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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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