During the neo-colony, sports clubs or private institutions were founded in the Province, which were the majority for the enjoyment of the wealthy class, currently the "Vicente Quesada" sports school. The club of the "Caballero de Luz" lodge, currently a restaurant, "Los Caneyes".

In the year 1945 the patronage was constituted that worked until 1959, this was the organization of the town's sport and existed in all the municipalities, for example, in Bayamo it was directed by the dentist Enrique Uguet y Fernández de Castro, this organization was annexed to the General Directorate of Sport. The members of the patronage dedicated themselves to making collections and raffles for cars to be able to pay for some sports.

After the revolutionary triumph, sports practice began to diversify throughout the country. In 1961, the Municipal Directorates of Sports began to function in our province in the 13 municipalities called the General Directorate of Sports (DGD).

Starting with the Administrative Political Division in 1976, different sports centers were inaugurated in the province: 6 academies with different sports disciplines, the EIDE, ESPA, the Faculty of Physical Culture, the Sports Medicine Center and the Provincial Directorate of Sports, incorporating sports and recreation to all ablebodied disabled people, today we have 11,404, of whom 4,912 are
women. In 1986, the first sports teams were created in all corners of our province; where it began with 23 combined and then the free community schools, having Granma 51 and with a general total of 264 sports disciplines. Sport in Granma, feeding on dreams, preparing and deepening the comprehensive preparation of athletes and sports training, has reached a high level of development in the different disciplines, obtaining satisfactory results in national and international events.

The National Institute of Sports, Physical Education and Recreation (INDER) was created by Law 936 of February 23, 1961, with the aim of achieving a better direction and execution of sport. It is the body in charge of directing, executing and controlling the application of the State and Government policy regarding the corresponding sports, education, physical culture and physical recreation programs, assigning, in addition, the common functions to all the Organisms of the Central State Administration. Therefore, INDER, by law, assumes the following corporate purpose:

The practice of sports, physical and recreational activities in a massive way promoting a healthy, vigorous and firm character citizenship prepared for the defense and progress of the country and with a deep sense of their civic duties, practicing as a means of expansion and solidarity among the population and exaltation of the highest human values.

The Provincial INDER Headquarters is located on 93, Central Road Via Holguín; KM and a half, Rosa la Bayamesa neighborhood, Bayamo, Granma.

