



Sport and Exercise for Health and Performance

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Message from the Guest Editor

This Special Issue of the International Journal of Environmental Research and Public Health is devoted to publishing recent findings on “sport and exercise for health and performance” and aims to make a substantial contribution to our knowledge about:

- women’s health;
- young athletes’ health and performance;
- psychological and physiological testing methods that contribute to monitoring population and specific groups’ health and performance;
- shared mental modelling and the related management in work/school/club environments;
- mental toughness and its impact on health and performance; and
- heart rate and its impact on mortality.

Hence, this Special Issue aims to address a wide range of topics related, but not limited, to Sport and Exercise for Health and Performance. Therefore, the scope of this Special Issue is all aspects of Sport and Exercise for Health and Performance that can contribute to the development of scientists, teachers, coaches, athletes, women, the young, the elderly, and to the optimization of practice, including health risk assessment and management combined with effective prevention methods.





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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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