



The Effects of Sports on Individual Cognition, Motivation and Mental Health

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Message from the Guest Editor

Emotions mediate responses in various cognitive processes, in memory processes, conflict resolution, assessment of situations for decision-making, fine-tuned information processing, etc. Cognitive control processes (i.e., inhibitory control, cognitive flexibility and planning) enable an adaptive response to specific goals or tasks. Regular physical exercise has reported numerous evidences of its physical, cognitive and mental health effects. Authors like Fox makes more than two decades ago that concluded that physical activity is a "healthy tool" to increase the quality of life at the psychological level. Manifesting through the improvement of mood, emotionality, psychological well-being, among other benefits at the psychological level. In this sense, research paradigm as psychology biopsychology biopsychology and positive psychology. Thus, an intelligent use of emotions is essential for one's own physical and psychological adaptation to the social context. However, it is essential to provide further descriptive, explanatory and exploratory scientific evidence on the causal relationship of the effects of sport on individual cognition, motivation and mental health.

