

# Scientific Journal of Sport and Performance: A new trend of physical exercise and sports performance in 2022

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Dear Editor:

In these current moments of global uncertainty due to the pandemic, the world of Physical Activity and Sport Sciences is facing the reality of a new positioning in the basic priorities of people, since it is incorporated into the list of attributes most important in our society. The impact of this transition will not only affect the economy of sport, or sports tourism, but also the assistance of a total introduction of physical exercise in human beings. This transition will lead the Sports Science system to accept that it will have constant leadership, like any other scientific field. At the same time, the dissemination of knowledge that emanates from research groups and authors from all over the world must be exposed in a free and democratic way to achieve an arrival of science to humanity.

The different training methods will be used for the different biological and psychological profiles of each individual. Together with the use of the digitalization of the teaching and training process in physical activity, all the sets of scientific contributions on methodologies in physical exercise will be necessary for society to advance and the educational system to transfer it.

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Any normalization of the introduction of physical exercise supporting health and performance will be a necessary reinforcement. Now, more than ever, the digital function of sports coaches, teachers, and analysts has become the true support of the citizens. The virtual action of the training process driven by the need for confinement has been used as a single option at a time of high contagion, but it cannot be the usual tool, we must know how to use it and live with the usual form of sports practice.

The loss of motor skills in society is one of the great challenges that our publication will try to help reduce. The impact of COVID has brought us new challenges that we must work on, investigate and publish, from children's classrooms to elite sports.

The worrying gender gap in the field of Physical Activity and Sport Sciences will be one of the cross-cutting issues that the Scientific Journal of Sport and Performance should address without complexes. We must remember that research on the female gender in our field only reaches 32% of world publications.

The World has come to see that ecology is fundamental to our survival on this planet. Therefore, our scientific journal must confirm this global trend, promoting studies of ecological motor transport, and the development of sustainable mobility from the perspective of physical activity and health.

Nutrition and physical activity have formed an inseparable binomial, since the construction of a scientific bridge of added value. In 2022, high-impact international publications defend this marriage, which is undoubtedly the heritage of our vital history on this planet, as reflected in publications such as "*Sapiens*".

The impact of the new metaverse, one of the concerns of this editorial team will be the mental health of the citizens. Mental health has a direct impact on society and the economy and alters the life plans of people who suffer from this type of pathology. The recovery of people suffering from mental health disorders has a positive impact on employment, but it is necessary to work on their incorporation into the labour market. Physical exercise is the real medicine to combat this silent pandemic.

Robotics and artificial intelligence as new specialties within Sports Sciences will be a priority in our publication. It is true that the new constructions mentioned must be contemplated from legality and justice in this promising 2022.

The kinesiology of movement is a fundamental pillar of innovation in this time of recovery of world society. From our publication, we will delve into the scientific verification of different materials and instruments that help us live longer and in a better quality of life.

In addition to the foregoing, this publication will publish scientific conference proceedings and articles as the standard numbers of the publication progress. Virtuality is a resource that has made it possible to avoid trips and not interrupt the necessary training, research and networking between professionals and specialists in the field of Sports Science provided by scientific congresses.

The sports and motoring sector has managed to fight against climate change; it is a priority of the European Union, of the UN (2030 agenda). For this reason, we will try to request the authors, as far as possible, the following elements that favour this objective: virtual abstracts, infographics, video-abstracts and virtual guides.

Our conviction with this new editorial project in "*Scientific Journal of Sport and Performance*" is the search for knowledge to achieve a better world society and, above all, more human.

**Keywords:** Physical activity, Sport sciences, Performance analysis of sport, Physical conditioning, Physical education, Physical activity psychology, Sport medicine, Sport history.

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