

## Editorial

La revista *Cuerpo, Cultura y Movimiento*, continúa con la compleja labor de abordar el concepto cuerpo. Hablar de cuerpo desde su esplendor, en cada una de sus dimensiones (social, emocional, mental, físico, espiritual), como un sistema y no un objeto compuesto por partes no articuladas, es una tarea constante. Este se enfrenta a situaciones que desencadenan miedos, angustias y confrontaciones éticas y morales que lo ponen a prueba. Al superarlas, el cuerpo alcanza bienestar físico, emocional, social (por el reconocimiento de sus pares), y espiritual, porque al sortear dichas dificultades aprende y se convierte en una mejor versión de sí mismo. Logro que se alcanza cuando hacemos consciente que somos cuerpo y no solo actuamos con él.

En esta edición, Jesús Ortega introduce la idea del cuerpo vulnerable, susceptible y cómo la cultura física, todavía en construcción, puede ser un medio para abordar al cuerpo desde estas perspectivas. Los procesos de salud-enfermedad, experimentados corporalmente, son abordados por las investigadoras Castro, Salazar y Perea, quienes realizan un programa de ejercicio físico para mejorar la fuerza en personas sedentarias.

El docente investigador Fernando Guío se enfoca en otra de las dimensiones del cuerpo, los procesos de aprendizaje de los estudiantes en las clases de educación física, estableciendo la relevancia de los test físicos como una herramienta pedagógica.

Para terminar, en la sección de investigación formativa, Ávila, Ramírez, Riveros y Rodríguez, plantean una forma de evaluar integralmente al cuerpo en movimiento. Esta investigación del movimiento se realiza en el medio acuático, con diferentes técnicas diseñadas para medir la técnica y el desplazamiento del cuerpo.

*Ángela Yazmín Gálvez Pardo*

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Body, Culture and Movement Journal, continuous in this volume with the relentless pursuit to address and search further on the concept of the body, which at first glance is not believed to be so complicated, but in essence, turns to be a complex matter. Talk about the body from all its magnificence, from each of its dimensions (social, emotional, mental, physical, and spiritual) as a system and not as an object with a number of unarticulated and totally isolated parties, is a permanent commitment. We must not neglect the body which confronts many situations that leads him to feel fear or anguish, but also the body courageously faces them and goes ahead; such situations that will not only be reflected in the physical or emotional aspect, but also in the social (by the recognition of his peers), physical and spiritual well-being of the individual. At a certain point the body may have had to deal with many situations that confronted his ethics or his morals, but still ended up overcoming to them and turning into a better version of itself, as a product of the awareness of the body, placing it as a unity to face life's different challenges, not by acting with the body but by being one with the body.

Being the body one of the major concerns of researchers who publish in this issue, the journal condenses the authors reflections around the body in all its fullness; therefore Jesús Ortega introduces the body vulnerable and susceptible arguing that physical culture, still under construction, may be a means to address the body from these perspectives. On the other hand, health diseases processes experimented by a bodily approach, are also present, that's why Castro, Salazar and Perea carried out a program of physical exercise, to improve strength in sedentary people.

On the other hand the researcher Guio focuses on other dimensions of the body, learning from the processes of students in the physical education classes, and establishing the relevance of the physical test as a pedagogical tool.

Finally in the formative research section, Ávila, Ramirez, Riveros and Rodriguez present a way to fully evaluate the body in movement, as a result of the research work about the movement performed in the aquatic environment, presenting different techniques designed to have a better displacement of the body in this environment.

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