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## Health and Performance of Water Based Exercise and Sports

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### Message from the Guest Editors

Water-based exercise and swimming combine upper and lower extremity strength exercises with cardiovascular training in a non-weight bearing environment and offer many physical and mental health profits. Parents of children with developmental disabilities can expand their family connections. Pregnant women can improve their physical and mental health. Older adults and people with diabetes and heart disease can improve their quality of life and decrease disability. Swimmers have about half the risk of death compared with inactive people. On the other hand, competitive swimmers undergo daily high-volume extensive swimming and high-intensity refinement training sessions that lead them to be prone to injuries mostly classed as overuse and relate to faulty biomechanics. A deep understanding of individual swimming biomechanics and training load can aid in the prevention and early recognition of symptoms.



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## Editor-in-Chief

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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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