



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. 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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