

Special Issue

Sports and Special Populations: Improving Physical Activity, Health and Quality of Life

Message from the Guest Editor

According to a survey, several factors were identified as interfering with health, quality of life, activities of daily living, performance, rehabilitation, and physical preparation from childhood to adulthood, as well as adapted and paralympic sports and special populations. The health, quality of life, and performance of this population are affected by the relationships between stress, maturation, prescriptions, and control of exercise load as well as recovery. Environmental approaches aim to increase efficiency and physiological adaptations accordingly; however, this stimulus–performance–adaptation relationship varies in different situations and conditions. As a result, we hope to receive contributions related (but not limited) to the following topics: health, quality of life, and training load monitoring; stress and physiological responses during exercise or sports; the recovery process; changes after stress and/or exercise load; exercise physiology in health; and physical as well as sports performance.

Guest Editor

Dr. Felipe J. Aidar

Physical Education Department, Federal University of Segipe, São Cristóvão 49100-000, SE, Brazil

Deadline for manuscript submissions

closed (30 September 2024)



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.4
CiteScore 3.5
Indexed in PubMed



mdpi.com/si/181543

Healthcare
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)





Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.4
CiteScore 3.5
Indexed in PubMed



[mdpi.com/journal/
healthcare](https://mdpi.com/journal/healthcare)



About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with *Healthcare* and its members receive discounts on article processing charges.

Author Benefits

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), PubMed, PMC, and other databases.

Journal Rank:

JCR - Q2 (Health Care Sciences and Services) / CiteScore - Q2 (Leadership and Management)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 20.3 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2024).