

## EDITORIAL 50

Sports Sciences have revitalized remarkable contributions to research along this pandemic period from different perspectives and points of view, aspects which highlight its value and maturity. Exchange spaces and positioning the scientific product have been multiplied. In this context, it is launched issue 50, the last number of the year 2021.

This time we honored the sports professionals that work with devotion and determination training the new generations; against Covid-19; contributing with new ways of doing; especially to two of our more outstanding professors, fatal victims of this cruel sickness that is affecting the world: Ph.D. Juan Antonio Salas Rondón, founder and editor of this journal, member of its editorial staff, tireless researcher, distinguished academician and acknowledged by his work training undergraduate and postgraduate professionals. Likewise, the M. Sc. Raúl Tejada González who also held several administrative, academy and scientific positions; a prestigious internationalist coworker, and an excellent teacher.

*To dream new things* is the fourth and last issue of the journal, after going deeper on several topics by researchers from known Cuban and foreign institutions including different ages, considering the influence Sports have within their quality of life.

On the one hand, *Study of Sports Personalities: A Necessity in the Sports Initiation School* comprises a current and valid topic for Cuban Education: the educative process in athlete students at the Initiation Sports Schools (EIDE by its Spanish acronym). It integrates the knowledge, abilities, and values from the activities proposed. The investigation's foundations are based on the methodological conceptions within the teaching process in the comprehensive formation of the student. On the other hand, there is a work that aims at explaining the contributions of the International Sports Law to the civic-legal-sports education of Physical Culture and sports professionals from the contents of the subjects History of Physical Culture and Political Theory.

The quality in the athletes' training, in all specialties, is one of the most relevant aspects for the Cuban sports school. Training athletes is fostered from early ages, in both girls and boys. Hence, the article *Stabiliser Muscles Strength Stamina in 12-13-year-old Soccer Players*. The study showed the lack of preparation of the coach over the stabilizer muscles and their control and evaluation. The main results evidenced how important it is to thoroughly know the specific characteristics of the types of tests and their objectives for their training and evaluation.

The physical activity in adults and their link to the family in harmony with nature are part of the variety of topics of the next work. *Family Bond of Volleyball Players through Teaching Actions* aims at presenting didactical actions to prepare volleyball players' families along this initial stage. This is part of the lines of the research project School Sports Initiation in Sancti Spiritus. “*No solo medallas*” (“Not only medals”).

As it is an element to be taken into consideration within the current physical and mental health scenario, stress captures the sports researchers' attention. In this regard, in this issue can be found some interesting works. Among them, it is a *Physical and Recreational Intervention Strategy to Decrease Stress Symptoms in Teachers*. Therefore, this work aims at determining its effectiveness in teachers from the teaching Unit Daniel Álvarez Burneo, from Loja, Ecuador.

*Guidance Handbook for Teachers Working with Physical Activity Counseling* discusses the importance of physical exercise to contribute to the rehabilitation of patients attending these sessions. It is presented its feasibility as an important material for the work of the Physical Culture professional in this area.

*Elderly's Physical Condition from the Grandparents' Day Center José María Pérez* answers to the project: Physical Activity to preventing non-transmitted diseases for healthy aging, from the Study Center for Physical Activity, Sports and Health Promotion (CEADES by its Spanish acronym). It reveals interesting results related to this sensitive age group. Similarly, to stimulate the ethical values formation process in Cuban society, in general, through healthy and pleasant recreational activities is the article *Mal Nombre: the Experience of Nature Activities and the Formation of Society Values*. The research shows how engagement in such healthy and purposeful group activities can stimulate the formation of ethical values like solidarity, comradeship, humanity, friendship, respect, patriotism, and responsibility.

Studies regarding our national sport are more recurrent and necessary. Their results, in some territories, are related to the application of valuable tests and the systematization of current topics like **Sports Intelligence**. To present applied actions in the components of sports intelligence: **organizational, competitive, and counterintelligence**, is the article *Sports Intelligence in Baseball for Junior Leagues*.

Next, three suggesting reflection articles validate the feasibility of the subjects analyzed. A physical-recreational program to develop motivation in students with special educational needs taking into consideration the games' functions and potentialities; and from the possibilities Physical Education, the school and community give to them is the article *Physical-Recreational Games and Motivation in Students*

*with Special Educational Needs.* It corroborates the importance of the therapeutic functions and diagnosis of these games and their potentialities to motivate students.

*The Re-Establishment of Homeostasis through Massage* aims at describing the most common features of stress; it also explains what is causing work stress and makes a detailed classification by stage and symptoms. Therefore, it analyzes the benefits of massage as a therapy to reduce stress and its physiological influence on human health.

To conclude, there is a very current work: *Considerations on the Use of the Mask for Physical Exercises and Sports.* Some reflections are made based on the judgments by some consulted authors, fundamentally taking from them those positive inquiries that allow the practice of physical activity with the greatest safety to obtain the best performance results.

The staff of *ConCiencia Ediciones* Publishing House, from the University of Holguín, celebrates the results reached by this electronic journal throughout its eighteen years. We thank the Editorial staff for the work developed, even in the toughest times of this pandemic. We do not forget those persons that being far, despite the endless pain of a loss, have found motivation in a kind of work that heals and comforts. To Ph. D. Guillermina Cerdón Zaldívar, chair of this journal our reverences because she has made us understand that doing is the only possible way of moving forward and succeed. To authors, main creators of our work, thank you!

Yané Álvarez Rómulo,

Head of Conciencia Ediciones Publishing House