

Editorial

Disability: Physical Activity, Sport, and Recreation as Social Phenomena

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On this occasion, the *Cuerpo, Cultura y Movimiento* Journal, which is part of the Faculty of Physical Culture, Sport, and Recreation of the Santo Tomás University, has taken the challenge to address one of the topics that, because of its complexity and relevance, deserves special attention: disability. This has been one of the concepts with the greatest evolutionary character, if we take as a reference the International Convention on the Rights of Persons with Disabilities declared by the United Nations (UN, 2006), which recognizes that the concept of disability is an evolving one and that disability results from the interaction between people with impairments and attitudinal and environmental barriers that hinder their full and effective participation in society on an equal basis with others.

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Nevertheless, from the public policies generated in Colombia, programs and projects have been proposed and implemented to achieve a greater participation of this population in the different areas of daily life, as well as to guarantee their rights to health, education, work, and the practice of physical activity and sports, which contributes to their well-being, human and social development, and to their empowerment and political participation in the resolution of the country's needs.

Thus, several investigations have shown that the implementation of strategies such as the practice of physical activity or a sport not only generates an impact on overall health and the prevention of chronic noncommunicable diseases, but also on the inclusion and participation of subjects in activities that benefit their rehabilitation processes and promote the adoption of healthy lifestyles to improve their quality of life.

The recognition of physical activity as a powerful tool for inclusion begins with understanding it as an experiential daily activity that strengthens social fabric. This allows the different forms of expression of movement present in the territories to become new forms of language and social interaction that represent the different modes and conditions of life of social groups and collectives. In this way, physical activity is an umbrella concept that embraces different expressions of movement, such as physical exercise and sport, and that cannot be conceived solely as an activity that involves mechanical and biological movement and generates an energy expenditure. Its great potential in recent years has been recognized at the social and political level, being a scenario for the construction of social bonds, the generation of identities, and the creation of social organizations, which organize through physical activity for the fight for their rights.

In the sports field, the United Nations Educational, Scientific and Cultural Organization (UNESCO, 2015) emphasizes on sports for all as an essential resource for building peace. It is starting to be recognized in the public policies of Latin American countries as a social, economic, and political right, and as a tool for strengthening social fabric, coexistence, and peace. These are elements that territories are demanding, through the recognition of the importance of community-based actions, which must gain prominence in the State-society relations. Thus, in the last 30 years, the different modalities or forms of sport (adapted sport, ancestral sport, school sport, among others) have become increasingly relevant, evidencing their importance for different

population groups that seek to guarantee this right, which is little recognized and for some is still not guaranteed.

In light of these concepts, which allow the recognition of physical activity and sports as social phenomena, this edition (2020-2) of the journal presents different contributions that allow the introduction of fundamental aspects that should be considered in the interaction with persons with disabilities, apparently healthy people, physically active people, or high performance athletes, by means of the recognition of their singularities, differences, and capacities by professionals and facilitators who work for the promotion of these expressions of the movement in subjects and groups.

Based on the foregoing, this dossier covers the following topics: pedagogy and psychological approaches to the training of athletes; evaluative considerations that lead to appropriate planning of training strategies and the initiation of physical activity; and, finally, innovative tools such as the use of virtual reality and plyometrics and proprioception training as elements that contribute to the approach of people with disabilities in order to optimize their functionality and social participation.

The first thematic axis links the pedagogical and psychological approaches applied to sportsmen and sportswomen with three research works. The first one, presented by Mateo Nicolás Zamora Quiroga, Laura Andrea Ramírez Sánchez, and Juan Santiago Cortés Cañón, entitled *Analysis of Gaming Actions in Table Tennis Through an Observational Methodology*, manages to establish that, from the taxonomies and the categorizations used during the game, fundamental elements can be established to allow coaches to develop strategies that optimize the performance in these athletes.

On the other hand, the study presented by Lina Marcela Parra Klusmann, entitled *Pedagogical Manifestations in Sports Training Processes*, makes a descriptive and interpretative analysis taking hermeneutics as a base element to identify the meaning of the pedagogical manifestations in sports training schools. Based on this, it is possible to determine that pedagogical manifestations start from the dynamics used by the teacher-coach as the main figure of the process; however, the teaching of any sport discipline starts from the experience, the persistence, and the time of execution as elements that lead to the generation of the motor track in any sportsmen or sportswomen.

