

## EDITORIAL 48

The journal **DeporVida** launches the present issue 48 to you all, readers, authors, reviewers and public in general with the news of the celebration of the Olympic Games Tokyo 2020, and the vaccine biosafety for everyone participating. We truly hope that this new stage against COVID-19 is for the welfare of everyone, and that this confinement is finally over.

We really appreciate and thank the Cuban scientific community who have worked and still works for an effective vaccine against SARS-CoV-2; especially to those who have made Soberana 02 vaccine possible. This one in pursuit of becoming the first Latin American vaccine.

This number is characterized mainly by original works, from different topics and relevant results, like the proposed exercises to treat the elders suffering from diabetes type II, to favor their metabolism control, and develop their motor capacities and skills which, at the same time, decreases their medicine use. Likewise, a descriptive-correlational-explanatory study on the volitive qualities in the five sports groups, which will allow the psychology professionals to improve the planning process and psychological preparation of athletes along the training and competitions.

Of great impact is also the development, for the first time, in the Cuban health system, of a robotic platform, together with a set of manual techniques which compromises the full rehabilitation of the patients suffering from ischemic ictus presenting motor sequelae as hemiplegic painful shoulder (HDH by its Spanish acronym). Also, the need of a therapeutic treatment program in the community for persons suffering from hemiparesis; comprising systematization actions of the physical activities. Hence, their socialization in the class, home and the environment; at the same time, it integrates the teaching, therapeutic, cognitive and emotional-motor components.

It is interesting the approach to the system design of decision making procedures, divided into three stages to arrange the soccer team. It was considered a sample of six teams from Santiago de Cuba in the 14-15 year-old category; it was evidenced plenty of deficiencies caused by diverse indicators like the better use of space during each group tactical action, defensive density, etc. Such system favored a group tactical behavior characterized by a better use of space, of the tactical components with a

greater combinatorial complexity and the increase of the efficiency of the group tactical behavior in the main game problem solving process.

Competitive demanding are those determined in the futsal players from the Sports University Manuel Fajardo (UCCFD by its Spanish acronym), to satisfy the main competition needs, with the objective of developing specialized space, time and distance, self-movement and their opponents' perceptions by the players (Opponent players and teammates); as well as the sports equipment (ball).

Revitalizing and motivating is the article Group Satisfaction in the Physical Education Class, where fresh students took part in this research from the Campus José de la Luz y Caballero, at the University of Holguin, through the analysis of the level of group satisfaction (ISG by its Spanish acronym) before and after the application of the game strategy. Besides, the leadership of the junior feminine volleyball team captain, from the Initiation Sports School (EIDE by its Spanish acronym) *Capitán Orestes Acosta Herrera*, in Santiago de Cuba, where the leadership self-appraisal profile, and a sociometric test, along with this captain's leadership scale, allowed determining the need to suggest a four-stage sociopsychological training program.

For those who prefer the future visions, here it is a prospective study oriented towards the precision of the possible future states of rugby seven according to the transformations of its characteristics during the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> stages, to predict how its future scenarios would be like, which will permit a better selection of the contents for a best training.

Similarly, are included both a methodological alternative to favor the group offensive actions along the training in junior feminine handball players at the *EIDE Pedro Díaz Coello* in Holguín; and the flexibility improvement physical exercises structured in three semesters including the objectives, diagnosis, exercises, methods, plan and teaching suggestions which improved flexibility in sixth grade students, in the 59 School from Lubango, Huila, Luanda, through the Physical Education classes.

This issue invites you to reflectively read about apnea diving, its theoretical fundamentals and the accidents that may occur if the auxiliary equipment are not correctly used and, if the needed techniques are not known, like hyperventilation. On this regard, recommendations are given to save both energy and oxygen to prevent accidents. A set of exercises to regulate the respiration-apnea rhythm, developed from different criteria are also included. The article constitutes a support to improve the syllabi and programs considered within the lifeguard courses.



We truly hope this issue helps you widening the scientific community knowledge, and that its authors are rewarded by their contributions. To you, faithful readers and authors, receive the genuine gratitude from the Editorial Board of the Journal **DeporVida**.

Thank you very much,  
Anabel La O Bacallao, editor