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Physical Fitness and Health in Tennis Players

Guest Editors:

Dr. Jorge E. Morais

Department of Sport Sciences,
Instituto Politécnico de Bragança
(IPB), 5300-253 Bragança,
Portugal

Dr. José A. Bragada

Department of Sport Sciences,
Instituto Politécnico de Bragança
(IPB), 5300-253 Bragança,
Portugal

Dr. Maria Cirilo

Graduate Program Association of
Physical Education, Federal
University of Paraíba (UFPB),
João Pessoa 58051-900, Brazil

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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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Special Issue



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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

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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*International Journal of
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Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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