with the environment or against another/ s trying to overcome their own limits, assuming that there are rules that must be respected at all times and that also, in certain circumstances, they can use some type of material to practice it.”*

Currently, sport is analyzed and studied from many areas such as school, educational, competitive, sport for all, adapted sport, etc., in this way we find definitions of the term *“deport”* from a more integrative perspective.

The **European Sports Charter** (Unisport, 1992) defines this as *“all forms of activities that, through participation, organized or not, have as their objective the expression or improvement of physical or mental condition, the development of social relationships and the obtaining of results in competition at all levels.”*

3. STRUCTURE OF SPORTS

The main elements that we can find in sports are regulation, technique and tactics.

In **itregulation** We define all aspects related to the rules of the game, the materials that can be used and the playing space in which the activity takes place. Also the fouls and sanctions to be applied during the development of the sport.

The **technique** It establishes for each sport the appropriate execution models to perform effectively and with economy of effort to achieve adequate performance. Undoubtedly, mastering technique is a fundamental element for achieving sporting success. The application of one technique or another or the combination of different techniques depending on the game situation is called **Individual tactics**, that is, being able to decide between the different options to make the most appropriate one based on teammates and opponents and the game situation.

In sports, we must analyze the game situation at all times, observe our opponents and teammates, analyze the different situations and gestures, see the possibilities based on each person's capabilities and the game situation, all of this in moments. . This process is called **Strategic or Tactical Decision** and during the game it must be practiced constantly. Tactics take on much more importance in some sports than in others. In team sports or sports in which the playing field is changing, it will become more important than in individual sports, although we should not disregard the tactical decisions we can make in these.

In all sports, to a greater or lesser extent, we must put in place the mechanisms of **PERCEPTION-DECISION-EXECUTION**, and these will be determined by multiple factors such as experience, physical condition, technique, correct interpretation of signals, development of the game or competition

Other elements that appear within the concept of tactics are the communication which is established between players of the same team defined as a set of codes and gestures that serve to pass information to

teammates and the **counter communication which**, on the contrary, is trying to pass wrong information to the opponent and trying to confuse them so that they execute incorrect actions and errors during the game. The set of coordinated actions of all the members of a team during the development of the game, placing the players on the field of play in defensive or offensive situations, gives rise to the **Game Systems**.

Finally, we must not forget that to achieve good performance in any sporting discipline there are two elements that we must prepare as much as possible. These are the **physical condition and psychological preparation**.

Good physical preparation gives us the ability to keep up with the pace of a meeting or participate in a test with more guarantees of success. It provides us with tools to execute technical-tactical actions, since a good development of physical capacity improves the progress of technique and allows us to carry out more complex tactical actions.

Likewise, the psychological factor is a primary factor for the athlete since the mental attitude, motivation, anxiety, frustration, self-improvement... can lead to success or failure.

4. CLASSIFICATION OF SPORTS

There is an incredible variety of sports and the purpose of this chapter is to classify them by grouping them into common characteristics. The simplest classification is the one that divides sports into individual and team sports. From this classification the teacher **J. Riera** proposes another in which it takes into account the

absence or presence of opposition and collaboration. In this way it distinguishes the following categories.

❖ **Sports without opposition or collaboration:** no one directly opposes or collaborates with the athlete.

❖ **Sports without opposition and with collaboration:** there is a joint and coordinated participation of the group but there is no direct opposition from the adversary.

❖ **Sports with opposition and without collaboration:** they are also called adversary sports. A confrontation is established with the opponent and his actions influence the athlete.

❖ **Sports with opposition and collaboration:** There is a group that collaborates in the actions and another that opposes them, alternating these roles over time.



CLASSIFICATION OF SPORTS			
Individual sports		Team sports	
No opposition no collaboration	With opposition and without collaboration	Without opposition and with collaboration	With opposition and collaboration
• Athletics • Ski • Artistic	• Badminton • Fencing • Squash	• Reliefs (Athletics) • Synchronized	• Badminton (doubles) • Baloncesto

- gymnastics • Rhythmic gymnastics • weightlifting • Skating • canoeing • Number • Jumps	• Fronton • Judo • Karate • Struggle • Tennis • Pin Pon • Cycling*	- swimming • Pairs skating • Remo • Candle • Cycling*	• Baseball • Soccer • Handball • Volleyball • Rugby • Water polo • Hockey • Tennis (doubles)
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*Some authors consider it individual, others as a team. In cycling it is worth highlighting the great individual effort that athletes must make, victories are often due to the physical capacity and courage of the cyclists, but no one doubts how important it is to have a team that supports you, that makes a way for you, to “help” you on the route. Each rider's actions are independent, but can also tactically influence each other. Then there are all the track cycling events in which we have individuals and teams, which we can consider in the same way. You decide.



4.1 INDIVIDUAL SPORTS

Some authors say that in individual sports psychomotor situations occur, unlike in groups that socio motor situations occur. The athlete is alone in the competition, and as we have seen previously they vary depending on whether they are opposed by the opponent or not. In these sports, the **Technique**, which must be effective, achieves the proposed objective, and **economically**, that we achieve it with the lowest energy expenditure.



To achieve this technical mastery we will have to train following a process:

1. Improvement of physical and coordinative qualities.
2. Automate the technique.
3. Adapt the technique to your own characteristics.
4. Stability of techniques against external and internal agents.

