



Biomechanical, Physiological and Psychological Demands and Adaptations of Sports and Exercise Health

Guest Editor:

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Message from the Guest Editor

This research topic seeks to discuss the effects of the demands caused by sports and exercise on the biomechanical, neuromuscular, physiological and psychological adaptations with regard to performance or health benefits. Our hope is that through this research topic, scientists, practitioners, athletes and patients/clients will be able to critically consider the effects of different demands on performance and health outcomes.





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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. 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.

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