



Exercise Testing: The Past, Present and Future

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Message from the Guest Editor

Dear Colleagues,

Exercise testing is the cornerstone of developing effective individualized exercise programs for athletes, non-athletes and patients, and consequently, it has many applications in both sports and the clinical setting and public health. Exercise tests—such as the 20 m shuttle run test—have been developed over the last few decades and used widely all over the world. Using these ‘old’ tests provides an advantage of a very large database allowing comparisons by sex, age, and sport. On the other hand, the advancement of scientific knowledge and technology has facilitated the recent development of ‘new’ tests, which have improved validity and reliability compared to the ‘old’ tests.





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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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