



Sport Activity for Health Improvement and as an Injury Prevention Tool

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Deadline for manuscript
submissions:

closed (20 February 2022)

Message from the Guest Editor

Dear Colleagues,

Physical inactivity is one of the main modifiable and preventable risk factors for NCD. Sport is very important for the improvement of the quality of life, positively impacting both psychological well-being and physical health.

On the other hand, the inclusion of sport in everyday life means an increase in the probability of injuries for individuals who are insufficiently prepared. The solution is to design procedures that will minimize the risk of injury. Reducing the public health burden of sport injuries would promote physical activity and thus have a major positive impact on the quality of life.

The design and evaluation of the effect of sports activities requires effective diagnostics. We expect contributions on the topic of qualitative diagnostics with the aim of individualizing sport training programs that reduce the risk of muscle injuries.

Detailed information can be found at:

https://www.mdpi.com/journal/applsci/special_issues/sport_activity_health





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Message from the Editor-in-Chief

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