TECHNIQUES OF DIFFERENT SPORTS				
Badminton	Athletics	Swimming	Judo	Gym
• Displacements • Lob • Drive • Smash • left • Clear	• Exit • fence step • Triple jump • Rotational • Fostbury • Career	• Crawl • Braza • Back • Mariposa • Exit • Turn	• Kumikata • Uki-goshi • Tani-otoshi • De-ashi-barai	• Somersault • Rondada • Mortal • Fifth • Flic-flac • Paloma

In these sports tactical approach seems to have less importance, but we should not despise it, since a bad tactical approach for a race can derail us from victory. We can classify them into:

4.1.1 Sports without opposition and without collaboration;

The athlete is alone in the competition, there is no interaction with anyone, there are no teammates, nor adversaries that influence the athlete in a significant way, the actions of the participants are independent. Athletics, weightlifting, swimming, skating, jumping, skiing, gymnastics...



4.1.2 Sports with opposition without collaboration



Also called adversary **sports**: tennis, badminton, judo, karate, fencing... Evidently the game of counter communication that is established in individual adversary sports is much more powerful than in individual sports without opposition.

Related to this, tactics in those and tactical decisions will be more important, without forgetting that in all of them it is a factor to take into account.



4.1.3 Depending on Space and Participation

Within individual sports we can make a new subdivision if we look at the playing space and participation in it.

Simultaneous participation	Alternative Participation	Separate Space	Common Space
• Athletics (racing) • Skiing (cross country) • Canoeing (calm waters) • Number • Fencing • Judo • Karate • Struggle • Cycling	• Badminton • Squash • Fronton • Tennis • Pin Pon • skiing (slalom) • Gym • Skating • weightlifting • Canoeing (white water) • Jumps • Athletics (jumping, throwing)	• Badminton • Tennis • Pin Pon • Number • Athletics (depends on the race) • Canoeing (quiet)	• Fencing • Squash • Fronton • Karate • Judo • Struggle • weightlifting • Skating • Piraguism (bravas) • Jumps • Athletics (depends on the race) • Athletics (jumping and throwing) • Ski • Gym • Cycling



4.2 THE TEAM SPORTS.

There are companions and adversaries during the development of the game. The tactical factor becomes more important.

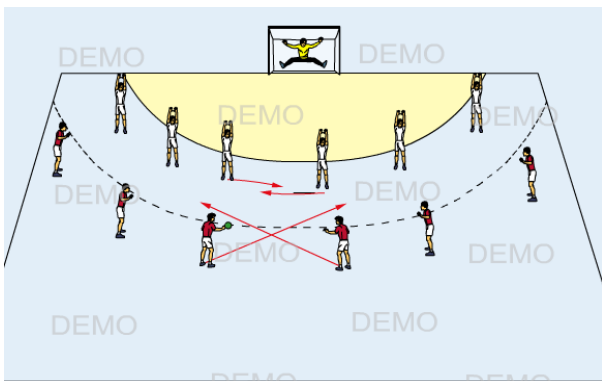
There are a series of technical-tactical elements that occur in all team sports depending on whether they are offensive or defensive situations. These elements are:

ATTACK: Wall, blocks, crosses, screens, unmarking, feints...

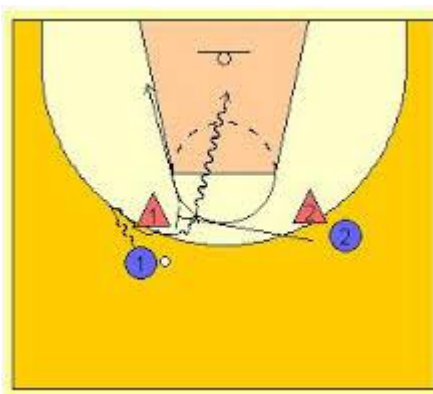
DEFENDING: Marking, change of opponent, individual defense, zone defense, mixed defense...



cross



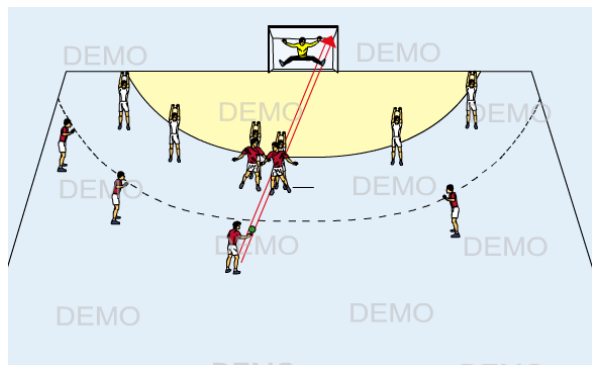
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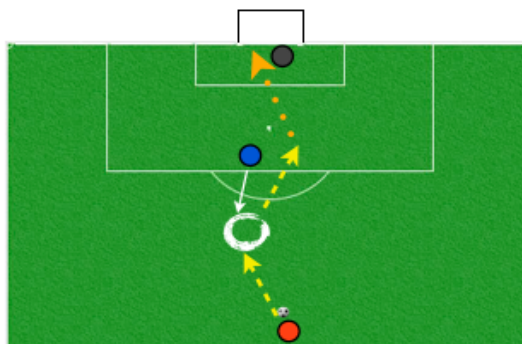
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blocking

