



Physical Activity for Public Health

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Message from the Guest Editor

This special issue entitled, “Physical Activity for Public Health” will cover children and adult physical activity related research topics aligned with improving and promoting public health from the grassroots right through to the local level, regional level, national level and/or international level. While physical activity is recognised to have a global significant impact on the health and lifestyle of individuals it does play a role in the prevention and treatment of common metabolic diseases and disorders. This special issue will discuss some of the psychological consequences of the lack of physical activity as well as physiological and biomechanical physical activity indicators designed as assessment tools to improve our understanding of what constitutes a reasonable evaluation of one’s physical activity level and health status. Original research studies on topics that are qualitatively and quantitatively driven in subject areas such as sport and exercise science, human movement science, biomechanics, coaching science and sport development are encouraged.





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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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