



Effects of Sport on the Immune System

Guest Editors:

Dr. Luís Branquinho

Dr. Pedro Forte

Dr. Ricardo Ferraz

Deadline for manuscript
submissions:

closed (30 November 2023)

Message from the Guest Editors

Over the last century, human beings have become less physically active, each adopting more and more sedentary habits. This behavioral change has promoted the incidence and prevalence of chronic diseases. In this sense, the regular practice of physical activity can influence the state of health, changing metabolic states and also the immune system. However, the effect of exercise on the immune system can vary. Moderate-intensity exercise appears to have a protective effect, while overtraining, high-intensity exercise, and prolonged strenuous exercise can result in immune dysfunction. The effects of exercise on the immune system are complex and depend on various factors such as age, sex, exercise intensity and duration, volume, frequency, type of exercise, environmental factors and others that can stimulate or inhibit the immune system in a very unique way.

Potential topics include: Exercise and immune; The effect of acute exercise on cell changes and gene expression; The effects of acute exercise on immune regulation; The effect of exercise intervention on immune system and COVID-19; Aging, exercise, training, immune system; Immune responses to exercise in different populations





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture,
Adelaide University, Adelaide
5001, Australia

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.

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 journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (Public Health, Environmental and Occupational Health)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI