

EDITORIAL 54

Deporvida presents its fourth and last issue of the year 2022, a number that corresponds to the October-December quarter and that aims to close with a flourish a year that has been full of trials and efforts.

The journal continues the process of improving the editorial quality of its publications, as well as increasing the reception of research contributions from national and foreign authors. In this sense, it can be said that the progress is remarkable, since more and more authors are adding their collaborations and the rigor regarding adjustment to the rules and the effective exchange of publisher – author has been enhanced.

This issue offers its readers a dozen research proposals of great value, innovative in terms of specificities in sports preparation and training, the treatment of some pathologies and the methodological comparative analysis of sports teaching.

Some articles, such as *Injury prevention in soccer: a systematic review* and *Psychopedagogical tasks for the accuracy of throws in the individual exercises of rhythmic gymnastics*, focus on conducting comparative studies of the chosen sports, detecting their deficiencies and proposing practical solutions.

Study on the use of mechanotherapy and occupational therapy in the rehabilitation of patients with Parkinson's disease addresses aspects related to physical-therapeutic care for patients with Parkinson's disease and devises a set of actions to improve posture, balance, gait, stability and coordination in these patients. On the other hand, *Study of the levels of physical activity in workers of the Lawton polyclinic of the municipality 10 de Octubre* carries out a study whose results reveal the low level of physical activity of workers and their vulnerability to noncommunicable diseases and osteomioarticular conditions.

The analysis presented in *Achievements and shortcomings in the doctoral training in the Physical Culture major* is also of great interest because it promotes the doctoral training strategy of the Faculty of Physical Culture of Santiago de Cuba's university for the period

2019 – 2025 and assesses the role of the Center for studies of Physical Culture and Sport in this strategy. *Methodological guidelines I for the management of virtual environments: English subject at the University of Physical Culture* presents a thorough study that proposes a plan to improve the quality of English language teaching to students of sports sciences by enhancing virtual academic management.

The editorial team hopes that this selection that is put today within the reading public's reach will be useful and profitable, and offers sincere gratitude to the authors who publish in this issue for their research tenacity and to all those who have contributed in some way.

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Xiomara Coello Díaz, traductora