



Physical Activity and Sport: Health Benefits and Contribution to Public Health

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Message from the Guest Editors

Within the area of physical activity and sport, we can find a relationship between the benefits they bring to health and how this affects public health. This area of sports science is in continuous growth due to the rapid progress of the scientific community. This advance in the health benefits of physical activity and sports has repercussions for the whole of society, not just athletes.

This Special Issue regards the participation of established national and international references in the fields of sports science, psychology, education, and health. It seeks to generate multiple contexts, understanding that the practice of sport and physical activity is a healthy habit that can favor progress at a therapeutic and preventive level based on the promotion of healthy lifestyles. For this, it is necessary to specify the scientific objectives for different contexts, improve the instruments related to data analysis, and look for studies that can be transversal in our field of knowledge.





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