



Physical Fitness and Health in Tennis Players

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Message from the Guest Editors

Tennis is a racket sport that can be played on a competitive/elite basis but is also easily played in a recreational way. It can be considered a “low-impact” sport, suitable for all ages and skill levels and not dependent on youth or strength. By presenting a meaningful physiological demand, it can be considered a good sport/exercise for maintaining health, fitness, strength, agility, and conditioning. It also allows players to enhance their balance and motor control and decrease the odds of cardiovascular diseases, mortality, and osteoporosis. Additionally, it is also proven to present social and psychological benefits. Thus, the aim of this Special Issue is to publish multi-disciplinary research focused on tennis by relating this sport to overall health (mental and physical) and performance. We welcome studies related to physiological effects, benefits/risks, motor control adaptations, biomechanics, injury prevention, psychological/social benefits, training programs.





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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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