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Exercise and Chronic Disease 2020

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Message from the Guest Editor

The impact of chronic disease on human health has become a prevalent concern, with effective interventions sought after. Regular, structured physical activity or exercise has been frequently reported to be a key contributor to managing one's health with these benefits actively promoted. However, the undertaking of this activity by a range of populations still remains challenging with the optimal exercise parameters (e.g., mode, intensity, duration, etc.) for different populations yet to be confirmed. Several guidelines have been developed to assist with exercise management for health and disease, but more investigations are needed to support patients, practitioners, and researchers. This Special Issue aims to update the evidence of the impact of exercise in managing chronic diseases/conditions and to promote innovative practice. Novel studies of interventions, mechanisms, and populations are of particular interest; we encourage these submissions in order to advance our understanding and development of the best exercise practice for improved health.



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Special Issue



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Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is a peer-reviewed scientific journal that publishes original articles, critical reviews, research notes and short communications in the interdisciplinary area of sport sciences and public health. It links several scientific disciplines in an integrated fashion, to address critical issues related to sport science and public health. The journal presents diverse original articles, including systematic and narrative reviews, cohort and case control studies, innovative randomized trials, and formative research using qualitative and quantitative methods with the aim to provide information for researchers to plan intervention programs. It addresses diverse public health, physical activity and exercise science topics.

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