

EDITORIAL 47

The journal **DeporVida** welcomes the new year with a new edition, this time the 47th, first of the Volume 18, and along with it, we honestly wish this 2021 brings to all of us health, peace, joy and new and best opportunities in our personal, family and professional lives. Let this new normality we are living in, be full of a new way of thinking, where experiences like the pandemic that scourged worldwide last year and which ending remains uncertain, make us better persons; first of all with ourselves and then, with our relatives, friends, coworkers and classmates, even with those we do not know yet.

Congratulations to you all: authors, readers and our editorial board!

This first issue invites reading an interesting characterization of the behavior of the Critical Frequency of Ocular Fusion (FCFO) and the Dimensions of the Polarity Profile (PDP) before and after training units under altitude conditions in a 10-athlete-candidates group from the Cuban national athletics team. Also, a qualitative biomechanical study considering the execution of the clean of three feminine weightlifters with immediate perspective from the Holguin junior category team. Likewise, a study of amputee patients' rehabilitation from Cerro, Havana, focused on applying a program of muscular strength that allowed them to achieve better levels of gait and balance.

On the one hand, suggesting are the results indicating that if several studies regarding the technical indicators treatment in swimming elite athletes allowed obtaining a reference model, they were insufficient when analyzing the behavior of the stroke frequency and the swimming effectiveness in 151 swimmers of the 11-12-year-old category concerning the four competitive styles in the 50-meter distance. It was shown that at these ages, the stroke frequency is not effective when evaluating the technique; the effectiveness of swimming is significant in the female Butterfly technique, in the male Backstroke and Breaststroke and the Freestyle of both sexes.

On the other hand, it was presented the concluding study results developed in the Sports Club Guadalajara, where the soccer players' activities before the pandemic COVID-19 were analyzed. The results derived are alarming in relation to the percentage of players suffering from psychological syndrome. It turned out worrisome the diagnostic developed in Oscar Lucero Community, Holguin, regarding the smoking habit and the recreational activities in the neighborhood. Such study revealed, among other aspects, insufficient knowledge about the harmful effects of this habit; lack of recreational activities for the young to spend their spare time; and a

rise of the smoking habit in 14 to 18-year-old- young. Nevertheless, implementing the educational program allowed positive results in the community.

Of great interest is the article related to the sports detraining effects, due to researches by different authors corroborate this on the retired athletes' health when they abruptly interrupt their activity and do not undergo detraining programs. Hence, the relevance of the investigation developed with retired athletes from the District of Sequele, Luanda, Angola.

Similarly, significant is the work referred to Physical Education in Preschool, as such discipline becomes more relevant worldwide because it is an excellent way to strengthen not only the mental health, but the body safety, self-control and confidence, spatial orientation, and the improvement of the kid's social relationships, as well. Analyzing this issue from the curricular areas to their implementation within the Panamanian educational system, specifically in Vista Alegre, district of Arraiján, proved that the 13 teachers selected showed weaknesses in their specialized training. The teaching practice stated the need to implement a comprehensive training policy concerning knowledge and strategies, as well as guaranteeing the correct implementation within the educational spaces.

Other remarkable contributions are those aimed at determining the existing limitations in the physical recreation program based on the content of physical recreational activities as an educational form towards the community according to current changes. The methodology consisted of an analysis of the teacher's performance when designing the activities in practice according to the integrating Project of the sports centers. Also, the one socializing the theoretical-methodological actions implemented to improve the school sports initiation in Sancti Spiritus from 2016-2020.

Valuable reflections follow. It is presented the analysis of an inclusive Physical Education from a paradigm, model, and real conception perspective, the reason why it is explained from the beginning what inclusive education is, and if it supports the theoretical and methodological practices of the current Physical Education from the epistemological point of view. The results derived state that Inclusive Physical Education is a leading paradigm recognizing the human being from his unique and different existence, transforming him and the environment. To conclude, a research completed and developed in the context of the strategic management process at the Santiago de Cuba Provincial Sports Unit; about which its main results refer to the Marxist-Leninist Political Economy whose theoretical-methodological base supports



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and guarantees a better understanding of the Strategic Direction and the distribution law according to the quantity and quality of the work provided.

We truly wish this new issue is of your interest. We always thank your opinions, so address any idea and editorial correspondence to either email:

deporvida@uho.edu.cu, revistadeporvida@gmail.com. We can't wait to hear from you.

Thank you very much
Anabel La O Bacallao, editor