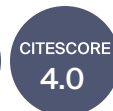




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## New Frontiers of Sport, Exercise and Physical Activity for Health and Human Performance

Guest Editors:

**Prof. Dr. Gianpiero Greco**

Department of Translational  
Biomedicine and Neuroscience  
(DiBraIN), University of Study of  
Bari, 70124 Bari, Italy

**Dr. Filip Kukić**

Police Sports Education Center,  
Abu Dhabi Police, Abu Dhabi 253,  
United Arab Emirates

**Prof. Dr. Katie M. Heinrich**

Department of Kinesiology,  
Kansas State University,  
Manhattan, KS 66506, USA

Deadline for manuscript  
submissions:

**closed (31 December 2022)**

### Message from the Guest Editors

Dear Colleagues,

Sports, exercise, and physical activity permeate all aspects of today's society. Physical inactivity has deleterious effects on population health and can lead to numerous diseases. Physical activity and an active lifestyle can counterbalance these effects, promoting both physical and mental wellbeing.

The purpose of this Special Issue is to publish original, high-quality articles, as well as narrative and systematic reviews with particular regard to the underlying physiological mechanisms in the fields of sport, exercise, and physical activity. As a result, we look forward to receiving contributions that are related, but not limited, to the following topics: *(i)* experimental studies and interventions using sports and exercise in healthy people or with health issues, *(ii)* observational analytic studies identifying the effects of practising sport and exercise on psychophysical health and quality of life, and *(iii)* systematic reviews and meta-analyses that may summarize the evidence about the effects of sport and exercise on healthy people or with health problems.



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# Special Issue



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### **Prof. Dr. Jukka Finne**

Research Programme in  
Molecular and Integrative  
Biosciences, Faculty of Biological  
and Environmental Sciences,  
University of Helsinki, P.O. Box  
56, FI-00014 Helsinki, Finland

### **Prof. Dr. Andrés Moya**

Integrative Systems Biology  
Institute, University of Valencia  
and CSIC, 46980 Valencia, Spain

## Message from the Editorial Board

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*Biology* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

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