

Special Issue

Fostering Sport for a Healthy Life

Message from the Guest Editors

Participation in sport is the central construct for the achievement of any individual's health. Sport enters any life stage, ranging from youth development, for the support of physical and cognitive growth, to healthy aging, for the reduction in the decline in body functioning. Therefore, it is essential to investigate all the possible factors that influence the performance of a variety of sport disciplines. Similarly, it is still necessary to explain several mechanisms that explain human responses to sport performance. Moreover, the new challenges that society is currently facing at global level and the new opportunities offered by numerous technologies and artificial intelligence enlarge the field of research and the creation of implications for athletes and general population. Several research questions still remain unanswered and new concepts must be defined.

Articles in the form of reviews with meta-analysis and original research centered on prospective longitudinal studies and randomized controlled trials are invited for this Special Issue, especially those combining a high academic standard coupled with practical implications for practitioners and policy-makers.

Guest Editors

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About the Journal

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.

Editor-in-Chief

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Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.7 days after submission; acceptance to publication is undertaken in 3.7 days (median values for papers published in this journal in the first half of 2025).