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Editorial

The journal *MLS Sport Research* (MLSSR) was recently configured as a biannual publication with the aim of disseminating original research and review articles in both basic and applied and methodological areas that represent a contribution to progress in the field of Physical Activity and Sport Sciences. In this new issue (3) of the journal, corresponding to the first semester of the year 2023, 5 articles are presented that show the multidisciplinary vocation of the journal in the approach of diverse topics that add knowledge to the study of physical activity and sports, both from the perspective of health, sports performance or Physical Education. All this, through studies and literature reviews, cross-sectional studies, experiments or intervention programs. In this issue, very interesting review papers associated with the menstrual cycle and the development of strength or the association between physical exercise and breast cancer are described. In addition, an interesting teaching innovation experiment with a high value of ecological validity is presented, such as the use of Bike Desks to improve the physical activity levels of students, without harming their academic performance, under the paradigm of dual cognitive and motor interference tasks; or an isometric training intervention program for the prevention of injuries in soccer players. Finally, an interesting cross-sectional study provides insight into the psychosocial aspects that were compromised in university athletes during the Covid-19 pandemic. With this new issue, the *MLS Sport Research* journal maintains its commitment to consolidate as a scientific resource for the multidisciplinary study of physical activity and sport, and invites researchers to send us their studies and papers for the next issue.

Dr. Pedro Ángel Latorre Román
Dr. Álvaro Velarde Sotres
Editors-in-Chief

