

## Sport

Category: Sport

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With the Triumph of the Cuban Revolution, the first steps begin to take place for the massive practice of sport. In 1963, it began with 16 sports disciplines in 25 areas with a number of 30 trained technicians. Since the mid-1980s, the rustic sports complex has been operating for the mass practice of sport. In the same way, the massive practice of sports activities.

Faithful to the principles and work of the Revolution, it carries out the necessary transformations, using rationality as a premise to raise the promotion, quality, scope and diversification of services.

It increases the levels of physical fitness, the sports quality foreseen in the Sports Strategy and healthy lifestyle habits. The sports education system is committed to improving the comprehensive training of patriotic and worthy athletes.

The preparation of human resources based on political and ideological, ethical-moral and values education, capable of achieving results with a significant social impact, through the conscious application of science and technological innovation.