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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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INTRODUCTION

Aims and Scope

Journal of Sport and Health Science (JSHS) is a peer-reviewed scholarly journal dedicated to the advancement of sport/exercise/health sciences. JSHS publishes original research, scholarly reviews, opinion papers, and research highlights / commentaries in exercise/sport science, physical education and sport coaching, health promotion, and traditional Chinese medicine. Through these features, JSHS aims to build a communication platform for international researchers to share scholarly achievements effectively. With the distinguished editorial board, JSHS will dedicate to high academic standards, integrity, and excellence by publishing scholarly work with highest quality in the following sub-disciplines of sport/exercise/health science.

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