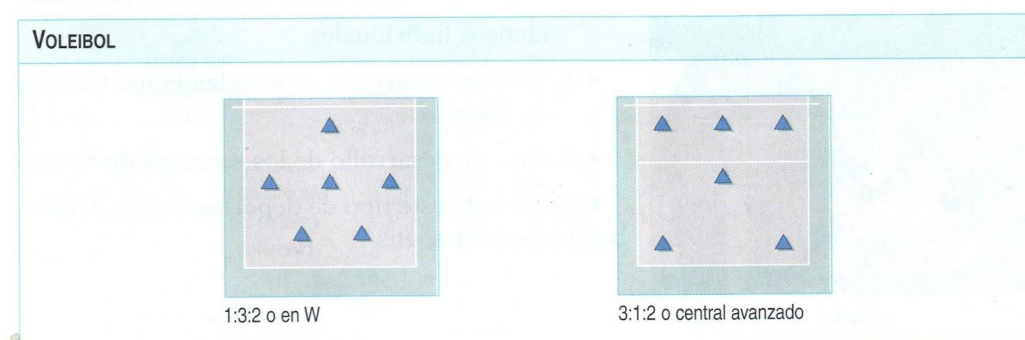
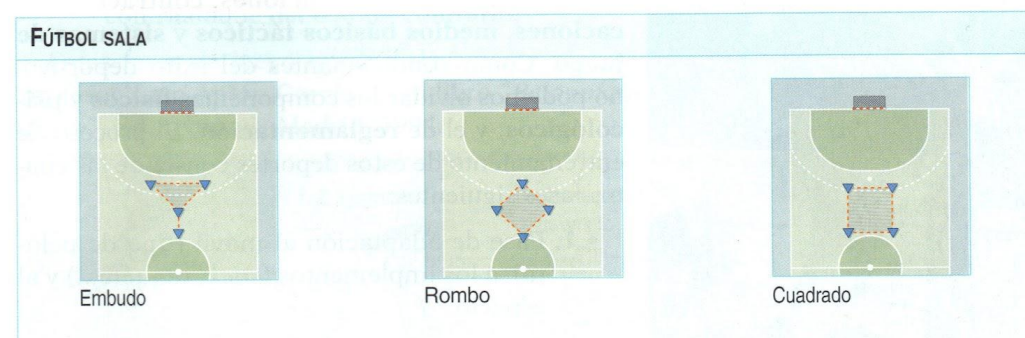
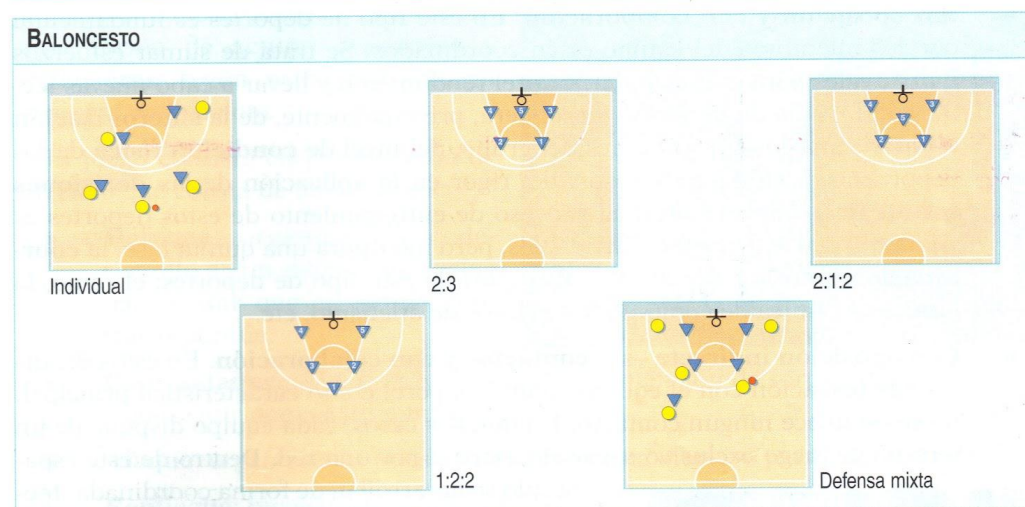
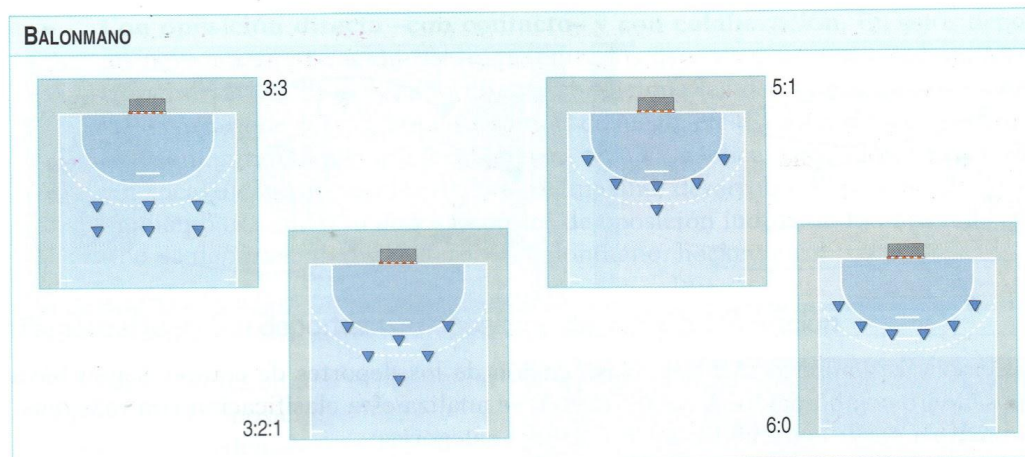
screen



pretend



They all try to arrange the players in configurations on the field determined by the game situation and the team's possibilities. As an example, observe the defensive systems of some team sports.



