



# Deporte Para Siempre (Spanish Edition)

*Juan De La Cruz Vázquez*

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En el capítulo primero podremos comprobar que Cagigal era partidario del deporte en sentido amplio y abierto, y que su pensamiento deportivo influyó y sigue influyendo en la política deportiva europea. En el capítulo segundo (Deporte para todos versus deporte) analizaremos el gran acierto que supuso “construir” y poner en funcionamiento la segunda vía del deporte práctica (el deporte de ocio saludable, el deporte recreativo, el deporte para todos).

El tercer capítulo está dedicado al deporte municipal, el cuarto a la “Constitución Deportiva Europea”, y el quinto se pregunta: “ Actividad física versus deporte?”. El capítulo sexto está dedicado a la definición, la misión, la visión y los valores del deporte para siempre. El séptimo, a descubrir la “fórmula” para medirlo y así poder conocer nuestro “Dps”. El octavo, a los contenidos, y en el noveno pueden encontrar unas recomendaciones para su práctica. El décimo y último capítulo está dedicado a los testimonios.

Hay 24 testimonios de otras tantas personas que han practicado, practican y seguirán practicando deporte para siempre. Algunas de estas personas son conocidas por haber obtenido resultados deportivos importantes, otras son conocidas pero no han obtenido resultados deportivos importantes, y otras, ni son conocidas ni han obtenido resultados deportivos importantes. Para todas estas personas, mi agradecimiento y amistad para siempre. En definitiva, hasta yo mismo me he convencido de que el deporte debe ser para siempre. Espero que también se convencen ustedes. ¡Sean felices y practiquen A+D!

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