

Special Issue

Health, Training and Performance in Aquatic Activities and Exercises

Message from the Guest Editors

Movement in water is often more accessible and less painful than on land. Aquatic exercise is a useful strategy when people find land-based exercise more difficult or impossible. Movement in water also offers essential resources for training and is a helpful tool in relation to sports rehabilitation. In contrast to aquatic exercise, the term “aquatic activities” involves also the concept of human performance in a water environment. Any motor activities performed in water as efficient and fast as possible are called aquatic activities. Both water exercise and aquatic activities employ the fundamentals of hydrostatics and hydrodynamics to produce unique characteristics that promote health and improve performance through exercise in water. Adaptation to the water environment is the key factor in the preparation process of practitioners and athletes acting in water. The maximization and optimization of human performance in aquatic activities and exercise are therefore the results of technical skill, strength, and endurance improvements.

Guest Editors

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Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for 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, open access journal.

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