

Special Issue

Exercise Interventions for Health Promotion across the Life Span

Message from the Guest Editors

The design, implementation, evaluation, and guidance of exercise programs constitute a purely scientific process. The correct implementation of basic exercise principles—considering all the biological and psychological factors that interact with each other—makes exercise programs effective and, above all, safe for the general population (e.g., children and adolescents, young adults, middle-aged and older individuals). The main objective of this Special Issue is to highlight the importance and efficiency of exercise programs for health promotion (physical and mental) and, consequently, for the prevention and rehabilitation of different chronic diseases. We invite you to contribute to this Special Issue by presenting your work on healthy populations or individuals with chronic diseases, including original articles, case studies, narrative or systematic reviews, or meta-analyses.

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).