

Special Issue

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

Message from the Guest Editors

Physical activity and its role in overall health will always remain key topics in scientific fields.

Wearable technology, biomechanics and motion capture, genetics and personalized training, etc., are all becoming increasingly used in the modern era to monitor physical activity and health metrics, to understand movement patterns and how they help with prevention, improve human performance and support rehabilitation, to uncover the mechanisms by which exercise affects cellular health, muscle growth, energy systems and much more.

How applied research informs public health campaigns aimed at increasing physical activity in different populations and community sports programs, school physical education and workplace health initiatives and how artificial intelligence (AI) and machine learning are used to predict training outcomes, optimize physical performance and monitor health status all can represent benchmarks for those who wish to further their studies and research in this Special Issue.

This Special Issue aims to provide a comprehensive understanding of how advances and applied research in sports science improve health.

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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.

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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).