



Advances in Physical Activity, Physical Fitness, and Sports Injury

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Message from the Guest Editors

Dear Colleagues,

It is with great joy and interest that we present you this Special Issue titled “Advances in Physical Activity, Physical Fitness, and Sports Injury”.

One of the many upsides of physical activity is improving physical fitness. Participation in sports has been proposed as an excellent strategy to promote physical activity levels for all ages. However, dysregulated practice and non-monitorization of load are behind the development and incidence of sport injuries, which may lead to present and future health problems and discourage practice. Therefore, there is a need to promote safe sport and exercise environments that incorporate specific and effective injury prevention practices.

We invite you to contribute to this Special Issue, which is open to scientific papers from all academic areas, with papers investigating:

1. Health-enhancing physical activity and its determinants;
2. The role of physical fitness as a biomarker for monitoring and promoting health and sports performance;
3. Advances in sports injury prevention for all ages.





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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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