



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

Collection Editors:

**Prof. Dr. Leonor Gallardo  
Guerrero**

IGOID Research Group,  
Department of Physical Activity  
and Sport Sciences, University of  
Castilla-La Mancha, 45071  
Toledo, Spain

Leonor.Gallardo@uclm.es

**Dr. Jorge Garcia-Unanue**

IGOID Research Group,  
Department of Physical Activity  
and Sport Sciences, University of  
Castilla-La Mancha, Toledo  
45071, Spain

Jorge.GarciaUnanue@uclm.es

### Message from the Collection 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.





# International Journal of *Environmental Research and Public Health*

IMPACT  
FACTOR  
3.390

Covered in:  
PubMed

an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Paul B. Tchounwou**

Department of Biology, College  
of Science, Engineering and  
Technology, Jackson State  
University, 1400 Lynch Street, Box  
18750, Jackson, MS 39217, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

## Author Benefits

**Open Access:**— free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and many other databases.

**Journal Rank:** JCR - Q1 (*Public, Environmental & Occupational Health*) / CiteScore - Q2 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health*

MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
Fax: +41 61 302 89 18  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
@IJERPH\_MDPI