

Special Issue

Sports Medicine and Public Health

Message from the Guest Editors

We are all aware of the benefits of physical activity in preventing any pathologies and/or slowing down the progression of disease. The combination of sports medicine and innovative exercise protocols aims to optimize overall management and well-being for special populations affected by various pathologies. The application of modern technologies could help to create specific and useful training protocols to facilitate physical activity proposed for fragile populations and encourage medium-long-term adaptations and active lifestyles. This Special Issue of the JFMK aims to cultivate a multidisciplinary dialogue centered around current scientific insights in this field. We invite authors to contribute by submitting original research or targeted reviews, with the goal of advancing the comprehension of the management of physical activity in adult populations and its benefits, with positive repercussions on public health.

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Message from the Editor-in-Chief

Editor-in-Chief

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