4.2.1 Sports without opposition and with collaboration



Examples of these sports are group rhythmic gymnastics, synchronized swimming, relays in athletics, rowing...

In this type of sport there is the participation of several members of a team and there is no direct or indirect opposition from the opponents. Success is based on the synchronization of all team members and of course on mastery of technique and level of physical condition. Strategic decisions also count but less. A lot of work must be done on the coordination and synchronization of all members.



4.2.2 Sports with indirect opposition (without contact) and with collaboration.



There is opposition from the opposing team but no contact is established between the players, in some cases the playing field of each team is separated. Examples of these sports are doubles tennis, doubles badminton, volleyball, and baseball.

4.2.3 Sports with direct opposition and collaboration.

There is a constant interrelation between the players of both teams. Some players condition others, multiple relationships of communication and counter-communication are established. Football, basketball, handball, rugby, water polo...



teams.

4.2.4 Depending on space and participation

We can, just as we have done in the individual ones, make a subclassification based on the playing space and participation:

Simultaneous participation	Alternative Participation	Separate Space	Common Space
• Remo • Soccer • Handball • Baloncesto • Water polo • Rugby • Hockey • Cycling	• Synchronized swimming • Volleyball • double tennis • badminton doubles	• Volleyball • double tennis • badminton doubles	• Baseball • Soccer • Handball • Baloncesto • Water polo • Rugby • Hockey • Cycling

4.2.5 Phases in sports with direct opposition and collaboration.

In all these sports there are two roles that alternate throughout the game or encounter, that is, the role of attackers or the role of defenders depending on whether they are in possession of the ball or the mobile phone or not.

The game consists of alternating a series of **4 phases** which can be summarized in:

Defending: We don't have a cell phone, we have to defend our field, area... to avoid the score, the goal... from the opponent.

Counterattack: Very fast attack, usually after a theft of the ball or appropriation of the ball or mobile phone that catches the opponent disorganized and tries to score, score a goal, score...

Attack: We are in possession of the mobile phone, we organize ourselves, and we put our systems into practice to get points.

Fold: Quick repositioning due to a counterattack by the opposing team or loss of mobile and being able to organize our defensive system.

In the following table we can see the general **principles of attack and defense**, what Within these 4 phases are the main elements of team sports in the development of a match in sports with direct opposition and collaboration

ATAQUE	Principios: {	Conseguir el objetivo (marcar) Avanzar hacia el objetivo Conservar la posesión
-Sin móvil (balón).Táctica fund.: Desmarque ideas		{ - Abrir líneas de pase - Apoyar/ ayudar al balón - Ir al hueco/fintar
-Con móvil: elegir -Tirar -Pasar-Avanzar (Fintar)		
DEFENSA	Principios: {	Recuperar el móvil Obstaculizar Proteger el objetivo
Táctica fund.: MARCAJE		{ - Sobre jugador/a CON móvil: <i>entre él/ella y el objetivo</i> - Sobre jugador/a SIN MÓVIL: <i>triángulo defensivo</i> , controlando a su defendido y al móvil.
AYUDA al jugador/a desbordado/a.		

4.3 OTHER WAYS TO CLASSIFY SPORTS

The previous classification of sports seems most interesting to us, but you have to know that there are others of which I will present a summary below.

MATLEIVEV, L.P._(1981), uses in its classification a criterion based on the type of physical effort required for each sport, establishing five groups.

- **acyclic sports**, they are explosive, and of maximum intensity.
 - Jumping (gymnastics, trampoline, skiing, length)
 - Throws (javelin, discus, weight and hammer)
 - weightlifting
 - Speed (sprint)
- **Sports with a predominance of resistance.**
 - Submaximal and medium intensity movements. Athletics and swimming races (not sprint races)
- **team sports.**
 - Sports of considerable intensity, with breaks (basketball, ice hockey)
 - Sports of considerable duration with few interruptions (football, field hockey).
- **combat sports**; In them there are direct confrontations between individuals (fencing, boxing, wrestling).
- **Complex sports and multiple events**; They are those in which the athlete is asked to make very diverse and extensive efforts (modern pentathlon, decathlon, sports gymnastics).

SANCHEZ BAÑUELOS, F, distinguishes between basic sports and complex sports.

Basic sports:

They are related to basic skills and abilities and are usually developed in a stable environment. Athletics, swimming, archery...

Complex sports:

They develop in changing environments. For example, basketball, handball, volleyball...

PARLEBAS, P. Make a classification taking into account the three variables that sports can have in terms of playing space, teammates and opponents. The factor that determines any situation is the notion of uncertainty (insecurity, restlessness). This uncertainty may be due to the physical environment surrounding the motor activity, or to opponents or partners.

Situations in which there is no uncertainty, those in which the individual acts alone (javelin throw, high jump, etc.) are called situations "**psychomotor**". Those in which there is uncertainty, due to the physical environment or to teammates or opponents (team sports, wrestling, fronton), are called situations "**socio motrices**".

