

Special Issue

The Role of Sports and Exercise in Disease Prevention, Health Promotion, and Injury Rehabilitation

Message from the Guest Editors

Physical activity and structured exercise are pivotal in preventing chronic diseases, enhancing overall health, and facilitating rehabilitation. This Special Issue aims to explore the multifaceted impacts of sports and exercise on human health, focusing on their roles in disease prevention, health promotion, and injury rehabilitation. We welcome original research, reviews, and case studies that delve into the physiological, psychological, and biomechanical aspects of physical activity and its applications in clinical and public health settings. Topics of interest include, but are not limited to, the following:

- The impact of regular physical activity on chronic disease prevention;
- Exercise interventions for mental health improvement;
- Rehabilitation protocols involving sports and exercise for injury recovery;
- Biomechanical analyses related to injury prevention in athletic populations;
- The role of exercise in enhancing immune function and reducing inflammation;
- Community-based physical activity programmes and their effectiveness in health promotion;
- Innovative technologies and methodologies in exercise prescription and monitoring.

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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High Visibility:

indexed within Scopus, ESCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

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).