



Sports and Special Populations: Improving Physical Activity, Health and Quality of Life

Guest Editor:

Dr. Felipe J. Aidar

Physical Education Department,
Federal University of Segipe, São
Cristóvão 49100-000, SE, Brazil

Deadline for manuscript
submissions:

closed (30 September 2024)

Message from the Guest Editor

According to a survey, several factors were identified as interfering with health, quality of life, activities of daily living, performance, rehabilitation, and physical preparation from childhood to adulthood, as well as adapted and paralympic sports and special populations. The health, quality of life, and performance of this population are affected by the relationships between stress, maturation, prescriptions, and control of exercise load as well as recovery. Environmental approaches aim to increase efficiency and physiological adaptations accordingly; however, this stimulus–performance–adaptation relationship varies in different situations and conditions.

As a result, we hope to receive contributions related (but not limited) to the following topics: health, quality of life, and training load monitoring; stress and physiological responses during exercise or sports; the recovery process; changes after stress and/or exercise load; exercise physiology in health; and physical as well as sports performance.





an Open Access Journal by MDPI

Editor-in-Chief

**Prof. Dr. Lorraine S.
Evangelista**

Sue & Bill Gross School of
Nursing, University of California,
Irvine, CA 92697, USA

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Author Benefits

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

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

Journal Rank: JCR - Q2 (Health Policy and Services) / CiteScore - Q1 (Leadership and Management)

Contact Us

Healthcare Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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

mdpi.com/journal/healthcare
healthcare@mdpi.com
[X@HealthcareMDPI_](https://twitter.com/HealthcareMDPI_)