

Special Issue

Benefits of Physical Activity and Exercise to Human Health

Message from the Guest Editors

Recent estimates point to a high prevalence of physical inactivity and sedentary behavior in modern societies. Physical inactivity is one of the leading risk factors for chronic non-communicable diseases and all-cause mortality worldwide. Alternately, physical activity and exercise provide multiple health benefits, reducing the risk of all-cause mortality. More research is needed to better understand the factors underlying regular physical activity/exercise.

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

Dr. Ricardo Manuel Pires Ferraz

Prof. Dr. Henrique P. Neiva

Dr. Fernanda M. Silva

Prof. Dr. Pedro Alexandre Duarte-Mendes

Deadline for manuscript submissions

closed (31 October 2025)



Sports

an Open Access Journal
by MDPI

Impact Factor 3.2
CiteScore 4.3
Indexed in PubMed



mdpi.com/si/212853

Sports
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sports@mdpi.com

[mdpi.com/journal/
sports](https://mdpi.com/journal/sports)





Sports

an Open Access Journal
by MDPI

Impact Factor 3.2
CiteScore 4.3
Indexed in PubMed



[mdpi.com/journal/
sports](https://mdpi.com/journal/sports)



About the Journal

Message from the Editor-in-Chief

Sports (ISSN 2075-4663) is an international, peer-reviewed open access advanced forum for publishing studies related to the interdisciplinary area of sport, exercise and health sciences. Studies focused solely on competitive performance outcomes (e.g., game statistics, records) without direct application to sports training programs will be considered out of scope.

Sports publishes reviews, regular research papers, and communications, as well as Special Issues on particular subjects.

Editor-in-Chief

Prof. Dr. Eling Douwe De Bruin

1. Institute of Human Movement Sciences and Sport, IBWS ETH, HCP H
25.1, Leopold-Ruzicka-Weg 4, CH-8093 Zürich, Switzerland

2. Karolinska Institutet, Stockholm, Sweden

Author Benefits

High Visibility:

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

Journal Rank:

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

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 18.6 days after submission; acceptance to publication is undertaken in 4.8 days (median values for papers published in this journal in the first half of 2026).