

Special Issue

Physiological Aspects of Physical Activity and Sport

Message from the Guest Editors

Physical activity and good nutrition are key factors contributing to good human mental and physical health. Epidemiological data provide increasing evidence that reduced physical activity and sedentary lifestyle increase both the risk of developing chronic diseases and the mortality associated with these diseases. Physical activity constitutes an integral part of numerous therapeutic interventions. However, physical effort, depending on its duration and intensity, is a known stress factor for the human body. Changes in internal homeostasis arise as a result of continuous biochemical and physiological processes. These processes occur at different intensities, depending on the type and intensity of the physical activity. Understanding these mechanisms makes it possible to individualize training loads, and to implement the rational periodization of physical activity.

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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.

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 journal.

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