

EDITORIAL 62

In this last issue of the year 2024, we think about times of remarkable progress and prospective plans in *Deporvida* Journal. We have witnessed extraordinary sporting achievements that caught our hearts as examples of talent, dedication, and self-improvement from the Olympic Games to world championships. At the same time, we have made significant milestones in our editorial path.

This year we celebrated the *DeporVida* 20th anniversary with the unwavering commitment of encouraging an active and healthy lifestyle, promoting both information and passion for sports through our pages. We were also celebrating with our respected Publishing House *Conciencia Ediciones*, ten years in which their dedication to producing high quality content that inspires and informs, has always been essential to our success. We are proud of being part of a family that values excellence and innovation in every work.

As we celebrate these important anniversaries, we also look ahead the new academic course. We wish all students and teachers getting ready for it, the best for a productive period with renewed enthusiasm.

In this number we present a series of articles which we are sure would be of your interest as they not only inform, but motivate and challenge as well.

Among other topics, *Factual-perceptual diagnosis of the professional pedagogical competences of the Physical Education and Sports Degree* highlights. It focuses on the professional training process of 4th year students from this major, through the subject handball. Instead, if you are willing to know about the explosive strength as one of the most relevant components in physical preparation, here you will find some options.

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This time from Europe comes *Ethics and sports, the dialogue between philosophy and sports on the fight against doping*, including reflections on the moral damage caused by the consumption of doping substances to athletes taking them, and the role of philosophy in the fight against it.

Also included is *Physical Activities and Self-Esteem in Older Adults. A systematic review*, which is nothing more than an analysis that indicates the benefit of physical activities in improving self-esteem in older adults through the systematization of theoretical and methodological foundations that support its impact on this population group.

These are some examples of the works that we will be presenting in this edition, varied proposals with which we are inviting you not to miss this new installment. Thank you for joining us one more year.

Happy holidays and prosperous new year full of success!

Sincerely,

Anabel La O Bacallao, translator