

## Special Issue

# Advances in the Relationship Among Brain, Physical Function, and Exercise Performance

### Message from the Guest Editor

Physical exercise and sporting activity help develop certain areas of the brain, protecting, maintaining, and improving its functions with acute and chronic adaptations. Scientific literature, through both direct or indirect studies, is beginning to pay more attention to the associations between physical and sporting activity and cognitive functioning, to central well-being, and to neurodegenerative diseases, in order to identify the ideal exercise frequency, intensity, type, time, conditions, and environment. We welcome research that focuses on the following topics to be published in this special issue: physical and sports exercise and cognitive performance or brain health; training environments and the role of the brain in physical performance; and physical and sports exercise in neurodegenerative diseases. To help us to understand the relationships between physical and sporting activity and the health and functioning of the brain.

### Guest Editor

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### Deadline for manuscript submissions

30 January 2026



## Brain Sciences

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### Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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