



## **Health Benefits of Physical Activity and Sport: Psychological and Cognitive Enhancement**

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Deadline for manuscript  
submissions:  
**closed (31 January 2022)**

### **Message from the Guest Editors**

Dear Colleagues,

Physical activity and sport are essential for psychological and cognitive wellbeing, as testified by the WHO. Growing evidence suggests that physical exercise improves brain functions such as attention, memory, and decision-making.

This Special Issue is devoted to publishing recent findings on the enhancement of psychological and cognitive functions promoted by physical activity and sport and aims to gather new knowledge on the benefits of physical activity for the neurocognitive system from childhood to older age, in relation to both professional performance and leisure activities.

We call for contributions discussing the effects of acute and/or chronic exercise on cognitive functions, the effects of traditional and alternative forms of exercise on cognitive functioning along human lifespan, and how specific sport disciplines may improve or interfere cognitive abilities in athletes and amateur sport participants.

We invite investigators to contribute original research articles as well as review articles that will stimulate continuing efforts to better understand the effects of physical activity and sport on cognitive and psychological functioning.





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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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