

We are present, now with the publication of Vol. 8 No. 2, of the magazine Science and Physical Activity (CIAF).

This is another opportunity to feel satisfied for reaching the moment of the publication of another number of our magazine, in which we can show the result of the scientific work of local and Cuban authors. We extend our thanks from the Editorial Board, to the entire work team for their efforts, and again to the collaborators for their commitment in such difficult times of maintaining the pandemic, to you and our readers, we dedicate this edition that contributes to the dissemination of research results in the area of physical culture and sports, of proven importance for human beings and, above all, for their health and well-being.

The current number presents a pleasant proposal: Oral piercings: a health challenge in athletes from Villa Clara; Manual of exercises with weights for the preparation of strength in basketball players; Grisel Herrera Méndez, a glory of Cuban Basketball.

Contributions related to: State of theoretical preparation in youth weightlifters are also attractive; Cuban triple jump. A procedure for determining the sports reserve; Traditional games in physical-recreational activities in the Vigía-Sandino Popular Council.

We look forward to your collaborations to continue doing science in the field of physical activity and sport.

Dr.C Ana Odalis Ruano Anoceto

Chief Editor