



## Body Composition in Sports and Health

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### Message from the Guest Editors

The body composition of individuals plays a role of great importance in both sports performance and health status. Therefore, its assessment is of great importance to assess both the level of fitness in a person and to see the possible deterioration in the health of the individual. In sports performance, it is beyond doubt that each sports activity has an ideal body composition for its practice, so coaches and physical trainers place special interest in its evaluation and adjustment. Regarding health, the relationship between different pathologies such as cardiovascular, metabolic, bone, or endocrine diseases and the body composition of the individual is known. Therefore, we are interested in compiling research whose main focus is body composition, sports performance, and the various pathologies related to it.

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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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