

Special Issue

Enhancing Health Through Physical Activity and Sports Science: Advances in Applied Research

Message from the Guest Editors

This Special Issue presents a visionary opportunity to explore the evolution of physical and sports activities, partly in response to the increasing rate of hypokinesia that is affecting contemporary society. It seeks to examine how various professional figures involved in sports, such as athletes, coaches, and kinesiologists, can contribute positively to health promotion, fostering a global and sustainable vision of physical activity and sports science. Particular attention will also be given to research investigating new approaches and teaching-learning methods, both through traditional prescriptive frameworks and heuristic perspectives that highlight the connection between physical activity and psychophysical well-being. Studies focusing on individual perceptions of physical condition and awareness of the role of physical exercise in improving overall health will also be valued, as these aspects are essential for developing effective intervention strategies in both professional settings and everyday life. Authors are invited to submit original research papers, meta-analyses, and scoping and systematic reviews.

Guest Editors

Dr. Giovanni Esposito

Dr. Tiziana D'Isanto

Dr. Gaetano Altavilla

Deadline for manuscript submissions

20 October 2025



Sci

an Open Access Journal
by MDPI

CiteScore 5.2
Tracked for Impact Factor



mdpi.com/si/235944

Sci
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sci@mdpi.com

mdpi.com/journal/

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





Sci

an Open Access Journal
by MDPI

CiteScore 5.2
Tracked for Impact Factor



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

About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Claus Jacob
Division of Bioorganic Chemistry, School of Pharmacy, Saarland
University, D-66123 Saarbruecken, Germany

Author Benefits

High Visibility:

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

Journal Rank:

CiteScore - Q1 (Multidisciplinary)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 36.6 days after
submission; acceptance to publication is undertaken in 6.8
days (median values for papers published in this journal in
the first half of 2025).

