



Sport, Physical Activity and Public Health: Influence of Age and Gender

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Message from the Guest Editors

Scientific evidence has shown that physical activity and sport, practiced with certain frequency and at a moderate to vigorous intensity, are one of the best strategies currently available to promote public health and the well-being of the population. In addition, physical activity and sport practice are directly associated with increasing quality of life in childhood, adolescence and adulthood. These improvements in health and quality of life are closely related to the amount and type of activities practiced throughout different stages of life.

The aim of this Special Issue is to attract studies that address age and gender influence on physical activity and sport practice. Although this call is primarily intended for manuscripts including samples or observations that analyse the interaction between both variables, research that includes only one sex or age category in their study design is also welcome, provided it is contextualised in the influence or the role of age and gender on public health and sport practice.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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