



Sport Psychology in Sports, Exercise and Physical Activity towards Sustainable Lifestyle and Physical Education

Guest Editors:

Dr. Nikos Comoutos

Department of Physical
Education and Sport Sciences,
University of Thessaly, 42100
Trikala, Greece

Dr. Zişan Kazak

Faculty of Sport Science, Ege
University, Bornova, Izmir 35100,
Turkey

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submissions:

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Message from the Guest Editors

Dear Colleagues,

It is well known that sports and physical activity can have a profoundly positive impact on individuals' physical and mental health. During the COVID-19 pandemic and after the lockdowns many of us are staying at home more than before, leading to a reduction in our physical activity. The purpose of This Special Issue is to examine the developmental and social aspects of activity participation in different contexts such as sport, exercise and physical education both during the initial stages of the COVID-19 pandemic and in the current context. Furthermore, the effects of psychological skills, psychological techniques, and motivational theories in sports, physical activity, and physical education on different psychological aspects and performance will be examined. Submissions are encouraged from different methodological procedures (e.g., qualitative and quantitative data collection), and different forms such as commentaries, conceptual papers, and reviews are welcome.





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Prof. Dr. Marc A. Rosen

Faculty of Engineering and
Applied Science, University of
Ontario Institute of Technology,
Oshawa, ON L1G 0C5, Canada

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