



Motivational and Health-Related Correlates of Physical Activity

Guest Editors:

Dr. Henri Tilga

Institute of Sport Sciences and
Physiotherapy, Faculty of
Medicine, University of Tartu,
51008 Tartu, Estonia

Dr. Andre Koka

Institute of Sport Sciences and
Physiotherapy, Faculty of
Medicine, University of Tartu, 4
Ujula Street, EE 51008 Tartu,
Estonia

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Message from the Guest Editors

Dear Colleagues,

Health-related indicators of sustainable and long-term well-being, including levels of physical activity, are in sharp decline among all age groups. This Special Issue aims to collect the best scientific knowledge and evidence-based practice on how to contribute to human well-being, with a special focus on physical-activity-related issues.

Based on previous research, one could argue that the satisfaction of basic psychological needs for autonomy, competence and relatedness, as well as high levels of intrinsic and autonomous motivation, are the key factors of sustainable well-being and higher levels of physical activity. Thus, we highly welcome research that considers the basic psychological needs and different forms of motivation as the key predictors of better human well-being and higher physical activity. We also welcome research papers which study other prominent correlates to enhance human well-being and physical activity.

The current Special Issue will usefully supplement existing literature by putting together the most recent and high-level scientific research on human well-being and physical activity among all age groups.





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Editor-in-Chief

Prof. Dr. Marc A. Rosen

Faculty of Engineering and
Applied Science, University of
Ontario Institute of Technology,
Oshawa, ON L1G 0C5, Canada

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Sustainability Editorial Office
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