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2nd Edition: Sports and Health

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Deadline for manuscript submissions:
closed (1 December 2022)

Message from the Guest Editors

The number of recreational athletes of both sexes and all age groups engaging in regular exercise training and participating in competitions (e.g., outdoors running races such as half-marathons) has increased during recent decades. This trend might be partially explained by the well-documented beneficial role of exercise for health. However, participating in sports has not been without risk for health, especially for recreational athletes who, unlike competitive runners, lack sport experience and the advantages of specialized and supervised training. Thus, the main challenge in this field is to provide evidence-based recommendations for optimal exercise levels to maximize the benefits for health and minimize the risks.

The aim of this Special Issue is to attract papers about the relationship between health and sport participation across all lifestyles, with an emphasis on recreational athletes. We encourage submissions of cross-sectional studies on large datasets of endurance athletes focusing on the relationship between performance and health outcomes.

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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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