

## Special Issue

# Human Performance and Health in Sport and Exercise

### Message from the Guest Editors

Sports participation plays a significant role of sports participation in promoting both physical and mental health. Knowing about the positive health benefits of sports and physical activity and how to achieve them has gained interest in current research. We welcome researchers to submit papers related to performance and health in sport and exercise to this Special Issue.

Keywords:

- sports performance
- performance indicators
- well-being
- healthy lifestyle
- health literacy
- physical literacy
- lifestyle medicine

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### Guest Editors

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### Deadline for manuscript submissions

closed (20 January 2025)



## Applied Sciences

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## About the Journal

### Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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### Editor-in-Chief

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