

EDITORIAL 58

The last issue of the year of the journal *DeporVida* is ready to join the celebration of *Conciencia Ediciones*, whose team has just launched its first editorial campaign celebrating the 10 years of its foundation. Congratulations to *Conciencia Ediciones* and its editors; *DeporVida* is proud to belong to this publisher.

This issue presents a compendium of twelve articles which gathers a variety of topics: the implementation of a proposal for physical exercises aimed at increasing body movement in university students with sedentary behaviors, the importance of case study for the high performance sailing athlete, the evaluation of the respiratory function in table tennis players with traumatic spinal cord injury, the development of a set of physical and recreational activities to improve the quality of life of the school population.

Particularly remarkable is the article *Program of therapeutic physical exercises for the treatment of patients with Parkinson's in the community* that proposes an exercise program to improve the motor function of the Parkinsonian patient and creates a flexible and adaptable tool to different environments outside the classic rehabilitation areas in hospitals and polyclinics.

We also recommend the article *The evaluation of pedagogical objectives in the school category 13-14 years old in judo*, since it allows the systematic elaboration of methodological techniques in the category under review in the context of national competitions. The article proposes a novel approach with current solutions to be implemented shortly in the training of judokas.

The reader will also find an interesting reflection on the significance of creative and innovative sports organizations in the development of sports at present. A research in which the conciliation derived from the diversity of criteria issued by the referenced authors becomes



DeporVida. Revista especializada en ciencias de la cultura física y del deporte. Revista trimestral
Universidad de Holguín. Holguín, Cuba. ISSN 1819-4028. RNPS: 2053
Año 20, No. 4, octubre-diciembre 2023. Edición 58.
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particularly relevant. Read about this in *Importance of creative and innovative sports organizations at present*.

Moreover, *DeporVida's* team would like to congratulate all readers in advance for New Year's Eve and New Year. May 2024 be filled with new challenges and academic achievements for teachers, researchers, students and the rest of the readership. May *DeporVida* continue to be a site of consultation and interest for all. The editorial team bids farewell until next year.

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