

## EDITORIAL

The European Journal of Human Movement is a publication published by the Spanish Association of Sport Sciences. It is the continuation of the historical journal, *Motricidad*, created in 1994 by Professor Antonio Oña Sicilia within the Faculty of Physical Activity and Sport Sciences of the University of Granada, although from 2006 on, it was published by the Spanish Association of Sport Sciences. With this first number, we are setting out on a new stage as a new scientific publication, adopting the sub-title of the previous journal, *European Journal of Human Movement*.

*Eur J Hum Mov* is a cross-cutting scientific journal that is published entirely in English and only in electronic format. It has been created with the international vocation of becoming a benchmark in Europe, but promoted from Spain in a first phase. Its goal is to attract the most prestigious researchers from our international environment and we do this from the Spanish Association of Sport Sciences, given that, as a scientific society that seeks maximum excellence, we believe that there is a need for a publication in English and that is indexed in the Web of Science.

We, the researchers that currently head the scientific society, have inherited an academic, scientific and institutional consolidation project of Sport Sciences in Spain, which started in the nineties when these studies were integrated into the University and continued with the institutional normalisation of Faculties and University Departments, access to the official educational bodies of the staff of the Sport and Physical Education Area (including University Chairs), and which continues with the scientific consolidation of Sport Sciences.

The *Eur J Hum Mov* is the result of a publishing project drawn up by a prestigious group of junior and senior researchers who represent the current scientific status of Sport Sciences in our country. These researchers publish in indexed journals on a regular basis, they are researchers with high H-indices, with 6-year research periods, with important research projects; in short, representatives of strong research groups, groups of excellence at their respective universities, which have been created over the last twenty years. The Spanish Association of Sport Sciences mirrors this great academic, institutional and scientific change, and that is why we need the *Eur J Hum Mov* to be constructed on a solid foundation, with the initial objective of being indexed in the Journal Citation Report. Web of Science. Thomson Reuter and with the vocation of becoming an international benchmark in terms of European scientific journals on Sport Sciences.

From the onset of this new stage, we wanted *Eur J Hum Mov* to be able to attract articles of excellence by researchers who work in our country and, that is why, in this number, we have invited a representative sample of them to participate, preparing a monographic number with review articles. The next number will also include scientific articles with research results in each one of the scientific areas of the journal.

The volume that we present is a monographic number of review articles, representative of the different areas of Sport Sciences, and whose aim is to place the scientific discussion on some of the most relevant research topics today. The first three articles provide us with a very complete overview of the area of Sports Training, the first of which analyses the current state of batteries of physical fitness tests used by the military and security forces; the second presents scientific knowledge about injuries produced in strength training; and the third, changes that cause variable resistance (VR) during a repetition and the capacity to generate maximum muscle strength and power during the repetition.

The next articles, within the area of Motor Control, present an interesting review on the most commonly-used non-linear tools to evaluate human variability, proposing the use of different methods to obtain a multidimensional approach to motor variability, and an article on mirror neurons, suggesting that perception and execution of motor actions share certain neural mechanisms, as mirror neurons are activated both when an action is observed and when it is executed.

A work is presented within the area of Teaching Physical Education and Sport that reflects upon new ways of understanding the teaching-learning process in sport. The article, based on non-Linear Pedagogy, suggests that the manipulation of relevant determining factors (task, environment and individual) must be made compatible with the planning of trainers' verbal instructions, in order to increase athletes' information sources and thus be able to guide them towards the search for tactical solutions within the game environment.

Two works are presented in the area of Sports Psychology. The first describes how the study of sport motivation has evolved over the last three decades, where the Achievement Goal Theory (AGT) and Self-Determination Theory (SDT) co-exist to explain the role of parents and trainers in sport teaching. The second is a methodological article that analyses the psychometric properties of an instrument (PACEDOS) that measures adolescents' perception of the criteria used by their significant adults when judging adolescents' success in sport and in physical education (PE).

A new article is presented within the area of Physical Activity and Health, reflecting upon the existing controversy around the relationship between physical activity and weight loss, after bariatric surgery. After the review carried out, the authors establish that engagement in physical activity is positively correlated to weight loss, in programmes that last for at least 9 months.

We end with a work in the area of Adapted Physical Activity, which reviews current and recent research in athletes with hypertonia, ataxia and athetosis, and links the research in two Paralympics sports, athletics and football-7, to develop evidence-based classification systems.

Finally, from the Editorial Board, we would like to encourage all research groups of excellence in Sport Sciences, which work in Spanish universities, to send quality articles to raise the editorial prestige of Eur J Hum Mov, thus contributing to its forthcoming inclusion in the Web of Science.

Fernando del Villar Álvarez  
Editor-in-Chief Eur. J. Hum. Mov.