

Special Issue

Water Polo: Exercise and Health

Message from the Guest Editors

Water polo became the first team sport in the Olympic Games in Paris 1900 and is well spread around the world. Concurrently with this competitive facet, the health benefits of its regular physical have been recognized, particularly regarding the development of cardiorespiratory fitness, general body strength and coordination, as well as mental agility and resilience. This Special Issue welcomes contributions from different expertise areas that can contribute to the water polo body of knowledge, both from exercise and health perspectives. It will be a challenge to motivate water polo professionals who, even existing in a high number around the world, are not (yet) motivated to networking and find common ground. Your contribution will be fundamental for us to excel in this regard, and studies on the health benefits of exercise will be especially appreciated.

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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

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