

## Special Issue

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

### 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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### Guest Editors

Dr. Sergio González-Espinosa

Faculty of Health Sciences, International University of La Rioja, 26006 Logroño, Spain

Dr. David Mancha-Triguero

Department of Physical Education and Sport, Cardenal Spínola CEU Andalucía University, 41930 Sevilla, Spain

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### Deadline for manuscript submissions

closed (30 June 2024)



## Healthcare

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*Healthcare*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[healthcare@mdpi.com](mailto:healthcare@mdpi.com)

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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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### Editor-in-Chief

Prof. Dr. Lorraine S. Evangelista

Sue & Bill Gross School of Nursing, University of California, Irvine, CA  
92697, USA

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