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Emotions in Sports and Exercise

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Emotions and related affective constructs are a central part of both sport and exercise. The relationship between emotions and sport and exercise can be regarded as reciprocal. Physical activity is shown to change emotional states and can even work in conjunction with traditional forms of medicine as a form of treatment or the prevention of clinical disorders. Research also highlights the role of emotions in physical education as a catalyst in the learning process.

Most people would probably intuitively agree with the paramount importance of emotions in sport and exercise. However, compared to predominant cognitive approaches, research on the role of emotions in these fields is rather scarce and many aspects regarding their relationship are still unknown. For this reason, the goal of this Special Issue is to address this shortcoming and pool research endeavors to strengthen our knowledge about the role of emotions in the field of sport and exercise, as well as physical education.

Prof. Dr. Darko Jekauc
Guest Editor



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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