



Behavioral and Psychosocial Dynamics of Sports and Exercise

Guest Editor:

Prof. Dr. Yair Galily
Ivecher School of Psychology,
Reichman University, Herzliya
4610101, Israel

Deadline for manuscript
submissions:

closed (1 July 2025)

Message from the Guest Editor

The complex interplay between behavioral and social dynamics in sports and exercise is a burgeoning area of research. Understanding the psychological motivations, social influences, and cultural contexts that drive people to engage in physical activities can inform interventions designed to promote healthier lifestyles and enhance athletic performance.

Behavioral aspects such as motivation, and psychological resilience are crucial for both amateur and professional athletes. These factors not only affect performance but also contribute to mental health and overall quality of life. Similarly, social influences, including support from family, peers, and coaches, play a pivotal role in shaping individuals' engagement in physical activities.

This Special Issue invites researchers to explore these themes through empirical studies, theoretical papers, and comprehensive reviews. By bringing together diverse perspectives and methodologies, we aim to advance our knowledge of how behavioral and social dynamics intersect in the realm of sports and exercise.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Jerrell Cassady

Department of Educational
Psychology, Ball State University,
Muncie, IN 47306, USA

Message from the Editor-in-Chief

With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: <https://www.mdpi.com/journal/behavsci>. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Author Benefits

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

High Visibility: indexed within Scopus, SSCI (Web of Science), PubMed, PMC, Embase, PsycInfo, and other databases.

Journal Rank: JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2 (Development)

Contact Us

Behavioral Sciences Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

[mdpi.com/journal/behavsci](https://www.mdpi.com/journal/behavsci)
behavsci@mdpi.com
[X@Behavsci_MDPI](https://twitter.com/Behavsci_MDPI)