Message from the Guest Editor

Regular sports practice has a positive influence on the physical and psychological health of athletes. Sports performance depends not only on the physical qualities of the athletes, but also on psychological variables. In a competitive context, knowledge and manipulation of psychological variables such as attention, self-confidence, stress control, anxiety, motivation, cohesion, self-control or emotional self-regulation, moods, and interpersonal skills can influence the athlete’s performance. Even the practice of sports can generate feelings of fear of failure and the appearance of feelings of shame, creating in athletes a certain degree of insecurity, anxiety or stress and avoidance behaviors, which can affect the wellbeing, interpersonal behavior, and sports performance of athletes. On the other hand, competitive sport is a means of socializing influences that have an impact on the training of the player, the promotion of a balanced sporting context, and the intention to continue practicing sport. The physical and psychological well-being of athletes depends on the social environments where the sport is practiced, which is related to the significant agents of the environment.
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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