

EDITORIAL 49

As proud as I am of representing the Publishing House *ConCiencia Ediciones* in spreading the scientific knowledge generated in town, the country, and worldwide, the Journal *DeporVida* congratulates its Editorial staff from the University of Holguín on its seventh anniversary. Mainly for the effort along this unique stage in human history to promote the scientific work from the social commitment and the vision of making science consciously. Publishing House *Conciencia Ediciones*, congratulations! And also to Yanet Rómulo, key figure of this mammoth task. To you all and our dear authors, it's the present issue.

This number 49 is the third issue this year. It approaches an engaging reading. You can find the High Competitive Achievements Category in three levels: school, junior and youth categories, and the 100 yards for the school category is set, as well as the minimum times for each stage for a gradual achievement of a High Competitive Performance in sprinters from early ages.

It also suggests learning from the *Kata* movements by using geometrics figures through basic *Kihon*. On the other hand, knowing about the mobile application EFICMA (By its Spanish acronym) to promote physical rehabilitation in patients undergoing breast cancer surgery; is another must-read.

Other original contributions are the physical education project to potentiate self-expression through movement within the Physical Education class, 1st grade in School District n.º 45 from Lubango; likewise, analyzing the elder's walking at the Grandparents Day centers in the Sports Faculty in the University of Guantanamo. Assessing the biomechanical indicators was essential to reaching this goal. And the methodological strategy to improving the decision-

making process in the execution of the projection with arch from the standing position in Greco-Roman wrestling, 13-15-year-old category.

It turns out beneficial for physical and mental health the recommendation of Yariagne Torrente-Mora, Ana Olenia Góngora-Márquez y Olga Lidia Muguercia-Suárez, at the time is a current issue for its palliative treatment against the pandemic COVID-19. They present practicing physical exercises to decrease both the stress effects caused by social distance as a preventive measure and suicide conduct in teenagers from Holguin.

This issue also gives the possibility to know about sports selection and its relevance as a systematic process. It allows identifying the athletes' capacities, skills, psychological willingness, and needed social factors to assimilate the training load. Furthermore, there is a recommendation regarding the technical-tactical preparation of school judokas in the 9 - 10-year-old category carried out in Santa Clara. The study took place in the 9-10-year-old category. It potentiated the problem-solving skill concerning the structural analysis of the tactical plan as a response to the opponent during combat.

Suggesting is also *Methodological actions for training Physical Education Teachers* within the motor representation in second grade in the School 1, 2, 3 from Lubango, Angola.

In the section *Reflection articles* appears the work Motivation in Sports. Here it is considered its necessity in training athletes to reach better sports performance. Finally, there is Motor Games and Basic Motor Skills. This work encourages learning and training motor skills to allow the child to enjoy and socialize through the stimulation from games within the Physical Education class.



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Segunda etapa

We truly hope this new issue is of interest, our faithful readers and authors.

We hope you feel like submitting new works and free to send us your concerns, satisfactions, or opinions through any of the following emails deporvida@uho.edu.cu, revistadeporvida@gmail.com.

Thank you very much,

Anabel La O Bacallao, Editor