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## New Frontiers of Sport, Exercise and Physical Activity for Health and Human Performance

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Deadline for manuscript submissions:

**closed (31 December 2022)**

### Message from the Guest Editors

Dear Colleagues,

Sports, exercise, and physical activity permeate all aspects of today's society. Physical inactivity has deleterious effects on population health and can lead to numerous diseases. Physical activity and an active lifestyle can counterbalance these effects, promoting both physical and mental wellbeing.

The purpose of this Special Issue is to publish original, high-quality articles, as well as narrative and systematic reviews with particular regard to the underlying physiological mechanisms in the fields of sport, exercise, and physical activity. As a result, we look forward to receiving contributions that are related, but not limited, to the following topics: *(i)* experimental studies and interventions using sports and exercise in healthy people or with health issues, *(ii)* observational analytic studies identifying the effects of practising sport and exercise on psychophysical health and quality of life, and *(iii)* systematic reviews and meta-analyses that may summarize the evidence about the effects of sport and exercise on healthy people or with health problems.



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**Special** Issue



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## Message from the Editorial Board

A major strength of biological science is the diversity of approaches that biological scientists apply to their research problems. *Biology* reflects this diversity and brings together studies employing the varied experimental and theoretical approaches that are fueling biological discovery. *Biology*, the journal, is a fully peer-reviewed publication with a rapid and economical route to open access publication and is listed on PubMed. All articles are peer-reviewed and the editorial focus is on determining that the work is scientifically sound rather than trying to predict its future impact.

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