JOURNAL OF SPORT AND HEALTH SCIENCE

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DESCRIPTION

The Journal of Sport and Health Science (JSHS) is a peer-reviewed, international, multidisciplinary journal dedicated to the advancement of sport, exercise, physical activity, and health sciences. JSHS publishes original and impactful research, topical reviews, editorials, opinion, and commentary papers relating physical and mental health, injury and disease prevention, traditional Chinese exercise, and human performance. Through a distinguished, carefully selected international editorial board, JSHS has adopted the highest academic standards, impeccable integrity, and an efficient publication platform.

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• Sport and exercise biochemistry and nutrition
• Sport and exercise psychology
• Exercise and brain health
• Physical education
• Traditional Chinese sports, exercise and health

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Prevalence and measuring physical activity across the lifespan, understanding its determinants, identifying the most effective ways to promote more physical activity and less sitting

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Uses a life-span approach to explore mechanisms and moderators of the effects of acute and chronic exercise on cognitive performance

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INTRODUCTION

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The Journal of Sport and Health Science (JSHS) is a peer-reviewed, international, multidisciplinary journal dedicated to the advancement of sport, exercise, physical activity, and health sciences. JSHS publishes original and impactful research, topical reviews, editorials, opinion, and commentary papers relating physical and mental health, injury and disease prevention, traditional Chinese exercise, and human performance. Through a distinguished, carefully selected international editorial board, JSHS has adopted the highest academic standards, impeccable integrity, and an efficient publication platform.

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