

Special Issue

Psychological and Emotional Changes after Physical Exercise

Message from the Guest Editor

Society is subjected to various professional, personal or academic pressures that lead to a high level of stress. Research is focusing on this problem, with the aim of finding solutions to help improve people's quality of life. Moreover, there is a major problem of youth anxiety and stress that is producing a high number of mental disorders, with fatal outcomes in some cases. In this sense, research in the field of Physical Activity and Health Sciences has demonstrated the importance of physical exercise as a means of preventing these diseases, favouring changes in lifestyles and health. These changes are not only physical changes, but also psychological and emotional changes, which are fundamental to favour a greater predisposition towards the practice of physical activity. Studies on physical exercise and the benefits on psychological and emotional variables are welcomed, in different practice contexts: recreational physical activity in young people and adolescents, physical exercise in the elderly and senior people, sports practice in training ages, physical education classes at different academic levels, physical exercise and fitness.

Guest Editor

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Message from the Editor-in-Chief

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