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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 is entitled "Strategies for the improvement of symptomatology in Achilles tendinopathy in athletes". The aim of this study was to establish the optimal strategies for the recovery of Achilles tendinopathy in the field of physical activity and sport. In this study, articles extracted from the PubMed database were reviewed, selecting all those articles written in English, carried out on injured subjects with Achilles tendinopathy and who were in the rehabilitation period. All the strategies analyzed proved to be beneficial for the recovery of Achilles tendinopathy, reducing symptomatology, pain and dysfunction in an injured person. However, heavy slow resistance seemed to be the one that provided the best results on the study population, over eccentric and isometric training.

The second study is entitled "Effect of proprioceptive training to prevent fall risk in older adults". The objective of this research was to determine the effectiveness of proprioceptive training in preventing the risk of falls in older adults aged 65 years. The conclusions derived from the study were that proprioceptive training is effective in improving static/dynamic balance, gait speed and lower extremity strength in older adults aged 65 years residing in a nursing home.

The next of the studies deals with "Fatigue monitoring: a case study in women's professional boxing". The objective of this research was to present a model for monitoring fatigue that could be used in Boxing, so that coaches have a tool to control their athletes during the training and tuning process.

The fourth study is entitled "Application of the continuous variable method in the planning of dance therapy classes for the improvement of the participants' endurance". The general objective of this project was to design a proposal for the application of the continuous variable method in dance therapy classes to improve endurance.

The issue of the journal is completed with a systematic review with the title "Systematic review on speed improvement in U-19 soccer players". The objective of this study was to compare and analyze the effectiveness of different training methodologies for speed improvement in U-19 soccer players. Using the PRISMA statement, a literature search was performed using the PubMed database. We included articles that were intervention studies written in Spanish or English, conducted in players aged 10 to 19 years, that had at least one plyometric, strength or sprint training method for speed improvement and that had an evaluation of sprinting. The results of the interventions showed benefits in the improvement of speed through the plyometric method in 20 m test, explosive strength in 5 m test and sprint in 20 m test. It can be concluded that the explosive strength method obtains greater benefits in short distances (5-10 m) when low intensities are used and in 17-year-old players, the ideal training volume is 2 sessions per week. The sprint method over longer distances (20-30 m) at ages 14-15, with a training volume of one or two sessions per week. Plyometrics achieves the same benefits over short and long distances (5-30 m) for ages 15-16 years and without notable differences in training volume.

Dr. Álvaro Velarde Sotres
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