Uncertainty, in the relationship between the environment, the partner and the adversary. provided by sports gives us their classification.

This can be:

- Uncertainty caused by the participant's relationship with the external environment or physical environment.
- Uncertainty in the interaction with partner(s) or motor communication.
- Uncertainty in the interaction with the adversary/s or motor counter communication.

This means that each situation can be characterized based on the existence or not of uncertainty in one or more of the parameters considered. Establishes **8 sports categories** depending on the uncertainty. Sports that are individual and are developed in fixed and stable environments are those that do not carry uncertainty and, on the contrary, those that are developed in changing environments and there are also opponents and teammates are the ones that carry the most uncertainty.

1st Category: There is no type of interaction. The practitioner is alone in a stable environment. Swimming in the pool, running on the track...

2nd category: Uncertainty is located in the physical environment. Alpine skiing, outdoor activities, solo climbing...

3rd Category: Uncertainty arises in the relationship with your partner. Skating in pairs, rowing...

4th Category: Uncertainty is located in the physical environment and partner, the activity is carried out in cooperation with a partner in an unstable environment. Mountain climbing, sailing with a partner.

5th Category: The uncertainty is located in the adversary. Badminton, judo...

6th Category: Uncertainty is located in the adversary and in the middle, which is fluctuating. Cross-country skiing, individual sailing.

7th Category: It is a situation in which both the relationship with the partner and the opponent are situated in a fluctuating environment. Popular team games, team sports in nature...

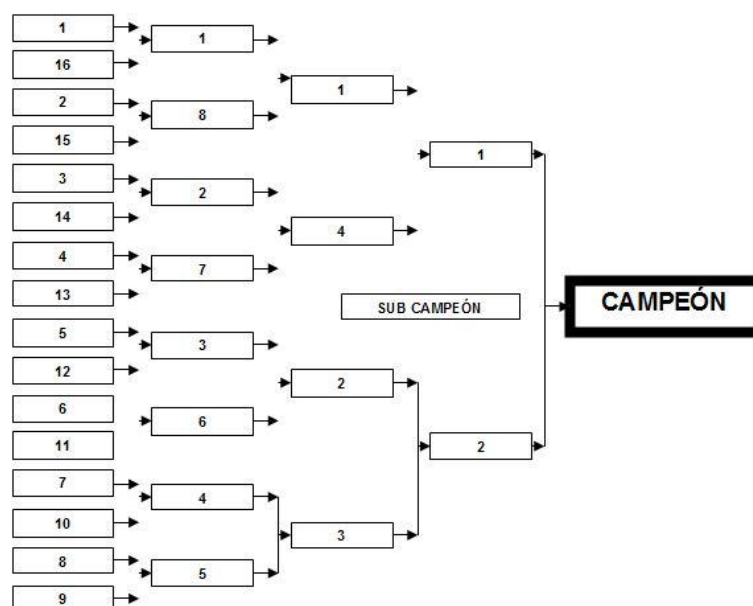
8th Category: The environment is stable and the uncertainty is located in the partner and the opponent. basketball, soccer, volleyball...

5. Organization of Sports Competitions.

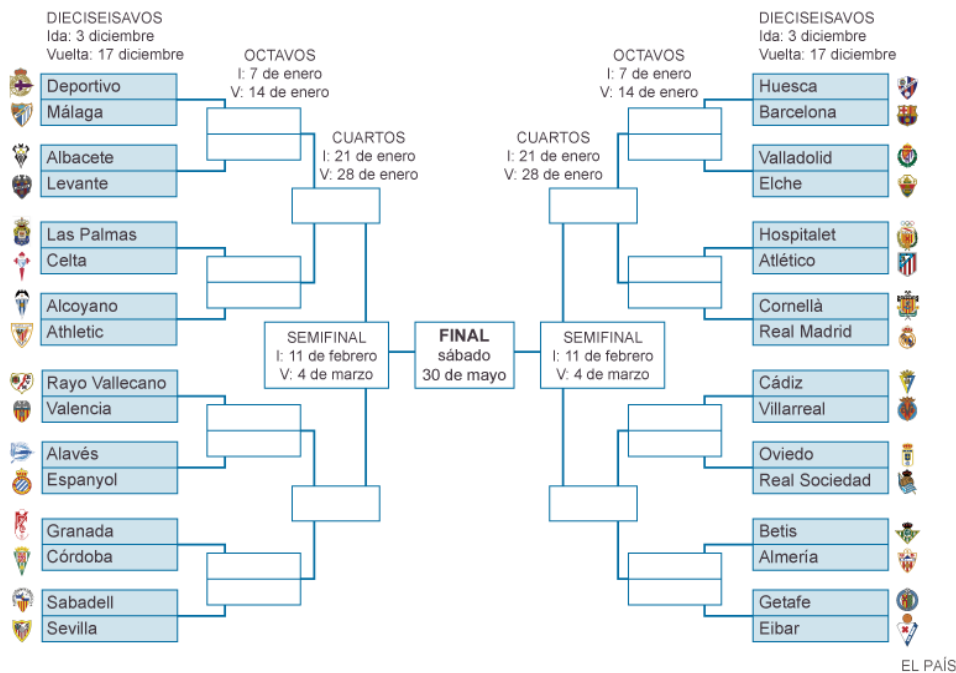
There are different ways to organize a sports competition between teams or individual athletes. It depends on the objective, the time available to compete, economic factors, the available facilities...Let's look at some.

