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Editorial

- 5 **Lara, A.J. (2011).** Transmission of social and educational values through sport. *J Sport Health Res*, 3(1):5-6.

Review Articles

- 7 **Tejero, C.M.; Balsalobre, C.; Higuera, E. (2011).** Active Digital Entertainment (ADE). Social reality, trends and opportunities of virtual physical activity. *J Sport Health Res*, 3(1):7-16.

Original Articles

- 17 **Merino, R.; Mayorga, D.; Fernández, E.; García, R. (2011).** The effect of sole self-massage on the extensibility of the back muscle chain in triathletes. A pilot study. *Journal of Sport and Health Research*. 3(1):17-26.
- 27 **Clemente, V.J. (2011).** Fatigue of nervous system through Flicker Fusion thresholds after a maximum incremental cycling test. *J Sport Health Res*, 3(1):27-34.
- 35 **Lesma, M.L.; Pérez-González, B.; Salinero, J.J. (2011).** Relative age effect (RAE) in Spanish football league. *J Sport Health Res*, 3(1):35-46.
- 47 **Zurita, F. (2011).** The importance of flexor capacity and ligament hyperlaxity in the detection of school athletes. *J Sport Health Res*, 3(1):47-58.
- 59 **Garrido, M.E.; Romero, S.; Ortega, E.; Zagalaz, M.L. (2011).** Designing a questionnaire on parents for children in sport. *J Sport Health Res*, 3(1):59-70.
- 71 **Torres-Luque, G.; Sanchez-Pay, A.; Moya, M. (2011).** Competitive analysis of requirements of young tennis players. *J Sport Health Res*, 3(1):71-78.

Invited Papers

- 79 **Pérez, E. (2011).** The importance of diagnosis and institutional evaluations to the quality of the educational system in Mexico. *J Sport Health Res*, 3(1):79-90.



- 91 **González, G. (2011).** Psychology and tactical aspects to consider in the development of sport football match institutional relevance. *J Sport Health Res*, 3(1):91-96.