The third research, developed by Diana Carolina Nope, Jorge Luis Petro, and Diego Bonilla and entitled *Influencing Factors on Athlete's Motivation*,

addresses socio-affective bonds, group leadership and cohesion, the participation of the coach, competitiveness, the ego construct, the effect of anxiety, and the fear of negative evaluation as determining elements in the motivation that any subject who wants to do sport or practice physical activity has.

The second thematic axis includes basic evaluative considerations as essential elements around the planning and definition of physical activity and brings together three investigations that address the assessment of aerobic capacity in university population and in young people with intellectual disabilities and the analysis of heart rate variability as indicator of performance and response of the cardiovascular and pulmonary systems. The first work, carried out by Julio Alejandro Gómez Figueroa, Alejandro Barradas Peregrina, Santiago Castineyra Mendoza, Luis Quintana Rivera, and José Moncada-Jiménez, entitled *Assessment of the Aerobic Capacity of University Students*, uses the study of aerobic capacity as an indicator of physical fitness, analyzing the data obtained from freshmen students at the University of Veracruz, Mexico, through a conventional field test such as the Cooper's test, in order to identify those risk factors that affect the basic health condition of the university community, with the aim of proposing health promotion and disease prevention strategies.

On the other hand, the research carried out by Jonathan Martinez and Laurent Mourot, entitled *Analysis of Heart Rate Variability During a Mental Image Session of a Walk*, invites us to go deeper into the behavior of the autonomic nervous system during the performance of physical exercise and to identify the influence of mental images on the behavior of the heart rate in order to evidence its significant changes during the performance of physical activities and how these can be generators of acute responses that affect physical performance.

The third work, carried out by Diana Alexandra Camargo Rojas, Carol Daniela Alonso, Duván Montenegro Bernal, Patricia Cortés Cortés, Steffanny Escobar Soto, and Lina Marcela Rincón Ortiz, entitled *Assessment of Physical Condition in Children and Youth with Intellectual Disabilities: A Review*, evidences the processes of evaluation of physical condition in this population through the application of field tests. The conclusive result of this research points to the need to validate tests that can be adapted to the entire population with intellectual disabilities as a relevant need, considering the large number of jobs developed in apparently healthy population.

Finally, the last component of this dossier presents two research works that propose strategies to allow a novel and significant approach to persons with disabilities. The first one, proposed by the authors César Alonso Aguilar Mejía and Ricardo Rodríguez Cepeda, entitled *Effects of Plyometrics and Proprioception Training on Cognitive Impairment, Down Syndrome, and Autism*, generates important results on how these two work strategies have an important impact on coordination and stability of daily mechanical gestures in the mentioned population.

The second work, proposed by Iván Dario Pinzón and Jorge Enrique Moreno and entitled *Virtual Reality as a Facilitator of Physical Activity in People with Disabilities*, identifies strategies based on the application of clear protocols under the scheme of virtual reality, in order to promote the performance of physical activity to generate positive changes at the level of physical performance, functionality, and body recognition in people with disabilities.

Based on the foregoing, it should be noted that disability is an important unit of analysis from the operational and functionality aspects since 15% of the population presents a transitory disability and 12% of the population are older adults with some impairment; in addition, almost 40% of the world population presents some impediment or restriction in their abilities. All this within a context where they experience barriers to inclusion and to participation in the physical, political, personal, and social areas, which prevent them to interact in scenarios related to the practice of physical activity and recreation. The review of new technologies in health and movement from an adaptation standpoint can come in handy to reduce the impact of disability and to guarantee the right to quality of life for people with disabilities.

The social practices based on the promotion of physical activity, recreation, and sport are of great interest for the contributions based on the scientific method that allow to evidence the disciplines that path the way towards the sciences of the movement from their investigative exercises in the collective and individual interventions. Adapted sport is gaining strength, showing results at a national and international level, as is the case of table tennis, which has managed to position the level of Colombian athletes, being an example of inclusion with no change in its rules and allowing the inclusion of most disabilities.

We must not forget that adapted sport, the practice of physical activity, and recreation allow interpersonal contact, creating positive attitudes in the people who practice it and in the people who observe it, which favor

relationships and help the consolidation of an integrated society without barriers to the development of the potential of people with disabilities.

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