

Special Issue

Physical Activity, Physical Education, Exercise and Public Health

Message from the Guest Editors

Physical activity and exercise have been recognized as being essential for promoting, maintaining, and restoring physical and mental health. In recent years, research has increasingly focused on understanding the mechanisms whereby structured exercise programs can influence various health outcomes. This Special Issue aims to compile high-quality research that examines the effects of physical activity and physical education interventions not only in the general population, but also in sport and educational contexts. Special attention will be given to studies that analyze the impact of exercise on mental health parameters such as motivation, self-esteem, and psychological resilience, as well as on physical parameters such as performance optimization, injury prevention, and recovery or return-to-play processes, in addition to sports research in educational environments. The incorporation of advanced technologies such as wearable sensors, digital applications, and biomechanical analysis tools alongside traditional assessment methodologies is of particular interest to improve the accuracy and personalization of health assessments.

Guest Editors

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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.

Editor-in-Chief

Prof. Dr. Paul R. Ward

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