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### *Preface to PJAHS Volume 9 Issue 1*

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This is the initial issue of the ninth volume of the Philippine Journal of Allied Health Sciences (PJAHS). This issue contains a diverse set of articles that reflect the breadth of scholarship in allied health sciences, covering tool development, feasibility, and qualitative studies, as well as study protocols in sports science and rehabilitation.

This opens with an original article on the development and validation of the Knowledge, Attitudes, and Practices towards LGBT in Healthcare Questionnaire (KAP-LHQ), which addresses the need for a culturally relevant and updated instrument for assessing healthcare professionals' gender-affirming practices. Another original article reports on the feasibility of a motion capture and surface electromyography (sEMG) protocol for high-speed running analysis, providing methodological insights for future biomechanical studies in athletes with recurrent hamstring strain injury. We also feature a qualitative exploration of Filipino families' perspectives on school-to-work preparedness for youth with disabilities, highlighting the role of education, family involvement, and socioeconomic context in transition planning.

The remainder of the issue presents four study protocols that expand the scope of health and sports science research. These include: a pilot study protocol comparing acute heart rate variability responses between neuromuscular and metabolic training in collegiate high-intensity intermittent sport athletes; a protocol investigating the influence of neurobiofeedback intervention on heart rate variability and recovery in UAAP basketball and football athletes; a systematic review and meta-

aggregation protocol on the multifaceted relationship between walking and chronic low back pain in adults; and a qualitative study protocol examining weight control practices among Philippine national Wushu Sanda athletes.

Through these contributions, PJAHS continues to provide a platform for advancing interdisciplinary evidence that can inform education, clinical practice, and policy in allied health, specifically in the Philippine context. We acknowledge with gratitude the dedication of our authors, peer reviewers, and editorial board, whose commitment ensures the rigor and relevance of each publication.