

# Special Issue

## 2nd Edition: Sports and Health

### 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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### Guest Editors

Prof. Dr. Beat Knechtle

Institute of Primary Care, University of Zurich, 8091 Zurich, Switzerland

Dr. Pantelis T. Nikolaidis

School of Health and Caring Sciences, University of West Attica, 122 43 Athens, Greece

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### Deadline for manuscript submissions

closed (1 December 2022)



## International Journal of Environmental Research and Public Health

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4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
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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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### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

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