

# Special Issue

## Sports and Special Populations: Improving Physical Activity, Health and Quality of Life

### Message from the Guest Editor

According to a survey, several factors were identified as interfering with health, quality of life, activities of daily living, performance, rehabilitation, and physical preparation from childhood to adulthood, as well as adapted and paralympic sports and special populations. The health, quality of life, and performance of this population are affected by the relationships between stress, maturation, prescriptions, and control of exercise load as well as recovery. Environmental approaches aim to increase efficiency and physiological adaptations accordingly; however, this stimulus–performance–adaptation relationship varies in different situations and conditions. As a result, we hope to receive contributions related (but not limited) to the following topics: health, quality of life, and training load monitoring; stress and physiological responses during exercise or sports; the recovery process; changes after stress and/or exercise load; exercise physiology in health; and physical as well as sports performance.

### Guest Editor

Dr. Felipe J. Aida

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### Deadline for manuscript submissions

closed (30 September 2024)



## Healthcare

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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

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