

## Editorial

The proposal of this issue consisted in gathering works related to physical activity, exercise, sport and human motor skills, presented in the framework of the V National Congress of Physical Activity and XII International Congress of Motricity and Exercise, organized by the District Institute of Recreation and Sports (IDRD) and the Master's in Physical Activity for Health at the Universidad Santo Tomás. Additionally, this event was attended by 23 international speakers from Brazil, Mexico, Spain, Chile and Colombia, with the support of the International Human Motricity Network, which is made up of more than 60 universities in 30 countries.

All the scientific production of the event, which is based on evidence and research experiences, shows the current reality in the field of physical activity and sport sciences, and was previously submitted and assessed by 43 experts of the area called the scientific committee. This committee ensures that all the products presented in this issue are high quality, under the opinion and approval of the *scientific committee* of the event and, of course, of the editorial of the *Revista de Investigación: Cuerpo, Cultura y Movimiento* (Body, Culture and Movement Research Journal).

The dossier shows the latest trends in the fitness industry, such as Pilates and tropical folklore dance, in addition, with a component of cognitive sciences and social representations of the physical activity. Also, the methodologies of sports training are part of the number, together with some components of the evaluation and prescription of exercise, such as dynamic, static balance and flexibility levels.

We hope that all this evidence presented in this issue is to your liking and that it allows you, as readers, to obtain valuable and very useful information in the applied sciences of sport and physical activity.

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