



The Impact of Sport and Exercise on Physical Health

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Deadline for manuscript submissions:

31 January 2025

Message from the Guest Editors

This Special Issue aims to collate cutting-edge research and insights from multidisciplinary perspectives, providing a comprehensive understanding of how different types and intensities of physical activity impact both physical health. By highlighting the interconnectedness of physical health through sport and exercise, this issue seeks to inspire further research and practical applications in the field.

Recommended topics include, but are not limited to, the following:

Benefits of exercise and/or sports in physical health;

Multidisciplinary approaches of exercise and/or sports in chronic conditions;

Promotion of healthier and active lifestyle in chronic conditions;

The role of physical activity in managing chronic symptoms;

Exercise and sleep quality;

Exercise in elderly or frail population;

Epidemiological studies focus on sports and physical health;

New technologies approaches and exercise;

Cultural differences in exercise and physical health;

Artificial intelligence and exercise.





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Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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