



New Training Strategies and Evaluation Methods for Improving Health and Physical Performance

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Message from the Guest Editors

Physical activity is identified among the most effective methods of improving health and physical function, and its practice is suitable for every population. Its benefits are known for sedentary individuals who, by initiating sport, improve their physical condition by reducing risk factors. Active training is also encouraged for the general population who need to maintain an optimal level of fitness, as well as for athletes who want to achieve high performance during the competitive period. Even young people benefit from sports practice, growing into healthy young adults with important implications for their psychological and social development. In the last few years, the scope of research in sports has become very wide and detailed, laying the foundations for the development of innovative training methods and new evaluation approaches aimed at improving health, physical function, and performance. The aim of this Special Issue is to propose, on the basis of the evidence that the current literature provides, new training techniques and specific evaluation methods for the different populations practicing physical activity.





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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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