



New Challenges for Physical Training and Health-Related Aspects of Sustainable Living

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submissions:

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Message from the Guest Editors

This Special Issue calls for papers that investigate the role of physical activity, exercise training, and sport on physical and mental health. In particular, exercise with adequate duration, intensity, and frequency for promoting health, which does not require excessive spending of energy for getting to practice it, training facilities operation, or equipment supply, represents sustainable physical activity. This Special Issue focuses on new approaches (e.g., ecological, nutritional), training protocols, and technologies (e.g., virtual exercise and sport, video analysis, etc.) applied to physical training and health-related aspects of sustainable living in specific locations (e.g., natural environment, gym, home, school, hospital) or special situations such as public health emergencies. New challenges are to be addressed by researchers in order to promote health-related aspects of sustainable living through sport and physical training among people with and without disabilities.

We invite authors to submit original research papers, case studies, meta-analyses, and systematic reviews that contribute new knowledge related to physical exercise, mental health and sport science.





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Message from the Editor-in-Chief

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