

Special Issue

Physical Activity for Optimal Health: 2nd Edition

Message from the Guest Editors

We welcome researchers to contribute to this Special Issue, entitled "Physical Activity for Optimal Health: 2nd Edition".

Regular exercise is crucial to improving and maintaining one's physical and mental health, as well as general well-being, since it also reduces excess weight.

Sports and physical activity are valuable in the context of social inclusion and integration due to the multiple and varied benefits they bring to people's health and well-being. They can promote active social inclusion by allowing groups of disabled people to fully interact with and relate to other social groups. Physical exercise, by means of physical education and sport, is valuable and inclusive for all people.

This Special Issue presents articles related to the different fields of sports science, such as the use of accelerometry to quantify health parameters, recommendations and guidelines on physical activity, the development of comprehensive intervention models for reducing overweight and obesity, the use of physical activity monitoring systems, or knowledge related to adherence to physical activity programs for people with or without disabilities.

Guest Editors

Dr. José M. Gamonales

Training Optimization and Sports Performance Research Group (GOERD), Faculty of Sport Science, University of Extremadura, 10001 Cáceres, Spain

Dr. Mário André da Cunha Espada

1. Instituto Politécnico de Setúbal, Escola Superior de Educação, 2914-504 Setúbal, Portugal
2. Sport Physical Activity and Health Research & INnovation Center (SPRINT), 2040-413 Rio Maior, Portugal
3. Centre for the Study of Human Performance (CIPER), Faculdade de Motricidade Humana, Universidade de Lisboa, 1499-002 Cruz Quebrada, Portugal
4. Comprehensive Health Research Centre (CHRC), Universidade de Évora, 7004- 516 Évora, Portugal
5. Life Quality Research Centre (CIEQV-Leiria), 2040-413 Rio Maior, Portugal



Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



mdpi.com/si/227471

Journal of Functional Morphology and Kinesiology
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jfmk@mdpi.com

mdpi.com/journal/jfmk





Journal of Functional Morphology and Kinesiology

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 3.7
Indexed in PubMed



[mdpi.com/journal/
jfmk](https://mdpi.com/journal/jfmk)



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Giuseppe Musumeci
Department of Biomedical and Biotechnological Sciences, Anatomy,
Histology and Movement Sciences Section, School of Medicine,
University of Catania, 95123 Catania, Italy

Author Benefits

High Visibility:

indexed within ESCI (Web of Science), Scopus, PubMed,
PMC, FSTA, and other databases.

Journal Rank:

JCR - Q2 (Sport Sciences) / CiteScore - Q2 (Physical
Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 22.5 days after
submission; acceptance to publication is undertaken in 2.4
days (median values for papers published in this journal in
the second half of 2025).