



Effects of Sports Training and Physical Conditioning on Human Health

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Message from the Guest Editors

Dear Colleagues,

Sports training has become an important factor in the field of public health and physical activity. Physical conditioning training has become a critical tool in the design of programs related to health and sports performance. The control and use of new technologies in the field of health and sport is currently raising notably in our society. Accordingly, it is essential to know the body effects of the latest trends and methods in fitness training. To know the methodology characteristics and the training load, can allow us to adapt the trainings to the need of the participants.

In addition, the sport training and the physical conditioning is linked to many physiological and psychological factors. In this line, sport training is related to the quality of life, moods, emotional intelligence, mental health and treatment of mental illness in athletes and general population. Moreover, physical conditioning seems to be critical in the prevention and treatment of injuries and an important aspect in the integral development of children and lower sports age categories.





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Message from the Editor-in-Chief

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