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TECHNIQUES OF
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PHYSICAL AND
SPORTS**

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NOUR EL BACHIR
EL BAYADH**



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Dear Reader

Now then:

As a continuation of what was published in previous issues of the journal Excellence in Physical and Sports Activities Sciences and Technologies, and in line with our commitment to scientific research and opening up avenues for the exchange of experiences among researchers, here is the latest issue - which you now hold in your hands - is published to be a fresh river flowing into the sea of science, carrying with it everything new from a comprehensive perspective that encompasses all dimensions. The editorial board hopes that this will reflect its constant concern for the integrity of this scientific platform and follow in the footsteps of ASJP in scientifically evaluating research by experts in the field without abandoning creativity and modernity, and that its fruits will be tangible rather than descriptive. We greet readers from around the world with sincere regards, to speak on behalf of the journal: its concept, level, and content. This issue includes a variety of contributions that demonstrate to readers that it is open to both experienced and novice researchers alike, and is a distinguished scientific platform.

May God grant us success.

Secretary Of Journal: Dr. Fedlaoui Hasni.

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