

## Special Issue

# Woman in Sports: Performance, Participation and Health

### Message from the Guest Editors

Female involvement in sports events has increased in recent years. This trend is due to changes in some social and cultural aspects that allow for a higher participation of girls and women in sports practice, leading to an increase in the number of female athletes of all ages, and also to increments in their performance over the years. Sports practice can provide positive perceptions of mental and physical wellbeing, as well as increments in the health status of its practitioners, being a relevant venue to promote health and improve quality of life. However, little attention has been paid to better understanding factors related to sports practice/involvement, performance, and associated health-related aspects in this group. This Special Issue plans to give an overview of the most recent advances in the field of women in sport, considering athletes' performance, health-related aspects, and factors associated with sports and physical activity involvement. This Special Issue is aimed at providing selected contributions on advances in the area.

### Guest Editors

Dr. Thayse Natacha Gomes

Dr. Sarita Baciotti

Dr. Sara Pereira

### Deadline for manuscript submissions

closed (20 May 2022)



## Women

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### Message from the Editor-in-Chief

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#### Editor-in-Chief

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