

Special Issue

Sport Activity for Health Improvement and as an Injury Prevention Tool

Message from the Guest Editor

Physical inactivity is one of the main modifiable and preventable risk factors for NCD. Sport is very important for the improvement of the quality of life, positively impacting both psychological well-being and physical health.

On the other hand, the inclusion of sport in everyday life means an increase in the probability of injuries for individuals who are insufficiently prepared. The solution is to design procedures that will minimize the risk of injury. Reducing the public health burden of sport injuries would promote physical activity and thus have a major positive impact on the quality of life.

The design and evaluation of the effect of sports activities requires effective diagnostics. We expect contributions on the topic of qualitative diagnostics with the aim of individualizing sport training programs that reduce the risk of muscle injuries. Detailed information can be found at:

https://www.mdpi.com/journal/applsci/special_issues/sport_activity_health

Guest Editor

Prof. Dr. Vaclav Bunc

Faculty of Physical Education and Sport, Charles University, Praha 6,
162 52 Praha, Czech Republic

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Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
applsci@mdpi.com

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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.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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