5.1 Direct Elimination or old Cup system.

It is the fastest and easiest system to organize. The opponents compete and are eliminated after losing each match, with the winners moving on to the next phase. An order number is established and the pairings are established, whoever loses is eliminated. To avoid confrontations between favorite or higher level teams, seedings can be made that will go in different groups in such a way that they do not face each other in the first phase of the competition. Also to make it fairer, the tie can be made over two games (old Cup system) and the overall result decides who is eliminated. In the first phase, 16 teams in each of the two groups competed for the cup. This one-match or two-match system can be used in countless competitions since it is quite fast when there are not many days available for the competition.



This system was used, for example, in the King's Cup until recently. The matches are two games and the overall result establishes who goes to the next phase. In the current Cup system (in soccer) many more teams enter and the matches until the semi-finals are in one match, with the winner qualifying. If you want to know [who can play the Copa del Rey](#) in football and the rules of access and competition, click on the previous link.



5.2 Mixed System. European Cup or Champions league (antigua)

In this system the opponents play a league in groups of 4. Normally these groups are established with seeds so that the a priori favorites do not face each other. The first two are classified. Once this phase is over, the teams that have passed play by direct elimination over two games. The pairings for the next phase are established by draw taking into account the previous classification. Those who advance to the following rounds play the round of 16, quarterfinals, semi-finals, all of which are two games, and the final, which is only one game. Currently the access system to play the European Cup and the competition system has changed, but the mixed system can also be applied in multiple sports or sports tournaments. If you want to know the [current European Cup system](#), click the previous link.



5.3 League System

It is the longest competition. Everyone plays against everyone, normally there are two rounds so that a match is played on each field. The champion is the one with the most accumulated points at the end of the competition. In the event of a tie, the goals for and against are looked at, that is, whoever has the better goal difference. It is applied in a multitude of sports throughout the sporting year. Most sports follow this system in different categories.

5.4 Other systems

There are also other systems to play the King's or Queen's Cup and the winner of the league, such as in the basketball league where they play a league in which they face each team twice. After playing the first round, the top 8 teams compete in the Cup over a weekend at the same venue, with elimination matches played in the quarter-finals, semi-finals and final. At the end of the regular league, that is, after the two rounds, the top 8 teams compete in the "Play Offs" which consists of playing elimination matches in the best of 3 matches, pairing 1-8, 2-7, 3-6, 4 -5. The two that remain play a best of 5 games final.

In other countries such as the United States, after a league, there is a champion from the Eastern Conference and another from the Western Conference who play the final in 7 games.

5.5 Other sports and other competitions

Apart from the team sports of the national championships, there are other championships such as the world cup of a certain sport, the continental championships, the Olympics, the intercontinental cups, the club world cup, the national super cup, the football super cup. Europe...

To compete in some of the most important events (World Cup and Olympics) there are normally qualifying phases that the different countries play and repechage phases. There are tournaments that qualify directly to play in those events, for example, the top three finishers in the handball world championship are directly qualified to play in the Olympics. In the world championships and Olympics there is quota by continent, that is, there are representatives from all continents. It may happen that there are teams from a continent with a lower level than other countries that have been eliminated in the classification of their own continent, but here the priority is global representation and how favorable it is for sport and global television following that there is diversity of continents.

In sports like athletics there are no leagues but rather specific championships. In jumping, throwing and racing contests, the winner is the one with the best record or best position. To participate in world championships or Olympics you must do a minimum in the corresponding specialty. In the championship itself, various previews are then held to refine those remaining for the finals.

This also happens in multiple sports that do not have leagues but championships. The classified or registered athletes face each other directly to find out who is the champion.

In others, such as road cycling, you already know that there are several grand prizes in which teams fight for several weeks to obtain victory in different categories: Tour, Vuelta or Giro champion, mountain champion, regularity award, champion by teams... There are other competitions of shorter time or events of the cycling world championship. Also in the track specialty there are numerous events that are held in a velodrome individually or by teams.

In other sports, a team of judges is necessary who decide by score who is the champion (synchronized swimming, gymnastics, diving...) and championships are held in different cities or venues.

All of them require a team of competition judges or referees who ensure respect for the rules of the sport and decide on controversial plays or actions by applying the regulations. This is an enormously difficult task due to the difficulty of deciding at the moment and the social and economic pressures that may exist. For this reason, in some sports there is the moviola or VAR, to see the plays clearly and be able to fairly apply the regulations (Fencing, American Football, Soccer...)

6. SPORTS IN CURRENT SOCIETY

Sport has an influence on many aspects of society. Nowadays it has become something very complex but at the same time it is very simple since sports is a natural act that occurs from a very early age. No one can hide the links between sport and politics, or the economy, or the social impact of athletes or competitions, or the violence that takes advantage of sport.

Do the media treat men's and women's sports in the same way? Why are there sports that occupy almost all the sports information? Is sport an unscrupulous sports industry? Is sport used to sell political ideas? Is an elite handball player or a soccer player, or a cyclist or a fencing fencer, more athletic?...then why do some have more impact than others? Does sport transmit universal culture and values? Sport or show? Is sport used to sell nationalism? Is sport also capable of transmitting negative values? Why is there violence in some sports fields? Is sport discriminatory? Win at all costs or win? What reasons are there for an athlete to dope when sport a priori seeks the opposite?...

Consult these links on these topics or others that you think are appropriate and form your own opinion. I put a fragment of them in each one.

