



Opinion

Volume 7 Issue 2 - November 2019  
DOI: 10.19080/JPFMTS.2019.07.555709

J Phy Fit Treatment & Sports

Copyright © All rights are reserved by Leandro Dri Manfiolete Troncoso

# Programs of Ciclovías Recreativas as a Vital Policy Strategy



**Leandro Dri Manfiolete Troncoso\***

*Leandro Dri Manfiolete Troncoso\**

**Submission:** September 07, 2019; **Published:** November 18, 2019

**\*Corresponding author:** Leandro Dri Manfiolete Troncoso, Bachelor of Physical Education, State University of Londrina, Master Science in Motricity, Area Pedagogy of Human Motricity, Paulista State University, Portugal

**Keywords:** Intentional movement; Biomedical model; Anatomical; Physiological; Biomechanical; Spinning modality; Motivation

## Opinion

As a Human Motricity academic that understands human being as an intentional movement of transcendence and scholar bicycling phenomenon, I visualize a hegemony biomedical model in the professional formation of physical educator with excessive need to quantify anatomical, physiological and biomechanical variables in decontextualized scientific experiments of the social environment, which reflects a knowledge application approach directed to sports preparation geared only a minority portion of population, whether aesthetic or performativity, as the only available outlet to optimize individual fitness with the practice itself determined by time-space control with repetitive and monotonous exercises, such as the spinning modality on exercise bikes widely characterized in the world literature. On the other hand, there is an increasingly evident need to adopt an active lifestyle, but the subject need not pay to attend an enclosed space taking orders for a sequence of exercises on high intensity electronic music machines in the background where the main goal is to sweat and burn calories to get the ideal body. In general, the personal trainer discourse acquires meaning as there is an epidemic of obesity that generates chronic degenerative diseases where individual perceives himself as having a health problem, but beyond the motivation to exercise which in many cases is no more than six months and people abandon their work schedule, there is an existential need of the citizen who, in his daily work experience in an office being transported periodically in a closed space, ends up generating a dulling behavior towards the other and mainly indifference with his own body. I believe that physical activity bicycling should be regarded as an ethical expression of public policy for well-being based on the following factors:

- Supervision of the speed of travel of the motorized transport system.
- Discussion about the condition of private property parking on public roads.
- Promotion of biculture as an institutional city planning policy.
- Urban cycling as a human right to sustainable active mobility.

One possible way of thinking about the occupation of public space as a vital policy strategy is to ciclovías recreativas programs highlighting the Ciclovía Program of Instituto Distrital de Recreación y Deporte, District Central of Bogotá, Colombia, worldwide recognition being replicated in several locations of the planet with the temporary closure of 121 kilometers of public roads on Sundays and holidays for motorized traffic connecting streets and avenues in the formation huge linear park with over one million people per event plus physical activity sessions in public parks with the Recreovía Program in addition to other parallel activities for the promotion of working life, which shows effective result being the city of the American continent with the highest percentage of bicycle trips above 5% according to the Department of Mobility of this locality also thanks to an interconnected network bicycling infrastructure connecting center-periphery axis of the metropolis. Due to the success initiative, in 2005, several promoters met to Red de Ciclovías Recreativas de las Américas (Red-CRA) jointly formulating the Declaración de Bogotá currently comprised 88 members of public and private sector organizations and has since held fourteen congresses to date. In this sense, we can see re-signification

urban mobility with positive benefits collective environmental health in face the structural framework of colonization of the automobile industry with the improper occupation of public space with the co-opted support of the public power in favor of peripheral urban development that generates inequalities and concentrator of wealth with consequences still little calculated in the various spheres of human social life. Therefore, a letter to editor of the Journal of Physical Fitness, Medicine & Treatment in Sports. In these circumstances, it seeks to make visible an epistemological alternative to think about the health field from the perspective of the Humanities to undo the conceptual monopoly of Physical Education, Sport and Recreation, opening space for investigations that address the complexity of bicycle use on

public roads. indicating an interdisciplinary proposal between a form of urban planning that includes human breadth, preventive doctors, architects with inclusive designs, biologists supported by an autopoietic vision, engineers who take into account the social component, right question legal norms designed only by drivers, education beyond school boundaries, scientists assume an intentionality of dialogue convergent, seeking solutions with social practices that generate educational processes resulting from the inclusion of knowledge interconnections for the formulation of an affirmative biopolitics in which the State assumes a role administrator of human conduct for peace and social justice in the contemporary world.



This work is licensed under Creative Commons Attribution 4.0 License  
DOI: [10.19080/JPFMTS.2019.07.555709](https://doi.org/10.19080/JPFMTS.2019.07.555709)

### **Your next submission with Juniper Publishers will reach you the below assets**

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats

**( Pdf, E-pub, Full Text, Audio)**

- Unceasing customer service

**Track the below URL for one-step submission**

<https://juniperpublishers.com/online-submission.php>