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Motor Competence for Health, Exercise and Sports Performance across the Lifespan

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Message from the Guest Editors

Dear Colleagues,

Good motor competence is a prerequisite for high level sports performance and also to engage in health enhancing physical activity. Over recent years, there has been an increased focus on the role of motor competence in multiple domains related to sport and exercise. Notably, poor motor competence has been associated with overweight and obesity via reduced habitual physical activity in children, adolescents and young adults. Likewise, emerging data suggest improving motor competence may result in benefits in older adulthood including enhanced movement, quality of life and maintenance of independent living. The importance of functional and fundamental movement patterns for sport performance is well established but understanding of the most effective ways to develop these movement patterns is yet to be elucidated. As a consequence, this Special Issue seeks to draw from all these areas, bringing together important research papers which highlight the role of motor competence in sport, exercise and health across a lifespan.

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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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