

We are here, now with the publication of Vol. 10 of the journal Science and Physical Activity (ScPA).

We feel satisfied on this other opportunity to reach the moment of publication of another issue of our magazine, in which we can show the result of the scientific work of local authors, from Cuba and from 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 and sport, of proven importance for human beings and, above all, for their health and well-being.

The current issue presents an attractive proposal: Leg exercises for choreographic preparation in Artistic Swimming for sports initiation; Teamwork in the Cuban national water polo teams; Characteristics of the psychological skills of sports execution in youth Basketball athletes; Talent selection system for Taekwondo; Games for motor development in children aged five to six years.

Also interesting are the contributions related to: Diagnosis of attention concentration in sprinters of the National Cycling Team; Activities for teaching Physical Education through social networks in emergency situations; Improvement of the Physical Education teacher at the higher level for the prevention of porter drugs; Theoretical methodological route for the diagnosis of physical development in blind schoolchildren and technical-tactical preparation in the execution of the mawashi geri in karate fighters 13-15 years old.

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