



It is with great pleasure that we present the first edition of the *Brazilian Journal of Sport Psychology and Human Development* (BJSPHD), an initiative that marks an important step towards strengthening and consolidating Sports Psychology and related areas in Brazil and on the international scene. This journal is the result of the joint efforts of the Laboratory of Studies and Research in Sports Psychology (LEPESPE), at UNESP – Rio Claro, and the Brazilian Association of Studies in Sports Psychology and Exercise (ABEPPEX), two institutions that have historically contributed significantly to the scientific and practical development of the area.

BJSPHD is a platform for dialogue, reflection and dissemination of knowledge, with the objective of bringing together excellent academic and scientific productions that address the multiple dimensions of sports, physical activity, recreation, leisure, dance and human recovery. In its editorial proposal, the magazine presents itself as an interdisciplinary space, welcoming contributions from psychologists and professionals from related areas, committed to promoting human development through movement, performance and bodily experience.

In this inaugural issue, we are honored to feature articles written by renowned authors from Brazil and abroad, whose research reflects the state of the art of scientific production in Sports Psychology and associated areas. The diversity of themes and methodological approaches present in this issue reaffirms the journal's commitment to plurality, academic rigor, and the social relevance of the published research.

BJSPHD is an open access journal published exclusively online, with continuous publications distributed in four issues per year, which ensures agility in the dissemination of works and greater visibility for authors. With this editorial dynamic, we seek to value the time and commitment of the academic and professional community that trusts our editorial project as a legitimate channel for scientific dissemination.

More than a journal, BJSPHD is a collective construction that aims to reflect the challenges and advances of a field in constant transformation, attentive to the contemporary demands of sports and human development. We invite the scientific community, professionals in Sports Psychology and Psychology and related areas to read this first edition, submit their work and actively participate in the construction of this space.

We wish everyone an excellent reading and that this is the beginning of an inspiring, ethical and committed journey with knowledge and practice.

Kind regards,

Afonso Antonio Machado, Prof. Dr.  
Editor-in-Chief of BJSPHD