

Special Issue

Sport Psychology in Sports, Exercise and Physical Activity towards Sustainable Lifestyle and Physical Education

Message from the Guest Editors

It is well known that sports and physical activity can have a profoundly positive impact on individuals' physical and mental health. During the COVID-19 pandemic and after the lockdowns many of us are staying at home more than before, leading to a reduction in our physical activity. The purpose of This Special Issue is to examine the developmental and social aspects of activity participation in different contexts such as sport, exercise and physical education both during the initial stages of the COVID-19 pandemic and in the current context. Furthermore, the effects of psychological skills, psychological techniques, and motivational theories in sports, physical activity, and physical education on different psychological aspects and performance will be examined. Submissions are encouraged from different methodological procedures (e.g., qualitative and quantitative data collection), and different forms such as commentaries, conceptual papers, and reviews are welcome.

Guest Editors

Dr. Nikos Comoutos

Department of Physical Education and Sport Sciences, University of Thessaly, 42100 Trikala, Greece

Dr. Zişan Kazak

Faculty of Sport Science, Ege University, Bornova, Izmir 35100, Turkey

Deadline for manuscript submissions

closed (31 October 2023)



Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



mdpi.com/si/120597

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

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





Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



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



About the Journal

Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, RePEc, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1
(Geography, Planning and Development)