

## Special Issue

# Athlete's Health and Safety

### Message from the Guest Editors

The beneficial effects of physical exercise and sport both on a physiological and psychological level are well known and have shown great evolution in the last 50 years. The practice of vigorous physical exercise has beneficial effects on different pathologies such as obesity, hypertension, diabetes, respiratory diseases, cancer, etc. In addition, sports practice is negatively related to aspects that are detrimental to health, such as alcohol consumption, tobacco consumption or consumption of ultra-processed foods. The field of physical exercise is constantly evolving, whether with new training methods, with new supplements that improve health and performance, or with new technologies that improve the sports results of athletes. On the other hand, the sports safety section is showing great progress, since science and innovation in materials allow the creation of increasingly effective, safe and sophisticated sports equipment. Potential topics include, but are not limited to: Health and sport Physical exercise Sport Sports safety Sports equipments Performance Fitness Sports supplementation

### Guest Editors

Dr. Fco Javier Grijota Pérez  
Dr. Ismael Martínez-Guardado  
Dr. Siquier Coll Jesús

### Deadline for manuscript submissions

closed (30 June 2023)



## International Journal of Environmental Research and Public Health

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CiteScore 8.5  
Indexed in PubMed



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*International Journal of  
Environmental Research and  
Public Health*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

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## About the Journal

### 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.

*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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### Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

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