

Special Issue

Frontiers in Sport Performance, Health, and Fitness

Message from the Guest Editors

Sports performance, health, and fitness development and maintenance are interconnected aspects underpinning physical exercise. In sports performance, practitioners should establish what the best interventions or strategies are to improve athletes in the following domains: Technical–tactical: Analyzing the different gestures and movements intimately correlated with sport-specific performance in individual and team sport athletes, also in the transition from youth to adult context. Physical: Increasing the range of choices to refine practitioners' decision-making ability on the use of the most suitable and appropriate interventions in order to bring improvements in biomotor qualities and body composition, and to reduce the risk of injuries. Cognitive: Providing additional information on the influence of cognitive function on physical performance during competitive events with the aim of helping athletes to maximize their outcomes when immersed in a highly stimulated or poorly stimulated environment. ... The details see:

https://www.mdpi.com/journal/ijerph/special_issues/Sport_Performance_Fitness

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Deadline for manuscript submissions

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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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