

Special Issue

Evolutionary Medicine in Sport and Exercise: A Preventative Approach

Message from the Guest Editor

Physical activity, as part of activities of daily living (ADL), has declined rapidly among humans in the western world since the advent of the industrial (~250 years) and, later, technological revolution (~20 years). While it is evident that the total amount of movement humans undertake has declined, modern environments have removed much of the environmental complexity that required a variety of movement strategies. It can be argued that we are required to move less but also to move less variably. Sport participation is often cited as a tool to promote physical fitness amongst children and adults. However, in order for sport or health related exercise to be enjoyed and continued, it requires a robust musculoskeletal system and physical literacy. Colleagues, it is time we placed greater emphasis on prevention rather than treatment. To do this, we must look to the past, to understand the current mismatch between our bodies and our environment. This Special Issue calls for papers which aim to use a preventative lens in our understanding of sports and exercise medicine.

Guest Editor

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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.

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

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