

Special Issue

The Role of Physical Activity and Sports in Enhancing Psychological Well-Being and Quality of Life

Message from the Guest Editor

This Special Issue aims to consolidate research exploring the relationship between physical activity, sport, and psychological health, adopting an inclusive approach that considers the experiences and perspectives of athletes, coaches, sports directors, medical services, families, and referees. We are pleased to invite researchers to submit studies addressing key issues related to the impact, promotion, prevention, and protective and risk factors for psychological health across various domains: physical activity, amateur sport, high-performance sport, and youth sport. Additionally, we welcome research analyzing inclusive and adapted sport, as well as gender differences in physical activity and sport. This Special Issue seeks to serve as a platform that integrates contributions to broaden the understanding of the impact of sport and physical activity on psychological well-being and quality of life. Researchers are invited to share their findings through diverse contributions, such as narrative and systematic reviews, meta-analyses, original research, psychological intervention programs, and case studies on this topic.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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