[sport and society](#)

"Sport is a simulation of life on a small scale. It does not have very different values from those of everyday life. What happens is that sport has very fast feedback. A match is won or lost. There's no more. While you play sports, when you dress short, you get to know people. "With a suit you can hide everything a little more,"

"sport "has to educate" and warns that in the cases of stars, of the elite, if "it is poorly managed it can lead to deformation, to generating someone who is narcissistic, histrionic."

[sport and politics](#)

"Sporting events awaken patriotic feelings in spectators. Highly competitive sport plays an important role in affirming national identity, since the stadium becomes the stage where the nation is represented by the colors of each flag and the singing of the anthem. There war is symbolized and victory becomes a symbol of cohesion."

[The anesthesia of sport](#)

"The atmosphere is one of joy, a novelty in a country that has had more than four **years of a serious economic crisis**, an inflation of almost one hundred percent annually, growing crime problems and a toxic political environment with the bridges between the government and the opposition broken."

[History of women and sports](#)

"If we go back no more and no less than three thousand years ago, to 776 BC in the city of Olympia (Greece), we will realize that for a long time sport has been a field completely forbidden to women. Already in these times, the participation of women was excluded not only as athletes but also as spectators. Only single women could attend the games, and the penalty for a married woman who watched the athletes in

action was death, since the athletes competed naked, displaying their bodies as a symbol of perfection and dedication.”

[Sport and woman](#)

“The first myth points out that sports-athletic activity masculinizes women. This is perhaps one of the most persistent stereotypes about women's sports over time, since historically women who have developed their motor skills have been socially stigmatized as having masculine attitudes. To the above we must also add the pressure exerted by stereotypes of current female beauty, driven fundamentally by the media.”

[Access to sport for women](#)

...among the barriers that make it difficult for women to dedicate themselves professionally to sport, the persistence of certain stereotypes, the scarcity of public aid aimed at promoting female sports practice and the lack of economic incentives for companies to invest in these competitions stand out. for the "supposed" lesser spectacle they represent.

...“The rumor of a signing or the hair color of Sergio Ramos matters more.”

[More about Sports and women](#)

“For this reason, a difference is expected from women in terms of performance, expectations of success, less aptitude for agonism, competition, training, greater aptitude for creativity and intellectuality, sensitivity. These patterns cause the girl's identity to develop under these guidelines, and although with modernity they have been losing power, even today they influence the choice, predisposition, interest, and attitude towards sport. That is to say: women represent sport, not what they can perform as an athlete or simple practitioner, but what, in general, society expects of them based on a preconceived model of behavior.”

[A woman training men?](#)

"From the moment women's sports are no longer considered professional, women will never be admitted into a world that continues to be men's and dominated by men," she laments. And, according to her, "we no longer have to prove anything." "The world of sports is not yet prepared to admit women and men as equals and that is why it is advancing at a slower pace compared to the rest of society"

[Sports and economy](#)

Sports induce a large market that contributes 2.4% to Spanish wealth and is almost immune to the crisis. The global successes of football, tennis and cycling stars have changed the citizen's lifestyle. Some 3.5 million Spaniards have federative sports licenses, and almost 40% of those over 15 years of age do sports weekly. This group spends in gyms, buys sports clothing, participates in competitions, and pays to see their idols. Added to these large consumers are tourists attracted by competitions or sports...

[Sports and nationalism](#)

“This attitude is noticeably aggravated when the competition takes place between national teams. Then, the deepest and most irrational nationalist feelings emerge: what becomes relevant, then, is that our team obtains the victory no matter what. Does not matter how. After a while, we will only remember the triumphs, not how they were obtained. For example, what Italian remembers Tassoti's elbow to Luis Enrique? Or what Argentina would deny the famous goal with his hand that Maradona scored against England?

Sport and national identity

““Sport is one of the main means of international promotion of the identity of any nation, hence the interest of nationalist parties.”

Sport and violence

“I am ashamed that the image of all the fans is forever stained by criminals. What bothers me the most is their attitude and that they claim to be fans of my team. For me they are impostors. The only color that these individuals defend is the red of the blood they cause in each incident.”

Sport and doping

And, although athletics and cycling are the sports that present the most violations by number of athletes, the Olympic sports that involve the most doping, according to the proportion between the number of controls carried out and those that present irregularities, are weightlifting, golf and horse riding...

Excesses in sport

“It has an authentic fleet of luxury cars that exceeds twenty. As a curiosity, he buys white ones for his home in Miami and black ones for the ones he has staying at his property in Las Vegas. Two of them, Bugatti Veyron, are priced at \$2.5 million each. During a party at a strip club in Miami he paid a bill of \$50,000, and his image is famous at one of those wild parties he organizes and in which he takes part by burning \$100 bills. He only uses his underwear and shoes once, he does not make bank deposits in envelopes, but rather he goes with friends and several backpacks full of bills, he travels with bags full of 100 dollar bills...”

Sport and values

“After the game, **Back Martinez** was **elected best goalkeeper of the championship**. But when he picked up the **Gold Glove** his gesture of **taking the trophy to the genital area**”It didn't leave anyone indifferent.”

Sports, football and more

“Without going any further, that unemployment rate, which is no drama and which does not prevent the footballers, who face Spain today, from speaking three languages, without having emigrated abroad, from being bank executives and from being able to tell our people that in his country the majority of young people who finish their studies at university do not become unemployed. “Small things that make big differences..., and not just in football.”

