Section Editor-in-Chief

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We are recruiting board members, if you are interested, please contact us at: ijerph@mdpi.com.

Section Introduction:

The section Exercise and Health in the journal *International Journal of Environmental Research and Public Health (IJERPH)* focuses on the beneficial role of physical activity on physical and mental health as well as on health-related physical fitness. We welcome both original research and review articles on acute responses and chronic adaptations of physiological systems to the whole spectrum of physical activity, i.e., from physical inactivity to elite sport. In addition, Exercise and Health is interested in studies on the optimal dosage of physical activity, e.g., which mode, frequency, duration, and intensity of exercise maximizes the health benefits.

Keywords:

- exercise physiology
- exercise biomechanics
- exercise psychology
- exercise testing
- occupational physical activity
- body composition
- cardiorespiratory endurance
- health-related physical fitness
- kinesiology
- leisure time physical activity
- metabolism
- muscle endurance
- muscle strength
- sport
- anaerobic threshold
- anthropometry
- flexibility
- force–velocity relationship
- ergometer
- range of motion
- speed
- human performance
- running economy
Content Highlights

The Impact of COVID-19 on Physical Activity Behavior and Well-Being of Canadians
Iris A. Lesser and Carl P. Nienhuis
www.mdpi.com/1660-4601/17/11/3899

Physical Activity Changes and Its Risk Factors among Community-Dwelling Japanese Older Adults during the COVID-19 Epidemic: Associations with Subjective Well-Being and Health-Related Quality of Life
Yuta Suzuki, Noriaki Maeda, Daigo Hirado, Taizan Shirakawa and Yukio Urabe
www.mdpi.com/1660-4601/17/18/6591

Wearing of Cloth or Disposable Surgical Face Masks has no Effect on Vigorous Exercise Performance in Healthy Individuals
Keely Shaw, Scotty Butcher, Jongbum Ko, Gordon A. Zello and Philip D. Chilibeck
www.mdpi.com/1660-4601/17/21/8110
BLSifestyle Habits and Mental Health in Light of the Two COVID-19 Pandemic Waves in Sweden, 2020
Victoria Blom, Amanda Lönn, Björn Ekblom, Lena V. Kallings, Daniel Väisänen, Erik Hemmingsson, Gunnar Andersson, Peter Wallin, Andreas Stenling, Örjan Ekblom, Magnus Lindwall, Jane Salier Eriksson, Tobias Holmlund and Elin Ekblom-Bak
Int. J. Environ. Res. Public Health 2021, 18(6), 3313
www.mdpi.com/1660-4601/18/6/3313

Classification System of the Sagittal Integral Morphotype in Children from the ISQUIOS Programme (Spain)
Fernando Santonja-Medina, ónica Collazo-Diéz, María Teresa Martínez-Romero, Olga Rodríguez-Ferrán, Alba Aparicio-Sarmiento, Antonio Cejudo, Pilar Andújar and Pilar Sainz de Baranda
Int. J. Environ. Res. Public Health 2020, 17(7), 2467
www.mdpi.com/1660-4601/17/7/2467
Special Issues Call for Paper

**Physical Activity during Pregnancy**  
Guest Editors: Dr. Anna Szumilewicz and Prof. Dr. Rita Santos-Rocha  
Deadline: **15 October 2022**

**Physical Activity, Health and Well-Being Review**  
Guest Editors: Dr. José Pedro Leitão Ferreira and Dr. Hugo Miguel Borges Sarmento  
Deadline: **30 October 2022**

**Exercise and Brain Health**  
Guest Editor: Dr. Terence Moriarty  
Deadline: **31 December 2022**

**Physical Activity, Nutrition, and Health Outcomes**  
Guest Editors: Dr. Sandra Haider and Dr. Ali Kapan  
Deadline: **15 January 2023**

**Active and Sitting Time at Work—Evidence for Optimizing Worker Health**  
Guest Editors: Dr. Bronwyn K. Clark and Dr. Charlotte Brakenridge  
Deadline: **30 January 2023**

**Exercise for Health**  
Guest Editors: Prof. Dr. Adrian Midgley, Prof. Dr. Felipe Da Cunha and Dr. Andrew Levy  
Deadline: **10 February 2023**

**Exercise Physiology and Performance**  
Guest Editors: Prof. Dr. Zbigniew Jastrzębski, Dr. Guillermo Felipe López Sánchez, Dr. Łukasz Radzimiński and Dr. Maria Skalska  
Deadline: **31 March 2023**

**Sport and Exercise Injury**  
Guest Editors: Dr. Iván Prieto-Lage and Dr. Alfonso Gutiérrez-Santiago  
Deadline: **20 April 2023**

**Physical Activity for Special Populations**  
Guest Editors: Dr. Federico Quinzi and Dr. Sbriccoli Paola  
Deadline: **30 April 2023**

**Physical Activity Epidemiology: Methods, Associations, and Applications**  
Guest Editor: Prof. Dr. Gregory W. Heath  
Deadline: **30 April 2023**