

## EDITORIAL 61

*Deporvida* Journal Editorial Team proudly welcomes you to a new issue. This time it happens amidst the celebration of the 10<sup>th</sup> anniversary of our prestigious Editorial Publishing House *ConCiencia Ediciones*. Along with it, we have discovered a long path full of learning, challenges, and above all, accomplishments that have consolidated us as a reference within the academic community. We would like to extend our sincere gratitude to all generations of researchers, collaborators and readers who have been part of our history. Their dedication and passion have been essential to our growth and success.

As we celebrate this significant milestone, we also want to wish you happy vacations. It's the perfect time to recharge and spend time with our beloved ones; and of course, stay active. We encourage you to keep exploring new ways to incorporate sports into your daily activities. Remember that physical and mental well-being is key to a full and satisfying life.

This 61<sup>st</sup> edition presents, as usual, a 12-article-collection on a wide variety of topics that analyze physical and methodological preparation, inclusion, cognitive development within physical education and the role of technology for sports development.

We would like to recommend *Dance Fitness to Develop Motor Coordination Abilities in Basic General Education Students. Systematic Review*. This work reviews theoretical and methodological information that supports the development of motor coordination abilities through dance fitness, due to it provides psychological, cognitive, social and physical aspects.

Teacher training is crucial for the students' learning success. Hence, *Methodological Preparation of the Community Physical Activity Teacher to Stimulate Motor Skills* presents the results of implementing organizational forms that help prepare teachers to lead this educational process.

Inclusion is another important matter discussed in this journal. *The Comprehensive Physical Educational Approach in the Inclusive Physical Education Class, a Current Study*, proposed results from the implementation of a methodological strategy to adapt lessons to all kinds of students, regardless their capacities. In addition, *Body Movement Activities for*



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Segunda etapa

*Inclusion of Students with ADHD in Physical Education Classes* highlights how important curricular changes are to effectively integrate all students to the class.

On the other hand, *Offensive Tactical Actions in 13-15-year-Old Fencers* and *Family Guidance for Home-Based Physical Rehabilitation of Patients with Cerebral Palsy* show the scope and benefits of sports.

Finally, without diminishing the importance of the other articles in this number, we suggest *Video Analysis Technique with KINOVEA. Potentials and Results of its Use in Sports in East Timor*. It states how technology can improve sports training.

Happy vacations and many more years of shared success!

With gratitude,

*Deporvida* Journal Editorial Team

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