



Water Polo: Exercise and Health

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Deadline for manuscript
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Message from the Guest Editors

Dear Colleagues,

Water polo became the first team sport in the Olympic Games in Paris' **1900** and is well spread around the world. Concurrently with this competitive facet, the health benefits of its regular physical have been recognized, particularly regarding the development of cardiorespiratory fitness, general body strength and coordination, as well as mental agility and resilience. This Special Issue welcomes contributions from different expertise areas that can contribute to the water polo body of knowledge, both from exercise and health perspectives. It will be a challenge to motivate water polo professionals who, even existing in a high number around the world, are not (yet) motivated to networking and find common ground. Your contribution will be fundamental for us to excel in this regard, and studies on the health benefits of exercise will be especially appreciated.

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Message from the Editor-in-Chief

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