

EDITORIAL 51

We are included in Directory and Catalog 2.0 Latindex: the regional online information index for scientific journals from Latin America, The Caribbean, Spain and Portugal. This is a new pride for *Conciencia Ediciones* Publishing House from the University of Holguin and the scholar community in general from last year.

With the arrival of the New Year, the Journal *Deporvida* launches issue 51 as a tribute to its 18 years. Therefore, we congratulate Guillermina Virginia Zaldívar Córdón, chair of this journal, who has successfully directed this team since the second year of the journal's launch. We would also like to thank the editors that first started and drove this outstanding task following Marta Velázquez Garnica's idea. Likewise, those who continued: Beatriz Sánchez Breff and Liliana Rojas Hidalgo and finally, to Elizabeth Díaz Aguilera, to whom this journal was given to with love to make this publication a sports reference worldwide. Besides the authors, the great translators, reviewers, and readers. Congratulations to you all!

This new issue wishes to improve and satisfy your reading expectations in a new format: e-Pub (electronic publication), besides the usual PDF and HTML. This new format offers a responsive material to different sizes of screens in several devices through a book reader; it is more comfortable and permits personalizing the letter font, size, spacing, changing the page color, underlining, and adding bookmarks.

This way, the first article presents the clinical and physical condition of 15 grownup women with osteoporosis from the Grandparents Day Center La Flor de Güines from the Sports Team of Mártires de Quemado, in Villa Clara. The clinical characteristics found in the sample conditioned the improvement of muscular strength in the upper limbs, the flexibility of the lower back, and the aerobic resistance in the place of the older adults studied. Sports detraining is elemental security for post-sports health. However, the little knowledge on the theoretical-methodological procedures of the retirement period of athletes and the poor systematization of the ideas on detraining hinders the development of actions to reincorporate former high-performance athletes into their communities with excellent post-sports health. That is why the second article designs and applies a teaching strategy to help athletes and coaches with detraining.

Relevant research is the study of the laterality genetic patterns and the eye-hand, and eye-foot relations in fencing, morpho-functional aspects in the individual process that

needs to be treated and characterized to improve sports training. Likewise, *Formas jogadas para melhorar as penetrações sucessivas da equipa masculina de andebol da categoria 10-12 anos* (Played Forms to Improve Constant Attacks of the 10-12-Year-Old Handball Male Team). The second one discusses the importance of working with played forms to teach the constant attacks in handball from the initial training process, which can help achieve an excellent affective and motivational state among players.

Nowadays, many studies discuss bronchial asthma in the elders from physical-therapeutic exercises. The work presented in this issue allows designing actions that improve their health from Chinese therapeutic gymnastics.

Concerning the efficient training, design to achieve an excellent defense and attack in fencing, from the study on the influence of the specialized perception when combining parry and riposte by quarte direct, within the direction of combat of foil fencers is the work of teachers from the University of Sports Science Manuel Fajardo: *The Direction of Combat in the Combination of Parry and Response by Quarte Direct in Foil*. The following main concepts are explained: the sense of distance, sense of time, and sense of weapon.

Interesting researches are both the *Plyometrics and Its Influence on Baseball Power Performance* and *Historical-Pedagogical Alternatives for Sports Research*. The first one designs a system of influence exercises in power adjusted to the available resources through linking knowledge of various sciences and the experience on plyometrics. The second one, on the other hand, two alternatives are presented to improve the teacher's motivation towards the development of historical-pedagogical research.

Actions to Foster Local Development from Physical Culture and Sports answers to an extension project that links the university and its community environment to foster the university management of the Physical Culture from the professional skills performance of training students.

Here ends issue 51, the first one of the year 2022. We hope this number is a scientific product that meets our readers' and authors' standards. We wish you all this New Year brings you pleasant memories in which the destructive and fatal power of SARS CoV-2 vanishes. No one would have ever suspected it would turn into a pandemic so fast and become a constant threat to the economy, health, and society.

We hope that more works regarding rehab solutions to convalescent patients suffering from this disease from the Sports Science point of view are submitted. Others from the same scope of action discussing the same problem will also be welcome.



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Segunda etapa

Thank you very much,
Liliana Zayas Cano, General Editor