

## THE ENVIRONMENT AND SPORTS PRACTICES

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### ABSTRACT

Sports activities require a physical environment and the use of this environment, its resources and environmental services, necessarily results in certain effects on it and correct the potential environmental impacts of sports practice in the natural environment: If we want to continue enjoying sports practice in the natural environment, we must minimize the impacts that we can cause. We must try to control all the variables to be able to develop our activity, causing the least damage and contributing in a safe way to the development of the area. The regulation of activities that take place in the natural environment is autonomous. Knowing the existing legislation, we must bear in mind that, when we plan the realization of an activity, our proposal, its development, the chosen site, the number of participants, the duration, etc., are variables that will influence us when we can or cannot develop them as we had designed it. The term sports include the concepts related to physical activity, competitive, recreational, expressive, playful, regulated, technical, tactical. But can we consider sport a physical activity that is not competitive and exempt from rules? Who runs an hour in the country does not play sports? The RAE indicates that sports can be done simply for fun, for pleasure or as a way to use our leisure time but without pursuing the regulated and competitive aspects of conventional sport.

**KEYWORDS:** Environment, sports practices, biodiversity, vascular plants, recreational.

### INTRODUCTION

The use and exploitation of natural resources and, specifically, of biological diversity represents for the countries with high biological diversity one of the fundamental axes for their development. This fact must be accompanied by the implementation of diversified markets that privilege the quality and aggregate values of the products obtained directly and of the services derived from indirect use. In Mexico this fact is not the exception, nevertheless the development of a mono-specific production together with the import and dependence of technology has resulted in putting in risk and in some cases the disappearance of the biological diversity. This situation has gradually changed, up to the present moment, in which the importance of making rational use of these resources and of the equitable distribution of the benefits derived from said use, at the local, regional, national and international levels is recognized. An example of this are the Units of

Conservation, Management and Sustainable Use of Wildlife and the development of a consultation process for the elaboration of a law of access to genetic resources [1].

Sport, as a leisure activity and physical education, plays an important role in today's society. Under its auspices millions of fans gather around the world, and through clubs, associations and other organizations it constitutes a basic and well-structured network within society. But, like all other human activities, sport also affects the environment. The environmental problems of the planet are closely related to the local conditions and the behavior of the communities that live in each place. Therefore, it is necessary to carefully analyze the interactions of sports communities with the natural environment in which they carry out their activities and find ways to improve them, for the benefit of all. It is clear that there is an interdependence between the concepts of sport and the environment, and that it is necessary to find solutions that do justice to both [2].

In recent years it has been seen that this growth model without control is not adequate, it is not responsible with the environment or with future generations who are going to find a devastated world. Massive exodus has slowed down and the return of some families to their hometowns in search of a better quality of life is no longer an isolated phenomenon, but something more and more usual [3].

Environmental services are defined as the natural conditions and processes of ecosystems (including species and genes) by means of which man obtains some kind of benefit. These services maintain biodiversity and the production of goods such as food, water, wood, fuels and fibers, among others. Several are the services provided by biodiversity, including the degradation of organic waste, soil formation and erosion control, nitrogen fixation, increase of food resources of crops and their production, biological control of pests, pollination of plants, pharmaceutical and naturist products, low impact tourism, carbon dioxide sequestration and many more [4].

## **METHODOLOGY**

Event management encompasses all the necessary actions to plan, organize and carry out a sporting event, regardless of its size. The methodology was based on collecting environmental data Establishing the current situation of the regional environment. Prepare a list of possible losses and benefits that the event may entail for the region. Then the environmental problems were evaluated in order to anticipate the future needs of the city and region and identify the consequences for the environment and society.

## **RESULTS AND DISCUSSION**

### **Sport and environment**

All human activity, including sports activities, requires a physical environment and the use of This environment, its resources and its environmental services necessarily derive in certain effects on the same. It is true that the potential impacts of sports practice are not comparable nor do they have the same magnitude as, for example, certain industrial processes and it is obvious that the consequences of the sports are generally positive, the benefits for health, economy, education, culture, etc. They are much more important for society as a whole than those negative consequences that they may generate. It should also be noted that, for the most part, the groups, people and professionals linked to physical activity and sports in the natural environment, have a special sensitivity towards the defense and protection of nature [5].

### **Biodiversity loss.**

The main factors that trigger the loss of biodiversity are: habitat modification (for example, forest fragmentation), the introduction and spread of invasive alien species outside their usual range, changes in land use, overexploitation of natural resources and pollution. Potential environmental impacts derived from sports practice: a) Soil compaction with the consequent increase in erosion processes [6]. b) The construction of new facilities to cover new needs: railways, new roads, cable cars, hotels, etc [7]. c) Alteration of particularly sensitive areas, both for the development of sports activity and due to the attendance of the spectator audience [8]. d) Affections to the Historical and Cultural Heritage, mainly due to failures in the organization of the event: traditional roads, livestock trails, facades of buildings, fountains, etc., may be affected if there is no good planning and a previous study [8].

Potential environmental impacts derived from sports practice:

a) Emissions of polluting gases, some sports generate atmospheric emissions of polluting gases, especially those based on engines (terrestrial, aquatic or aerial). The same applies to infrastructures that directly emit

polluting gases, derived from heating installations (by fuel oil boilers, natural gas, etc.) or indirectly by electrical consumption [9].

b) Emission of solids in suspension. by the rolling of vehicles, the presence of spectators or athletes in bare, sandy areas, devoid of vegetation, such as sandboarding (consisting of descending sand dunes sliding on a board). These emissions greatly affect the vegetation and the surrounding population [8, 9].

c) Emission of noise, those events that take place in the middle of nature take place in eminently silent environments, so any minimal activity will mean a significant increase in the average level of sound intensity [10, 11].

## CONCLUSIONS

The results we obtain will depend to a large extent on the degree of satisfaction and enjoyment of the participants, that is why we should not pose impossible challenges but look for goals that are easy to achieve and that involve a moderate effort. It is difficult to enjoy the activity if our physical condition prevents us from following the rhythm of the group or if we only manage to pedal a few meters [16, 17]. To achieve maximum participation and involvement of the group in the development and preparation of the conference, we must resort to some strategies, we must ensure that everyone has fun, that they enjoy striving and avoid, as far as possible, failure. For it: a) We must promote cooperative games and activities, teamwork implies that the participants help each other and support each other to achieve a common goal. b) Avoid elimination, games in which the least skillful or the one who fails is out of activity and which can be a personal frustration We can change the rules by giving extra lives to the participants, for example. c) Encourage the positive values of the competition: learn to win and lose, diminishing importance to the result and giving it to the development of it [18]. The environmental aspects are becoming a widespread concern in the whole world, since they affect the daily life of each and every one. We know that the concept of the environment is not new. It has deep roots in all cultures and in its ways of relating to nature. A large number of international conferences and innumerable scientific research projects have emphasized, in recent decades, the urgent need to respond to environmental problems with coherent global programs, and have urged different social actors to adopt concrete measures to reduce negative impacts on the environment and thus preserve the well-being of present and future generations [19, 20].

Don't leave a trace. If we as organizers maintain attitudes of care and respect, the participants will be infected by this conservationist current. Sports activities in the natural environment are a whole world to discover, the sensation of freedom and adventure that is experienced in these environments will favor the acquisition of behaviors and behaviors that will contribute to the integral formation of the individual. When planning and developing sports practices in the natural environment, there are a number of environmental aspects that we must consider so that the impact on the area is as low as possible. In addition, the specific practice of a sport or other activity advises, due to the risks involved, more specific measures related to good practices during its implementation [21].

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