



Exercise and Sport Science: Moving Towards the Next Decade

Guest Editor:

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Message from the Guest Editor

Participation in exercise and sport is finally considered the leading strategy for the promotion of a healthy lifestyle. Across the lifespan, a higher level of physical activity and a lower time in sedentary behaviors should be achieved in order to allow physical and cognitive development, to maintain functional fitness, to keep a high perception of health and quality of life, to prevent diseases, to counteract physical and cognitive decline. Nutrition and energy balance should be always considered in combination with exercise and sport for seeking the desired achievements. Moreover, new strategies are deemed necessary due to the unexpected challenges induced by the COVID-19 pandemic, which is negatively influencing the lifestyle of the general population and the sport performance of athletes. Questions still remain unanswered and new concepts have to be developed, moving research on exercise and sport science into the new decade of progression.





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Message from the Editor-in-Chief

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