

Special Issue

Benefits of Physical Activity and Exercise to Human Health: 2nd Edition

Message from the Guest Editors

This Special Issue is dedicated to studies that investigate how physical activity and exercise interventions contribute to human health and well-being across all age groups. The topic of interest includes, but is not limited to, the following:

- Determinants of physical activity and exercise adherence: barriers and facilitators;
- Strategies to improve physical activity levels and exercise adherence;
- Physical activity and exercise in disease prevention and management;
- Physical activity and exercise on physical and mental health.

We are particularly interested in experimental and observational studies, systematic reviews, meta-analyses and study protocols.

Guest Editors

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Prof. Dr. Pedro Alexandre Duarte-Mendes

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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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JCR - Q1 (Sport Sciences) / CiteScore - Q2 (Physical Therapy, Sports Therapy and Rehabilitation)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 19.9 days after submission; acceptance to publication is undertaken in 5.5 days (median values for papers published in this journal in the second half of 2025).