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Editorial

The studies published in this issue cover different areas within physical activity and sport. *MLS Sport Research* aims to publish original research and review articles in basic, applied, and methodological areas that contribute to progress in the field of Physical Activity and Sport Sciences.

The first article deals with the "Degree of self-compassion in injured high-performance athletes." It has been observed that self-compassion improves adaptive coping, well-being, and reduces anxiety in stressful situations. The present study sought to see if there were significant differences in the level of self-compassion in high-performance athletes with or without injury at different times of the season. The results collected in this research were neither conclusive nor significant, so it would be recommended to carry out similar future studies with a larger sample, in contexts of sports injury and with a psychological intervention in between.

The second study is entitled "Oxygen saturation and lactate test with cyclists." This study aims to determine whether the Humon Hex device used to measure SmO₂ can be used in an equivalent way to the lactate test. The objective is to compare blood lactate concentration and SmO₂ measurement to predict lactate threshold power during the performance of a progressive stress test in trained cyclists.

The next of the studies deals with "Monitoring of training and competition loads in women's soccer: a case study." The monitoring of loads is investigated to diagnose the recovery and optimization of athletes. The objective was to show the evolution of the loads of female field players in different microstructures (ME) by observing how environmental fluctuations influence the elaboration and execution of these and to provide reliable and valid, low-cost, economic, monitoring tools. 23 participants aged 22±3 years from the 1st Catalan Regional Division (Group A) were observed during the 2018-2019 season.

The next of the studies is entitled "Impact of resistance training in child and youth population." The objective of this review was to know the influence that strength training has on the child and youth population, in addition to looking for possible risks or benefits that may be caused by training this physical fitness. A systematic review of intervention studies on the impact of strength training in subjects aged between 6 and 18 years was carried out. The studies used in this review were identified through the PubMed database, selecting those written in English or Spanish from 2010 to the present.

The journal issue is completed with an article on "Intensity, frequency and duration of physical activity during the pandemic in Ecuador." The present research aims to define the intensity, frequency, and duration of physical activity practiced by the respondents in order to determine possible repercussions on integral health in the medium and long term. The instrument used was the International Physical Activity Questionnaire (IPAQ), short version. As a conclusion, a probable relationship could be established between confinement and a decrease in physical activity; and between confinement and the number of hours that respondents have remained seated.

Dr. Álvaro Velarde Sotres and Dr. Felipe García Pinillos
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