

We are here, now with the publication of Vol. 11 of the journal Science and Physical Activity (ScPA).

Once again we are proud to have another opportunity to publish another issue of our magazine, in which we can show the result of the scientific work of local authors, from Cuba and other countries. Once again we extend our gratitude from the Editorial Board to the entire work team for their efforts, and to the collaborators for their commitment. To you and our readers, we dedicate this edition that contributes to the dissemination of research results in the area of physical culture, physical education and sport, of proven importance for human beings and, above all, for their health and well-being.

The current issue presents an attractive proposal: The physical condition in older adults from Nursing Home 4 of the Santa Clara municipality; Aerobic Gymnastics and physical condition in university students; Methodological alternative for preparing the Community Physical Activity teacher to stimulate motor competence and educational attention to primary schoolchildren included in Physical Education.

Also interesting are the contributions related to: Educational actions for when traumatic dental injuries occur in athletes; Chinese self-massage to improve physical recovery in school basketball athletes; Indicators to control and evaluate the acrobatic technical component in the national Cheerleading teams of Colombia and Development of investigative skills in Physical Culture students at the University of Guayaquil.

We look forward for your collaborations to continue making science in the field of physical activity and sports.

Dr C Ana Odalis Ruano Anoceto  
Editor in Chief