



Effects of Sport Climbing on Health

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Message from the Guest Editors

Sport climbing, a popular sport worldwide, can be performed either indoors in climbing gyms or outdoors on natural rocks. Moreover, this discipline was selected to be part of the Summer Olympic Games in Tokyo 2021 with three subdisciplines: lead climbing, bouldering, and speed climbing. The physical and mental health benefits from sport climbing activity have been investigated in numerous studies. Moreover, the therapeutic potential of sport climbing for various disease conditions has been discovered. In order to continue increasing our knowledge in this field, we will accept original articles of interventional and observational studies, as well as systematic and narrative reviews.

The main aim of this Special Issue is to publish high-quality research focused on sport climbing. We look forward to receiving contributions related (but not limited) to the following topics:

- Performance analysis;
- Testing;
- Biomechanics;
- Injury prevention;
- Health benefits.





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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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