



Health-Related Fitness in Sport

Guest Editors:

Dr. Ángela Rodríguez-Perea

Department of Physical
Education and Sport, Faculty of
Sport Sciences, University of
Granada, Granada, Spain

Dr. Ignacio Jesús Chiroso Ríos

Department of Physical
Education and Sports, University
of Granada, 18011 Granada,
Spain

Dr. Dario Martínez-García

Department of Physical
Education and Sports, University
of Granada, 18011 Granada,
Spain

Message from the Guest Editors

Physical activity is defined as any bodily movement produced by skeletal muscles that involves the expenditure of energy. Globally, the level of physical inactivity is very high: one out of four adults and three out of four adolescents do not meet the recommendations of the World Health Organization. Physical inactivity is the fourth leading risk factor for mortality worldwide. Economic and technological developments have led adolescents to use means of motorized transport, increase their daily screen time, and spend many hours sitting, which cause increases in physical inactivity. Having high levels of physical activity improves health-related fitness. Among the variables of health-related fitness, cardiorespiratory fitness, body composition, flexibility, muscular strength, endurance and power can be highlighted.

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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

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