

## Special Issue

# Human Performance and Health in Sport and Exercise—2nd Edition

### Message from the Guest Editors

The current research shows a positive association between sports participation and people's health status. All types of physically demanding sport, competitive or not, offer measurable health gains for men and women of all ages. However, competitive sports demand numerous sacrifices from athletes to achieve an optimal performance, which comes at a high price: injuries, recurrent fatigue, and mental issues such as anxiety and frustration. Also, retired athletes have numerous health issues following stressful competitions and training. Therefore, both health and performance should be seen as foundations in the development of a healthy and high-performing athlete. Also, to reach optimal performance and attain health benefits of sports participation, coaches and athletes have to possess high levels of health and physical literacy. In other words, knowing about the positive health benefits of sports and physical activity and how to achieve them have gained interest. Therefore, we invite researchers to submit papers related to performance and health in sports.

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### Guest Editors

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### Deadline for manuscript submissions

20 October 2025



## Applied Sciences

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## About the Journal

### Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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### Editor-in-Chief

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