Sport and money

....The contract signed by the Federation with Saudi Arabia is for three years, for which it will receive around 120 million euros, half of which will be distributed among the participating clubs. A confidentiality agreement prevents revealing the exact figures that the clubs and the Federation will enter. Federation leaders assure that the money that the entity will obtain will be allocated entirely to modest and women's soccer. For this first edition, the clubs will distribute around 20 million euros depending on the *ranking* competition history.....

Sport and more money

And that is where the name and surname of the great attraction of this beginning of the year appear in **Saudi Arabia: Cristiano Ronaldo**. The latest whim of a country that insists on using sport to improve, **and wash, your image** abroad and has already spent more than a billion on it. And what remains. Whatever it takes.

Limits of the sport

It is a paradox: we all think that records can be broken, but also that one day it will be impossible to do so. In some modalities we are close to the maximum....

Sports, ethics, biology and science

"...explained that the South African Caster Semenya, the most 'biologically' relevant case, is a man and when it comes to competing he has "an enormous advantage" over his rivals."

Sport and personal identity

"Semenya is intersex, a woman with XY chromosomes, her testosterone levels are very high. And in April 2018 the International Athletics Federation decreed a rule against it. In practice they prohibited him from competing. And they only left him with two options: either take medication to reduce his testosterone or forget about the 400, 800 and 1,500 meter races."

Sport and religion

"We go there to do our job, but we are prevented from wearing our work clothes"...players have been asked to wear t-shirts and long pants instead of the usual bikinis...

Sport and gender

"In the last New York marathon, Daniele Meucci, former European champion of the distance, finished eighth and took home \$5,000. 32 minutes later, **Jake Caswell**, a biologist who is fond of athletics, reached the finish line in 172nd place and received the same award. How was it possible? Meucci participated in the male category and Caswell did not: he did so in the new non-binary category..."

Sport and trans

"Álex is not the only trans boy who is playing on a women's team. "There are many of us, it's not that we don't see so much..." This is not even the first time it has happened to Europa. Last year it was the same, but in reverse, with **Valentina Berr**, with a trans woman, who has come out in defense of Álex on social networks. She managed to change the 'M' to 'F' on her ID, but not even like that. The insults and humiliation in the stands and on social media forced her to hang up her boots."

[Sport, gender, football, money and more](#)

“With the utmost respect for what each person feels about their gender, female athletes must be protected, because there are physical sex differences, which are biological, and can generate an imbalance in competitions. "We should review the Trans Law in the sports field to try to protect women's rights."

[Sport and improvement](#)

“... It hasn't been easy to organize everything, but I think I'm at my best now," admits the fencer who has already learned to defeat her rivals and, at the same time, her illness."

[Sport and mythomania](#)

""Messi is everything to me, everything!", shouted a young woman in the middle of Avenida 9 de Julio, in the center of which stands the 67 meters of the Obelisk, the place of greatest concentration on the day and where the selection was to be especially celebrated. "I'm tattooing everything about Messi, everything!" shouted a friend of the first one.

[Sports?](#)

“A teenager died in Montpellier after being hit by a driver in the Paillade neighborhood, where the victory against Morocco was being celebrated. Furthermore, and despite the strong security deployed by the French authorities, there were altercations in some French cities and the night ended with **266 detainees.**”

[Ultras in sport](#)

...Insults, Nazi salutes, racist banners or banners with slogans that border on crime... The ultra phenomenon in France is experiencing a lack of control these months, in which stoning the opposing team's buses has become something recurrent and a more radical presence is perceived in the stands.

[The power of emotions.](#)

If you're going through hell, try to walk fast, but you're going to have to go through it anyway. Emotions are the greatest source of energy we have.

[A gesture difficult to see](#)

...an "athletics worker", left an image of pure sport, pity in the face of a "destroyed" rival whom he could pass at the finish line, but whom he preferred to help, accompany and let go in front.

[World champions, and now...](#)

The monitoring of this World Cup has broken all audience records for women's matches. The final offered by TVE brought together more than five million viewers, with a 65.7% screen share. This has been the most watched girls' game in Spain.

[Sport and transgender](#)

Men begin to grow muscularly during puberty and there may be that advantage, but I think each case would have to be studied. If a trans woman, like me, has taken hormones in the middle of puberty, the difference is not that big by any means.

[Sport and performance](#)

Genetics, preparation, nutrition... there are many factors that are controlled in sport today, but there is one that can never be controlled.

[Extreme sport](#)

You know when it starts, but you don't know when it ends.

[Binary Category](#)

In the last New York marathon, Daniele Meucci, former European champion of the distance, finished eighth and took home \$5,000. 32 minutes later, Jake Caswell, a biologist and athletics enthusiast, crossed the finish line in 172nd place and received the same award. How was it possible?

[Personal growth](#)

“I remember being on the track at a World Cup and, a moment later, being outside, sitting in a chair. They had to take me out. The national team doctor explained to me that I had had an attack and had been absent.”

[Sport to live](#)

With that disadvantage he has been world champion with Spain, he has made podiums in one of the UTMB races, the mecca of trail, and he has won events such as Transgrancanaria...

[Live for sport](#)

On Thursday, a 55 kilometer race. On Friday, another 105 kilometers. On Saturday, a third race, this one of 15 kilometers. And so, a lifetime.