

Special Issue

Health-Related Fitness in Sport

Message from the Guest Editors

Physical activity is defined as any bodily movement produced by skeletal muscles that involves the expenditure of energy. Globally, the level of physical inactivity is very high: one out of four adults and three out of four adolescents do not meet the recommendations of the World Health Organization. Physical inactivity is the fourth leading risk factor for mortality worldwide. Economic and technological developments have led adolescents to use means of motorized transport, increase their daily screen time, and spend many hours sitting, which cause increases in physical inactivity. Having high levels of physical activity improves health-related fitness. Among the variables of health-related fitness, cardiorespiratory fitness, body composition, flexibility, muscular strength, endurance and power can be highlighted.

Guest Editors

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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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Editor-in-Chief

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