

Special Issue

Physical Activity and Sports as Determinants of Health at All Ages from a Biological, Psychosocial, and Environmental Perspective

Message from the Guest Editor

Physical activity is known to provide a wide range of health benefits that can protect individuals from diseases and enhance their mental and physical health. Regular physical activity can prevent and manage a range of chronic conditions, including cardiovascular disease, type 2 diabetes, and certain cancers, and improve musculoskeletal health, weight management, motor skill development in children, and mental health problems. This new Special Issue on promoting health for population is characterized by advanced research methods, such as prospective longitudinal designs, random controlled trials, cross-sectional studies, meta-analyses and systematic reviews, innovative technologies, and the application of these methods and technologies in healthy specific population groups, including clinical and special populations as well as communities stratified by socioeconomic criteria. Papers addressing these topics are invited for this Special Issue, especially those combining a high academic standard coupled with a practical focus on providing optimal solutions for promoting health for all ages.

Guest Editor

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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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